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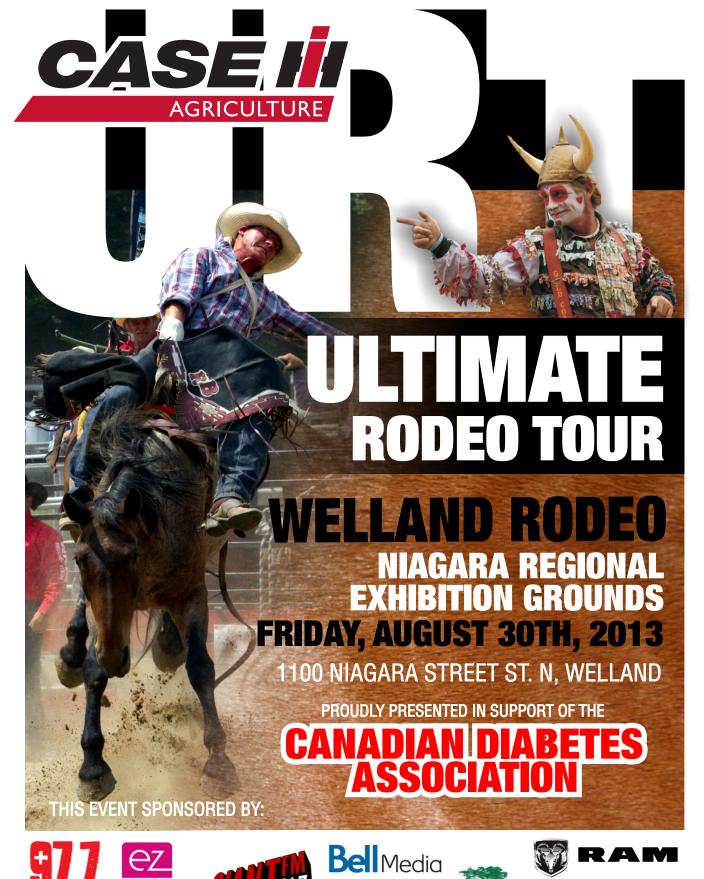
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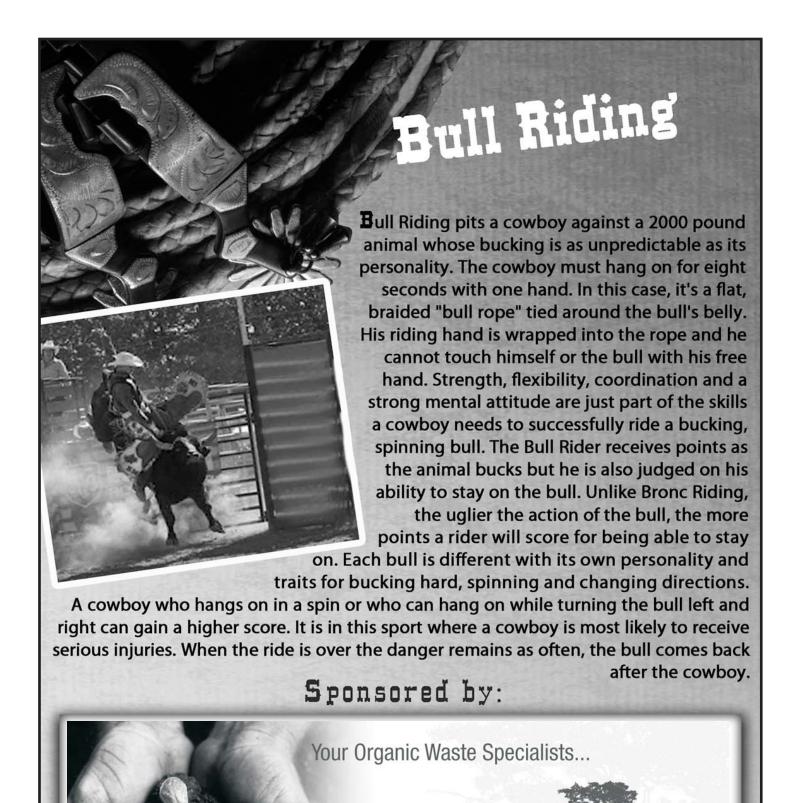
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Welcome

Welcome to The Ultimate Rodeo Tour 2013!

As you know, this event is in support of the Canadian Diabetes Association, so on behalf of the organizing committee, thank you for coming and supporting the fight to find the cure.

The Canadian Diabetes Association's mission is to lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find the cure. We are working to achieve our mission through research, education, service and advocacy.

