



OUR RESEARCHERS | DR. GREGORY STEINBERG

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

Through your support, Dr. Gregory Steinberg – professor of medicine at McMaster University who holds the Canada Research Chair, J. Bruce Duncan Endowed Chair in Metabolic Diseases, and is co-director of the Centre for Metabolism, Obesity and Diabetes Research – is exploring new ways to prevent and treat 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 weight gain and obesity, and accounts for 90% of diabetes cases in Canada.

In people with type 2 diabetes or who are at risk of developing type 2 diabetes, weight loss can be effective in lowering blood sugar levels. While many of these people can lose weight through dieting, this weight loss is usually difficult to maintain because the body's metabolism slows down, causing the weight to return.

With support from Diabetes Canada, Dr. Gregory Steinberg is studying how a protein called GDF15 promotes calorie burning and lowers blood sugars. This information may lead to new ways to lower blood sugar in people with prediabetes or type 2 diabetes.

Dr. Steinberg hopes that these findings may be effective for both preventing and treating type 2 diabetes.

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