

Dr. Gregory Steinberg



COMPLICATIONS | BIOMEDICAL RESEARCH

Project: A New Path to Treating Anxiety in Diabetes

In partnership with Brain Canada

Thank you. Through donor support, and together with our funding partner, Brain Canada, Dr. Gregory Steinberg, Canada Research Chair in Metabolism and Obesity, J. Bruce Duncan Endowed Chair in Metabolic Diseases, Professor of Medicine and Biochemistry, and Co-Director of the Centre for Metabolism, Obesity and Diabetes Research at McMaster University, is exploring new ways to treat type 2 diabetes and anxiety.

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.

People living with diabetes face not only physical challenges but also increased rates of anxiety and stress. These mental health issues are often overlooked, but they have a significant impact on people's quality of life and their ability to manage diabetes and blood sugar levels.

Dr. Steinberg is studying a protein called GDF15, which lowers blood sugars but also can increase anxiety. By blocking GDF15, he and his team will look at whether this impacts stress hormones, brain activity, and behaviour.

This information may lead to new treatments that help manage blood sugars while also improving mental wellbeing. Dr. Steinberg hopes that by addressing both the physical and emotional complications of diabetes, he can reduce the burden of this condition and help people live healthier, fuller lives.

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.