



## OUR RESEARCHERS | DR. JANE YARDLEY

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

**Through your support, Dr. Jane Yardley, associate professor with the University of Alberta, is bringing us one step closer to improved treatments for women living with type 1 diabetes.**

People with type 1 diabetes are living longer due to better care. Once women with type 1 diabetes reach menopause, however, heart disease risk increases very quickly; they also lose bone and muscle faster making them more likely to become frail. Regular exercise prevents these problems, but in people with type 1 diabetes it also makes their blood sugar levels unstable. Fear of low blood sugars – which can cause faintness, unconsciousness, or seizures – is one of the main reasons why people with type 1 diabetes avoid exercise. Current advice for treatment, drug dosage, diet and exercise might not work well for older women with type 1 diabetes as most treatment studies test younger people.

Dr. Jane Yardley is working to improve advice and treatment for menopausal women with type 1 diabetes. She will study how aerobic exercise and weight lifting affect blood sugar levels during and after exercise in 20 women with type 1 diabetes who have been through menopause.

Her study will be the first to look at how different types of exercise affect blood sugar levels in this group, and will help to figure out if and how current advice should be changed to improve exercise safety and health benefits for older women with type 1 diabetes.

**Thank you for giving hope for a healthier future to women with type 1 diabetes.**