



## OUR RESEARCHERS | DR. AMY KIRKHAM

**Thank you for your generosity. Diabetes Canada is grateful to our donors for supporting critical research that will end diabetes.**

**Through your support, Dr. Amy Kirkham, assistant professor of health at the University of Toronto, is bringing us one step closer to better management of type 2 diabetes.**

In healthy individuals, blood sugars are controlled by a hormone called insulin, which lowers blood sugar levels. For people with type 2 diabetes, they can no longer produce or use enough insulin to control their blood sugars, which can lead to health complications such as nerve damage, blindness, heart disease, kidney failure, anxiety, amputations, and even death. Type 2 diabetes is caused by several different risk factors, including obesity, and accounts for 90% of diabetes cases in Canada.

Dr. Amy Kirkham is working to prove the effectiveness of intermittent fasting on blood sugar control in people with obesity, who have or are at risk of getting type 2 diabetes.

Intermittent fasting is an intervention where individuals eat within an 8- to 10-hour period, and fast for the remaining time each day. Intermittent fasting is safe, easy to follow, and its positive effects on body weight and chronic blood sugar control means it could be effective for the prevention and management of type 2 diabetes.

Diabetes Canada is funding Dr. Kirkham's new study to determine which intermittent fasting period best impacts blood sugar control. Her study will compare the impact of three eating window times on daily blood sugar control, and whether the regime is easy to follow:

- Early: 7:00-16:00
- Mid: 9:30-18:30
- Delayed: 12:00-21:00h

These study results are required to determine if intermittent fasting can be used in clinical care to prevent or manage type 2 diabetes.

**Thank you for giving hope for a healthier future to people with type 2 diabetes.**