



## Diabetic Teen from India to take Sanofi and World Diabetes Tour's 'Type 1 Diabetes Challenge' to Machu Picchu

*-19 year old Eshaan Shevate, is the youngest member of an international team of people with Type 1 diabetes, who will trek to Machu Picchu to set a positive example that there is life beyond diabetes-*

**Mumbai, July 17<sup>th</sup>, 2014:** Continuing its commitment to raise awareness of type 1 diabetes (T1D) **Global leader in Diabetes, Sanofi, in partnership with World Diabetes Tour (WDT)**, announced today that **Type 1 diabetic Eshaan Shevate from India** will be participating to the new 'Type 1 Diabetes Challenge' to Machu Picchu', Peru.

An engineering student from Pune, 19 year old Eshaan is the youngest member of a 12-strong international team (10 of whom have type 1 diabetes) that will trek from July 20<sup>th</sup> to 25<sup>th</sup> along the famous Salkantay route from the city of Cusco, to reach the legendary ancient Inca settlement Machu Picchu, one of the Seven Wonders of the World. Representing eight countries across four continents, together they aim to demonstrate a positive attitude to type 1 diabetes, and show the global type 1 diabetes community that by striving for control of their diabetes, they can dare to dream.

Eshaan was diagnosed with Type 1 diabetes when he was 12. Since then, despite a host of challenges he has lived a happy, normal life. He loves to swim, skate and play hockey. He has represented Pune at state level swimming competitions and won a gold medal in skating at district level.

Eshaan's doctor **Dr. Abhay A. Mutha, Consultant Diabetologist and President of Diabetes Care and Research Foundation, Pune**, shares that *"Type 1 Diabetes is a serious problem in our country. With more people being diagnosed at a younger age, they are faced with the prospect of dealing with the condition and its complications earlier and for more of their lifetime. we need to support promising Type 1 diabetic children for their complete care-- insulin, education, hospitalization and all investigations till they turn 18.*

*'Eshaan is one of the children who we support, and I was glad to nominate him for the Sanofi and World Diabetes Tour's expedition to Machu Picchu. When Eshaan initially came to us, his family and he were very shattered with this diagnosis and had lost all hope. Today, he is managing very well. I am delighted and very proud to share that his diabetes is well under control and his good track record in sports, have enabled his selection for this unique initiative.'*

In India, diabetes is a major public health challenge and the country is today ranked at no. 2 globally. While Type 2 diabetes has received considerable attention in interventions, it has not been so for Juvenile or Type 1 diabetes, even though 1 out of 5 children with Type 1 diabetes in the world would be an Indian. (ref.: International Diabetes Federation Diabetes Atlas. 5th ed. Brussels: IDF; 2011)

**Ramprasad Bhat, Senior Director - Diabetes Business Unit, Sanofi India**, said, *" We are very proud and excited to have a patient from India participate in the Sanofi Diabetes and WDT's Type 1 Challenge to Machu Picchu, an initiative that demonstrates our conviction in it being possible for people to go beyond their diabetes condition, to achieve their aspirations. Eshaan's story is indeed inspiring, and will*



*help spread the powerful message that diabetic patients can take on all life challenges as long as they abide by the advice of their doctors and diligently follow their treatment plan. We wish Eshaan the very best in this journey, and cannot wait to learn about all his experiences.”*

*“By participating in this expedition, I want to spread a positive example showing that even when a challenge is difficult, with the right preparation and good knowledge of the body’s dietary and physical needs, it is possible to control type 1 diabetes and open the door to a life full of possibilities,”* **added Eshaan Shevate** on the eve of his departure to Peru.

From a variety of different backgrounds, ages and trekking experience, the team members will walk for over 8 hours a day through the high jungle habitat of the Andes, travelling more than 70 kilometers to reach their goal. Managing their diabetes under these circumstances is only one of the challenges this team will face. In addition to arduous terrain and cold temperatures, they will reach altitudes of up to 4,600 meters on route to their destination, exposing them to the risk of altitude sickness. They will have to deal with this on a day-to-day basis, while also managing their diabetes to maintain blood glucose control.