Currently more than 3 million Canadians have diabetes and more than 6 million have prediabetes. With your support, the Canadian Diabetes Association can continue to work to find a cure for those living with diabetes, as well as those at risk of developing diabetes.

We have included some diabetes information in this program. If you would like additional information, please call 1-800-BANTING or visit www.diabetes.ca. You can select your local branch by looking under the Regional Office section.

Thank you for your support. Enjoy the show!



WELLAND LEADING THE WAY



Barry Sharpe MAYOR

GREETINGS FROM THE MAYOR

On behalf of City Council and the Citizens of the City of Welland, it gives me great pleasure to welcome you to the **2013 Ultimate Rodeo Tour** in support of the **Canadian Diabetes Association**.

Your attendance will help the Canadian Diabetes Association raise funds to help people with diabetes live healthy lives while they work to find a cure.

The tremendous efforts of the Canadian Diabetes Association, dedicated and hard working volunteers make this show possible. Your time and effort is greatly appreciated by your community.

I offer you my sincere best wishes for a memorable evening!







What are the symptoms?

Signs and symptoms of diabetes include the following:

- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

Diagnosis of diabetes

Show your doctor this fact sheet and ask him or her to test you for diabetes using one of the following tests. The amount of glucose (sugar) in your blood is measured in mmol/L.

Fasting blood glucose

You must not eat or drink anything except water for at least eight hours before this test. A test result of 7.0 mmol/L or greater indicates diabetes.

OR

Casual blood glucose

This test may be done at any time, regardless of when you last ate. A test result of 11.0 mmol/L or greater, plus symptoms of diabetes, indicates diabetes.

OR

Oral glucose tolerance test

You will be given a special sweetened drink prior to this blood test. A test result of 11.1 mmol/L or greater taken two hours after having the sweet drink indicates diabetes.

A second test must be done in all cases (except if you have acute signs and symptoms). Once diabetes has been diagnosed, ask your doctor to refer you for diabetes education. The Canadian Diabetes Association also has many resources to help you understand diabetes better and live a long and healthy life.

Date:	1st test:	mmol/L
Date:	2 nd test:	mmol/L

Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. We are supported in our efforts by a community-based network of volunteers, employees, healthcare professionals, researchers and partners. By providing education and services, advocating on behalf of people with diabetes, supporting research and translating research into practical applications - we are delivering on our mission.

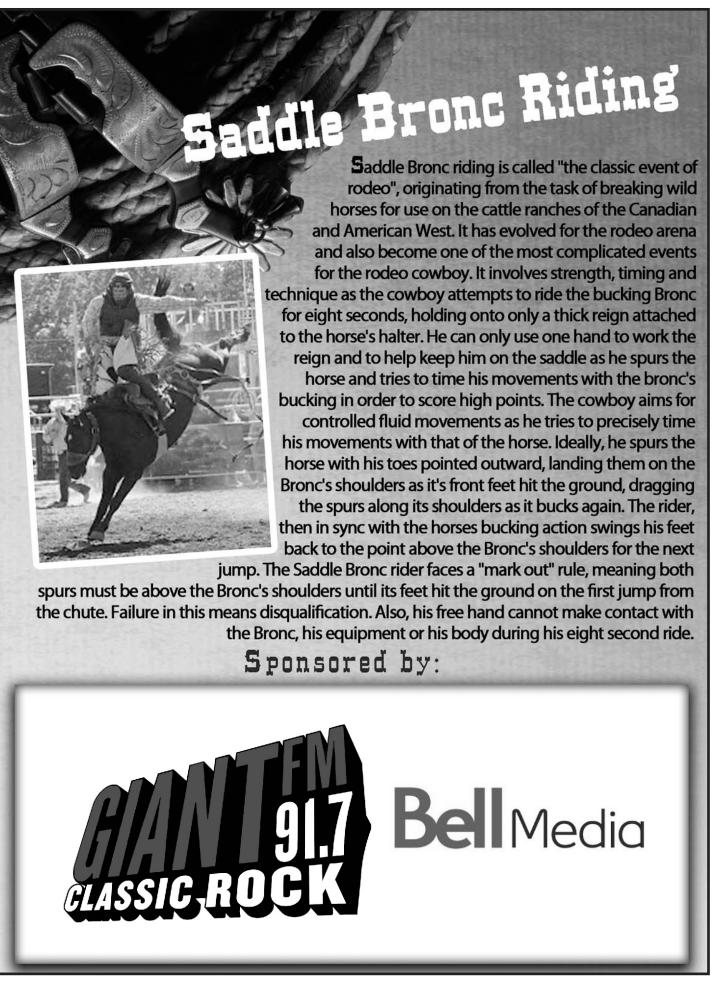
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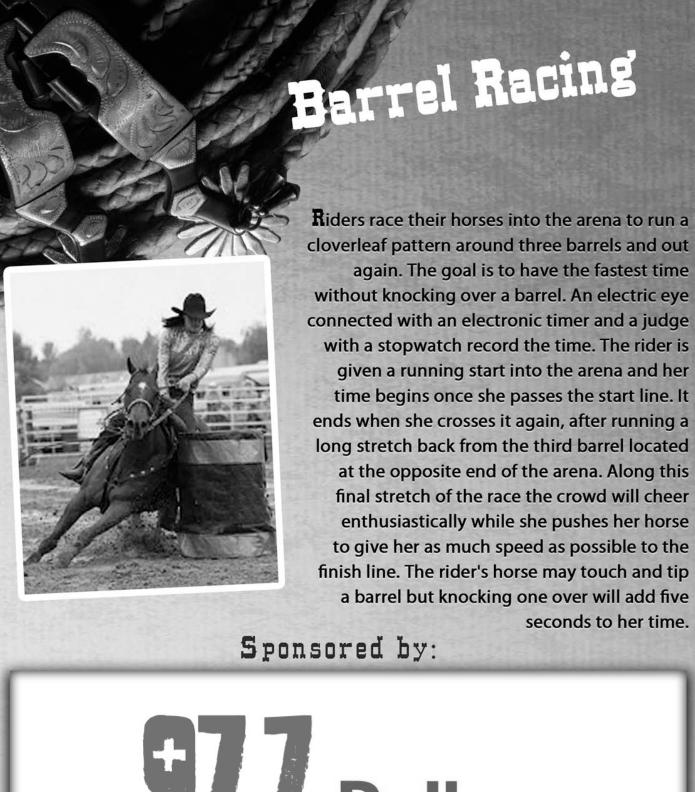
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Diabetes

