

Dr. May Faraj



PREVENTION | CLINICAL RESEARCH

Project: Investigating the optimal type of omega 3 from fish oil to help reduce type 2 diabetes in high-risk people living with obesity

Thank you. Through donor support, Dr. May Faraj, Director of the Nutrition, Lipoproteins and Cardiometabolic Diseases Research Unit at the Montreal Clinical Research Institute and Professor of Nutrition at the University of Montreal is bringing us one step closer to preventing type 2 diabetes.

People living with high number of particles that carry “bad cholesterol” (apoB) and obesity or who are overweight are at a higher risk for developing type 2 diabetes. Dr. Faraj and her lab are testing whether fish oil derived omega 3 supplement may help these people prevent a diabetes diagnosis. She will examine the role of two different types of fish oils, EPA and DHA, on the metabolism of both sugars and fats in those at risk. This can lead to the development of a dietary recommendation that may help prevent type 2 diabetes for this group of at-risk individuals.

Thank you for your generosity. Diabetes Canada is grateful to our donors for supporting critical research that will improve the lives of people with diabetes.