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National Diabetes Awareness Month

World Diabetes Day falls on November 14 – the anniversary of insulin discoverer, Frederick Banting's birth. On November 1, JDRF – Juvenile Diabetes Research Foundation – celebrates T1Day to raise awareness surrounding Type 1 Diabetes. It is fitting then that November is National Diabetes Awareness Month.

Diabetes is a chronic disease that affects how your body turns food into energy. Our body breaks food down into sugar (glucose) and releases it into the bloodstream, which then alerts the pancreas to release insulin to help our cells use the glucose as energy. With diabetes, the body does not produce enough insulin to help convert glucose into energy. Overtime, this can cause serious health problems. There are three types of diabetes:

Type 1	It is not yet known what causes Type 1 Diabetes (T1D), but it is thought to be an autoimmune reaction that stops the body from producing insulin. This type can develop at any age and there is no cure – yet.
Type 2	Type 2 Diabetes develops over many years and is usually diagnosed in adults. It accounts for 90-95% of people with diabetes. Type 2 Diabetes can be prevented and delayed with healthy lifestyle changes like losing weight, eating healthy food, and being active.
Gestational	Gestational diabetes can develop during pregnancy, which can place the baby at a higher risk for health problems, but usually goes away after the baby is born.

JDRF was founded in 1970 by parents of children with Type 1 Diabetes. It is the world's largest nonprofit funder of Type 1 Diabetes research. While the organization's ultimate focus is on finding a cure, it has made significant advancements in the management of the disease, making it easier and safer to live with Type 1 Diabetes.

In the sixth grade, one of my closest friends was diagnosed with Type 1 Diabetes. A group of friends visited her in the hospital soon after, and a doctor explained to us what was happening, how she would have to closely watch her diet, how she would have to prick her finger to know her glucose levels, and even showed us how to calculate how much insulin she would need based on her glucose levels. As you can imagine, sixth graders trying to calculate just how much insulin she would need after lunch was a hurdle.

Rufus, the bear with diabetes, is given to children when they are diagnosed with T1D

And sometimes she miscalculated and gave herself too much insulin, leading to some close calls.

Since then, she has gotten a continuous glucose monitoring system that tracks her glucose levels every five minutes, so she no longer needs to prick her fingers throughout the day. She also has an insulin pump, which administers continuous levels or surges of insulin as needed. These devices help provide a detailed record of her glucose levels for check-ups, stabilize her glucose levels, and make it easier to manage her diabetes. The development of both of these devices along with all the care she has received since she was first diagnosed, has been supported by JDRF.

Jordan McFaull

I have been drawn to JDRF ever since that hospital visit, so when I joined the firm a year ago, I was so thankful to learn of its commitment to supporting JDRF as its philanthropic charity in honor of Jordan McFaull. After passing the bar in 2014, Jordan joined Mouledoux, Bland, Legrand & Brackett and proved himself to be a cheerful addition to the firm. Jordan passed away unexpectedly in 2015 as a result of complications with Type 1 Diabetes and is missed by all who worked with him. The firm formally adopted JDRF as its charity and for the past six years, we have participated in the JDRF One Walk in honor of Jordan.

This Diabetes Awareness Month, we are lacing up our tennis shoes to March4McFaull again on November 11, 2023 at the Louisiana One Walk. By donating or joining our team today, you can help fund research that impacts the lives of the millions of children, adults, and families challenged by Type 1 Diabetes every day. With your support, we will help JDRF turn **Type One** into **Type None**. Thank you to everyone who supports the cause and our friend, Jordan.