facts

More than three million Canadians have diabetes

There are three main types of diabetes. Type 1 diabetes, usually diagnosed in children and adolescents, occurs when the pancreas is unable to produce insulin. Insulin is a hormone that controls the amount of glucose in the blood. Approximately 10 per cent of people with diabetes have type 1 diabetes.

The remaining 90 per cent have type 2 diabetes, which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. Type 2 diabetes usually develops in adulthood, although increasing numbers of children in highrisk populations are being diagnosed.

A third type of diabetes, gestational diabetes, is a temporary condition that occurs during pregnancy. It affects approximately 2 to 4 per cent of all pregnancies (in the non-Aboriginal population) and involves an increased risk of developing diabetes for both mother and child.



Is diabetes serious?

If left untreated or improperly managed, diabetes can result in a variety of complications, including:

- Heart disease
- Kidney disease
- · Eve disease
- Problems with erection (impotence)
- Nerve damage

The first step in preventing or delaying the onset of these complications is recognizing the risk factors, as well as signs and symptoms of diabetes.

What are the risk factors for diabetes?

If you are aged 40 or older, you are at risk for type 2 diabetes and should be tested at least every three years. If any of the following risk factors apply, you should be tested earlier and/or more often.

- Being: a member of a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African descent)
 - overweight (especially if you carry most of your weight around your middle)

- Having: a parent, brother or sister with diabetes
 - health complications that are associated with diabetes
 - given birth to a baby that weighed more than 4 kg (9 lb)
 - had gestational diabetes (diabetes during pregnancy)
 - impaired glucose tolerance or impaired fasting glucose
 - high blood pressure
 - high cholesterol or other fats in the blood
 - been diagnosed with any of the following conditions:
 - polycystic ovary syndrome
 - acanthosis nigricans (darkened patches of skin)
 - schizophrenia

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What are the symptoms?

Signs and symptoms of diabetes include the following:

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- Frequent urination
- * Weight change (gain or loss)
- · Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- · Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

Can you prevent diabetes?

Research shows that lifestyle changes can help prevent or delay the onset of type 2 diabetes. A healthy meal plan, weight control and physical activity are important prevention steps.

How is diabetes treated?

People with diabetes can expect to live active, independent and vital lives if they make a lifelong commitment to careful diabetes management, which includes the following:

Education: Diabetes education is an important first step. All people with diabetes need to be informed about their condition.

Physical Activity: Regular physical activity helps your body lower blood glucose levels, promotes weight loss, reduces stress and enhances

Nutrition: What, when and how much you eat all play an important role in regulating blood glucose levels.

