

**DIABETES,  
FROM PAGE 3**

"I've now had the catheter for almost nine years and never had to use it," Johnson says.

It took more than six months to find the right combination of medications for his high blood pressure and Johnson's kidneys are now operating between 10 and 12 per cent.

Johnson will eventually need a kidney transplant, but that still won't be a cure.

"He will still be a diabetic after a kidney transplant and he will take anti-rejection drugs," Kendra explains.

Diabetes also packs a large financial burden. Johnson needs medications to survive that aren't covered by OHIP. He also has to use up to \$8 of test strips each day to test his blood sugar levels.

"I don't think the government does enough for diabetics," Kendra says.

**FUNDRAISING**

Kendra decided to fundraise for the Canadian Diabetes Association (CDA) in the hopes of finding a cure.

She sometimes feels helpless in the face of Johnson's illness and wanted to do something positive.

Kendra first heard about the Team Diabetes run through an advertisement on the radio. Then she went on the CDA website and read about the upcoming 10-kilometre run in December in Honolulu, Hawaii.

"It's near and dear to my heart," Kendra says. "Insulin is not the cure."

In order to participate, runners must raise a minimum of \$6,000 for the CDA.

When Johnson decided to run as well, the couple set a goal of raising \$12,000.

Johnson explains how this kind of fundraiser with a free trip as a reward is more effective than door-to-door campaigns. Two hundred campaigners collected several thousand dollars in a CDA door-to-door campaign, but 200 runners collected over \$1.4 million.

When Kendra began this process, she had never organized a fundraiser before. She approached her work colleagues and friends and was amazed to have enough sponsors to cover the costs of a fun fair just three days later.

That means that all the funds collected at the fun fair (scheduled for this Friday, June 16) will go to

the CDA.

Another colleague, Lianne Cote, wanted to organize a corporate beach volleyball tournament for the Johns, which was held at the RA Centre on Riverside Drive on June 1.

That event raised more

**Details on the upcoming diabetes fundraisers the Johns have planned are available on their website at <http://helpteamdiabetes.com>.**

than \$3,000.

As of June 13, the couple was almost halfway to their

goal, with \$5,060 raised.

Kendra says Canada is on the leading edge of dia-

betes research. Scientists are working on pancreas transplants, which would

eliminate the need for dialysis and insulin injections.

The fundraising will also support Camp Banting for children with diabetes.

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