

## **Canadians with Type 1 Diabetes Climb Kilimanjaro**

**Organized by the World Diabetes Tour in partnership with Sanofi, expedition sends positive message to people living with diabetes:  
Strive for control, dare to dream!**

**TORONTO** – For 14 people, 12 of whom have Type 1 Diabetes (T1D), the climb to the top of Kilimanjaro was far more than a personal achievement. It was a statement of hope and inspiration for others.

“We wanted to show that, with proper diabetes management, you can still dare to dream,” says Mike Riddell, one of the Canadians on the international expedition.

Dr. Bruce Perkins, another expedition member from Canada, notes that T1D is a lifelong condition, and typically the diagnosis is at an early age. “For young people, dealing with T1D can be overwhelming. We want them to know that they can control their diabetes, and that they can have a life full of possibilities.”

Now in their 40s, both were diagnosed while in their teens. Riddell is a professor at York University’s School of Kinesiology and Health Science. Dr. Perkins is an endocrinologist and associate professor at the University of Toronto Department of Medicine.

The Kilimanjaro expedition reached the summit on September 4. Along with the Canadians, the team included members from Australia, Barbados, Belgium, Brazil, France and the United States. The expedition was led by World Diabetes Tour in partnership with Sanofi.

Dr. Perkins and Riddell are now back in Toronto to share their story during Diabetes Awareness Month.

Kilimanjaro is the highest mountain in Africa, rising 4,600 meters (15,100 feet) from base to summit. The team members climbed for six days to reach the top – trekking through often difficult terrain, experiencing extreme temperatures, spending the nights camped in tents, and contending with the daily physical exertion while also managing their diabetes.

“When you have T1D, you have to follow a strict regimen of controlling your blood glucose,” notes Riddell. “Imagine how rigorous we had to be as we scaled Kilimanjaro – burning so many more calories, breathing thinner air, being exposed to elevated UV, and at risk of altitude sickness.”

Sanofi is one of the largest pharmaceutical companies in the world, and was a partner in the Kilimanjaro climb because it was an opportunity to send a positive message to the diabetes community.

“Our company prides itself on being patient-centered. We’re all about empowering people, giving them the resources they need to take greater control of their lives,” explains Jon Fairest, President and CEO of Sanofi Canada.

“With these individuals demonstrating they could successfully manage their diabetes even while climbing Kilimanjaro, imagine what that says to others with T1D – especially young people who are newly diagnosed,” Fairest adds. “It says you can achieve your goals and make the most of every day. And that’s a message we want to share.”


Sanofi Pasteur, an affiliate of Sanofi Canada located in Toronto, has a long history of innovation and discovery in the field of diabetes. Its forerunner was Connaught Laboratories, which developed large-scale insulin production methods after the discovery of the drug by Drs. Banting and Best at the University of Toronto.

An estimated 2.7 million Canadians were living with diabetes in 2010, with about 10 per cent of this number having T1D. (Source: Canadian Diabetes Association, [http://www.diabetes.ca/documents/get-involved/WEB\\_Eng.CDA\\_Report\\_.pdf](http://www.diabetes.ca/documents/get-involved/WEB_Eng.CDA_Report_.pdf)). T1D is increasing every year, and patients are being diagnosed at younger ages.

Video and photos of the Kilimanjaro Expedition are available on request.

For interviews with Dr. Perkins, Mike Riddell, Sanofi Canada:

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### **About Sanofi**

Sanofi, an integrated global healthcare leader, discovers, develops and distributes therapeutic solutions focused on patients' needs. Sanofi has core strengths in the field of healthcare with seven growth platforms: diabetes solutions, human vaccines, innovative drugs, consumer healthcare, emerging markets, animal health and the new Genzyme. Sanofi is listed in Paris (EURONEXT: SAN) and in New York (NYSE: SNY).

Sanofi entities in Canada include Sanofi Canada (pharmaceuticals), Sanofi Pasteur (vaccines), Sanofi Consumer Health (health and beauty), Genzyme (rare diseases) and Merial (animal health). Together they employ more than 1,700 people across the country. In 2012 Sanofi companies invested \$122 million in R&D in Canada, creating jobs, business and opportunity throughout the country.

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