Weight Management: Maintaining a healthy weight is especially important in the management of type 2 diabetes.

Medication: Type 1 diabetes is always treated with insulin. Type 2 diabetes is managed through physical activity and meal planning and may require medications and/or insulin to assist your body in controlling blood glucose more effectively.

Lifestyle Management: Learning to reduce stress levels in day-to-day life can help people with diabetes better manage their disease.

Blood Pressure: High blood pressure can lead to eye disease, heart disease, stroke and kidney disease, so people with diabetes should try to maintain a blood pressure level below 130/80. To do this, you may need to change your eating and physical activity habits and/or take medication.

Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our communitybased network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.





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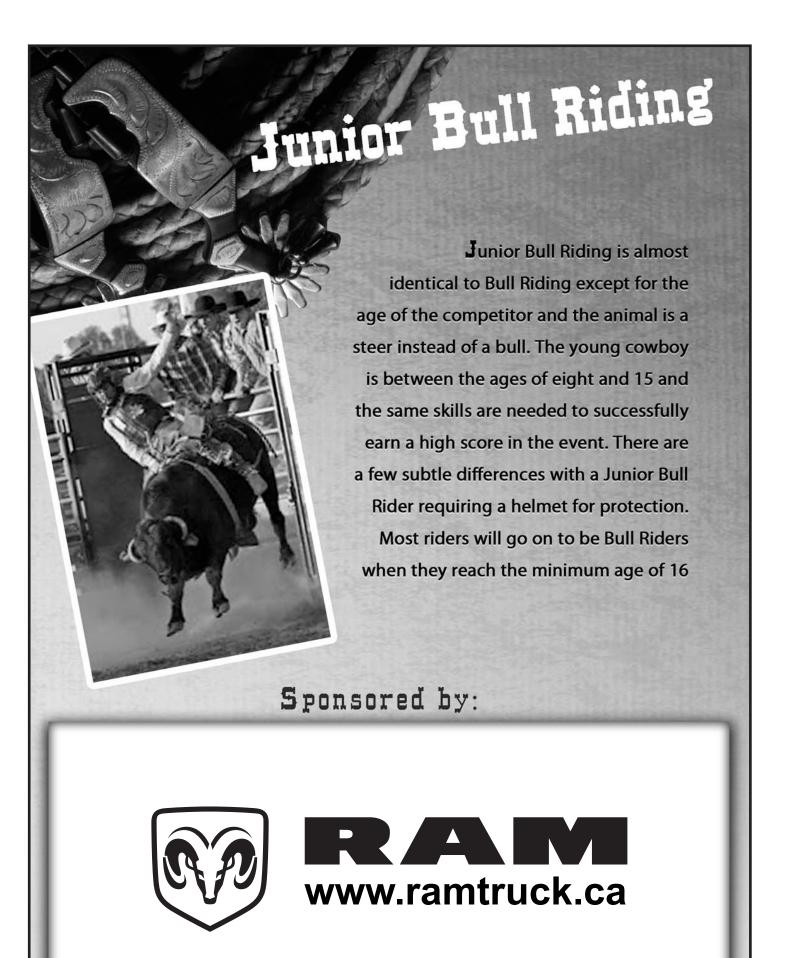
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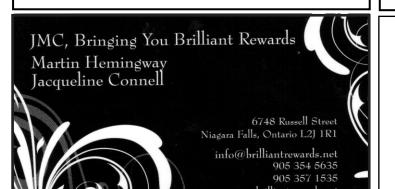
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MAYOR BRIAN CITY OF ST. CATHARINES

"The City of St. Catharines is a strong supporter of the Canadian Diabetes Association."

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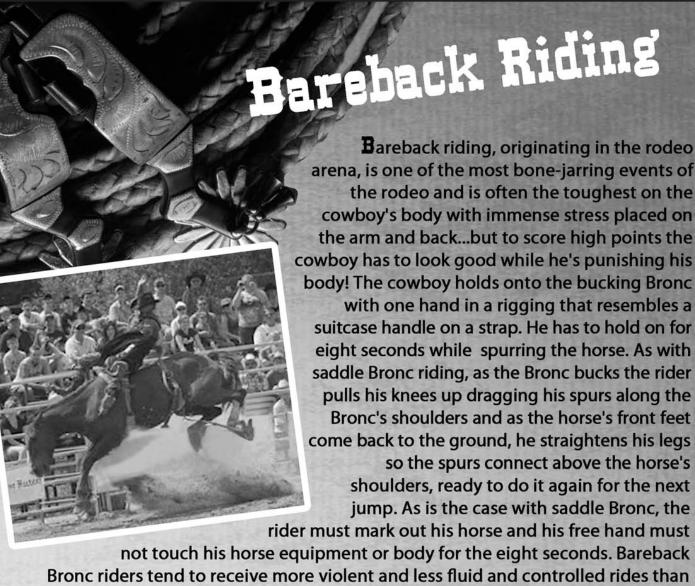


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Are you at risk?

prevention

You could be one of many Canadians who have type 2 diabetes and don't know it.

