

## CWSF 2018 - Ottawa, Ontario



### Shanaya McMillan

#### Comparison of Blood Glucose Levels Before & During Type 1 Diabetes Camp

**Challenge:** Health

**Category:** Intermediate

**Region:** St. James-Assiniboia

**City:** St. François Xavier, MB

**School:** Collège Sturgeon Heights Collegiate

**Abstract:** Globally, people with type 1 diabetes have the responsibility of maintaining blood glucose levels. Failure to do so can result in drastic complications including strokes, blindness and death. This study compared glycemic control between two trials- a 'regular' week and another held at summer camp. By analyzing the data, the project discusses possible lifestyle changes and further studies with the intent of improving glycemic control.

#### Biography

My name is Shanaya and I'm a tenth grade student at Collège Sturgeon Heights Collegiate. Outside of science fair and other school projects, I'm involved in plenty of other activities like soccer, curling, volleyball, reading and creative writing. I also perform with a Ukrainian dance ensemble and am fond of volunteering at both the YMCA and with diabetes organizations. New this year, I'm also taking part in a school play. As for school, I enjoy courses such as mathematics and computer science, and have won various academic awards. My project is a study relevant to me, as I am a type 1 diabetic and have been for several years. My friends and I have attended diabetes camps such as the one in my project and, by studying this topic, I hope to contribute towards improving glycemic control of type 1 diabetics. In the future, I intend to conduct studies of a similar nature. If you're looking to pursue a project, my recommendation is to think big. If your goal is to compete at science fairs, then using a well-known concept may work, but if you'd like to fight a real problem, don't confine yourself to simplistic ideas. Good luck!

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