***‘To catch the team’s day to day progress towards Machu Picchu, follow them @T1DChallenge on Twitter.’***

## About Sanofi

Sanofi, a 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).

In India, Sanofi is present since 1956.

## About Sanofi Diabetes

Sanofi strives to help people manage the complex challenge of diabetes by delivering innovative, integrated and personalized solutions. Driven by valuable insights that come from listening to and engaging with people living with diabetes, the Company is forming partnerships to offer diagnostics, therapies, services and devices, including blood glucose monitoring systems. Sanofi markets both injectable and oral medications for people with Type 1 or Type 2 diabetes.

Aligned to the Sanofi Group’s commitment to diabetes, Sanofi Diabetes India strives to become a true 360-degree partner for patients and healthcare professionals, offering a complete range of innovative and integrated solutions.

## About World Diabetes Tour

The World Diabetes Tour association was founded in 2008 by Christophe Crampé and Delphine Arduini. The association was created to help people with type 1 diabetes and raise awareness of the condition. They aim to deliver a positive message of hope that it doesn’t need to limit anyone from realizing their goals in life and living out their dreams.



The association unites the type 1 community around the world, so that together they can be stronger, and learn from each other. As of today they have brought together 452 people with type 1, and have 784 people on their Facebook group. They have ventured on numerous sporting challenges around the globe. During their world tour they held meetings and conferences in France, India, Thailand, Japan, Polynesia and China. Sharing advice and feedback through the association's community they highlight what other people with type 1 diabetes achieve and how they manage their condition.

For the second year in a row, Sanofi is partnering with the World Diabetes Tour to support their new challenge – T1D Challenge Machu Picchu. In 2013, both organizations led a Type 1 expedition to Mount Kilimanjaro in Africa (<http://www.epresspack.net/t1diabetes-kilimanjaro-expedition/>).

### About Machu Picchu

- World heritage site: Machu Picchu is a 15th century Inca city. It was declared a Peruvian Historical Sanctuary in 1981, and a UNESCO World Heritage Site in 1983.
- Height: Situated in the Andes on a mountain ridge above the Sacred Valley, 80 kilometers northwest of Cusco city, Machu Picchu stands 2,430 meters (7,970 feet) above sea level.
- History: Machu Picchu is the most familiar icon of Inca civilization. Most archaeologists believe that it was built as an estate for the Inca emperor Pachacuti (1438–1472). The Incas built the estate around 1450, but abandoned it a century later at the time of the Spanish conquest.
- Environment and the Inca trails: The Inca trails that lead to Machu Picchu form part of a vast network spanning nearly 40,000 kilometers, connecting the distant corners of the ancient Incan empire. Inca trails through the mountains can be notoriously narrow and steep at points.
- Trail routes: There are a number of different trail routes to Machu Picchu. The main three are Salkantay (Mollepata), One Day and Classic. Salkantay is the longest of the three routes and intersects with the Classic route.
- Discovery: Although known locally, Machu Picchu was unknown to the outside world before being brought to international attention in 1911 by the American historian Hiram Bingham. Bingham glorified the discovery, mistakenly claiming that it was the fabled "last and lost city of the Incas". This has led to it still being referred to as the "lost city of the Incas" to this day. Today, over 75,000 people make the trek each year.

### About Type 1 Diabetes

Type 1 diabetes (T1D), a form of diabetes mellitus, is one of the most common endocrine and metabolic conditions arising during childhood. It is caused by an autoimmune response where a person's insulin-producing beta cells in the pancreas are destroyed by the immune system. The resulting lack of insulin causes to an increase in blood glucose levels and a reduced quantity of glucose available for cells to use as energy.

T1D can be difficult to live with. Poorly controlled levels of blood glucose can result in potentially damaging incidents of hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose). To manage their blood glucose levels, people with T1D must take multiple insulin injections or even receive a continuous infusion of insulin through a pump every day.<sup>1</sup> This rigorous daily regimen of blood glucose management comes from a responsibility for the person's future health: the more time spent outside the normal range of blood glucose, the greater the risk of health complications.<sup>2</sup>



Dealing with T1D can have a significant impact on a person's life and emotional wellbeing, and it can sometimes become overwhelming for young people

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