If you are age 40 or older, you are at risk for type 2 diabetes and should be tested at least every three years. If you check any of the boxes to the right, you should be tested for diabetes earlier and/or more often.

Today, more than ever before, people with diabetes can expect to live active, independent and vital lives if they make a lifelong commitment to careful management of the disease.

It is important to be tested for type 2 diabetes if you are at risk. Left untreated or improperly managed, diabetes can result in a variety of complications, including:

- Heart disease
- Kidney disease
- Eye disease
- Problems with erection (impotence)
- Nerve damage

My risk assessment

- ☐ I have a parent, brother or sister with diabetes.
- ☐ I am a member of a high-risk group (Aboriginal, Hispanic, South Asian, Asian or African descent).
- ☐ I have health complications that are associated with diabetes.
- ☐ I gave birth to a baby that weighed over 4 kg (9 lb) at birth.
- ☐ I had gestational diabetes (diabetes during pregnancy).
- ☐ I have been told I have impaired glucose tolerance or impaired fasting glucose.
- ☐ I have high blood pressure.
- ☐ I have high cholesterol or other fats in my blood.
- ☐ I am overweight (especially if I carry most of my weight around my middle).
- ☐ I have been diagnosed with any of the following conditions:
 - Polycystic ovary syndrome
 - Acanthosis nigricans (darkened patches of skin)
 - Schizophrenia

DON'T IGNORE THESE RISK FACTORS. The earlier you are diagnosed, the sooner you can take action to stay well – now and in the future. If you already have type 2 diabetes, your children, brothers and sisters are at risk. Urge them to be tested for diabetes.







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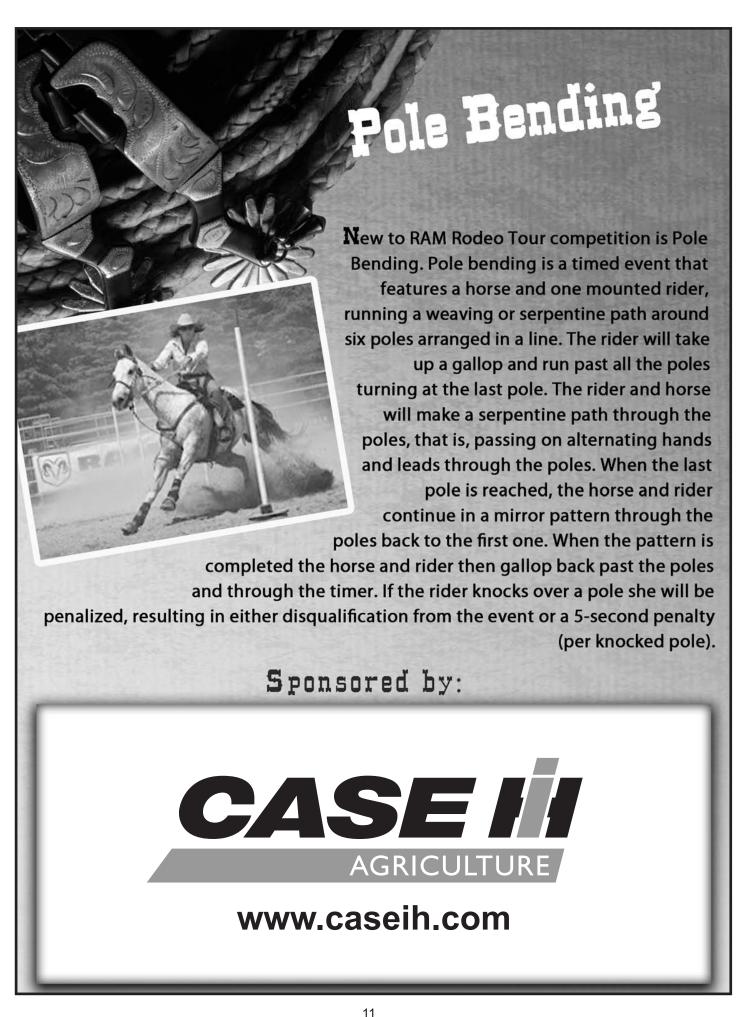




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