

Thank you for supporting the fight in 2019

"Your donation is a demonstration of your trust in Diabetes Canada. We will continue to use the very most of every dollar donated to Diabetes Canada to help Canadians affected by diabetes live healthier lives."

**Dr. Jan Hux**, outgoing President and CEO

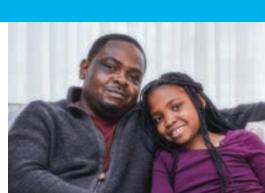
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Diabetes Canada

# It's Time to Turn the Tide

**Partnering with Canadians to End Diabetes** 





Right now, 11 million Canadians are living with diabetes or prediabetes. By any definition, a disease that affects one-third of a country's population is an epidemic.

Since 2000, the number of Canadians with diabetes has doubled. Today, one Canadian is diagnosed with this chronic progressive disease every three minutes. Canadians as young as 20 years old face a 50 percent chance of developing diabetes in their lifetime. For First Nations people in Canada, that risk increases to 80 percent.

The impact diabetes has on people's lives, and our healthcare system, is staggering. Diabetes is the leading cause of blindness in working-age adults, and contributes to:

Diabetes Canada has been leading the fight against diabetes since 1953. With support from donors and partners like you, we are taking a Population Impact approach that allows us to support Canadians with diabetes or prediabetes on a national scale.

30% of strokes	(B)
40% of heart attacks	<b>♣</b>
50% of kidney failures	<b>ଜ</b> ନ
70% of non-traumatic lower-limb amputations	į.



With the support of our generous donors and partners, Diabetes Canada is leading the fight against this epidemic through three primary areas: advocacy, research and education.

#### **Advocacy**

We advocate on behalf of all Canadians affected by diabetes to governments, schools and workplaces.

#### Research

We invest in world-class diabetes research, supporting innovative scientists and clinicians in Canada in their quest for new treatments, and ultimately a cure.

#### **Education**

We educate healthcare professionals who are on the front lines of care with our *Clinical Practice Guidelines*, or best-practice guidelines. We also invest in prevention programs and self-assessment tools to help people reduce their risk of diabetes. These kinds of resources are essential when you consider that at least six million people have prediabetes, and more than 1.5 million people are currently living with diabetes and don't even know it.

With you by our side, we will do all we can to help prevent the onset of diabetes, help those affected by the disease live healthy lives, and turn the tide on Canada's growing diabetes epidemic.

#### YOUR IMPACT IN 2019

## Providing vital support

25,700+ people accessed compassionate support and vital resources through 1-800-BANTING, Diabetes Canada's information and support services.

#### **Educating the public**

**2.7 million** unique visitors accessed Diabetes Canada's website to find essential diabetes information.

### Supporting healthcare providers

**370,000+** unique visitors accessed our worldclass *Clinical Practice Guidelines* online.

### **Building community** and confidence

**1,900+** children, youth and families affected by type 1 diabetes attended D-Camps.

#### Advocating for a nation-wide diabetes strategy

Canadians sent **35,000** emails to political candidates asking them to support Diabetes 360°.

## Supporting the cause and the environment, too

**100 million** pounds of donated items were collected and diverted from landfill through the National Diabetes Trust Declutter Program.



6.3





(360°)

#### A MESSAGE FROM

### **OUR CHAIR OF THE BOARD**

I am honoured to lead Diabetes Canada's Board of Directors, which is comprised of volunteer leadership from the private, public, and healthcare sectors. We bring a combined total of 350 years of experience to our mandate, which is to help guide and safeguard the donor dollars that have been invested in the organization.

In my first year as Chair of the Board, I've had the pleasure of watching Diabetes Canada grow its support for people affected by diabetes. By focusing on a Population Impact strategy, we are amplifying the effectiveness of our efforts to improve diabetes awareness, prevention and care.

Diabetes Canada has been successfully advocating for change across all levels of government—municipal, provincial, federal and territorial—and will continue to do so until the diabetes epidemic has been addressed. We have also strengthened our commitment to funding research to prevent diabetes, improve care for those affected by the disease and ultimately find a cure.

We also continue to provide educational support to healthcare professionals and people living with diabetes. Donors like you make it all possible.

Thank you for your essential support in 2019 and your trust. We will ensure that your generosity has an evergrowing impact.

With you by our side, and the tireless efforts of Diabetes Canada staff and volunteers, and researchers, Canada is poised to make a crucial difference in the lives of those affected by diabetes.

#### Thank you for your trust in Diabetes Canada



Catherine Potechin

Catherine Potechia
Chair of the Board



#### A MESSAGE FROM

# OUR OUTGOING PRESIDENT AND CEO

I am immensely proud of what our Diabetes Canada community accomplished in 2019. Under our new Population Impact strategy we raised the profile of diabetes among the public. We also ignited a grass roots movement that saw thousands of Canadians send letters and sign our petition in support of Diabetes 360°, our nation-wide diabetes strategy created by and for the diabetes community.

The desire of Canadians to stand with us was also reflected in their financial support. Thanks to the tireless efforts of volunteers and staff, Diabetes Canada is in a much stronger position to work on behalf of everyone affected by the disease in this country. Our new website, which launched in the spring, offered people affected by diabetes a variety of resources for managing the disease.

We also saw the work of the brilliant young researchers whom we support bring us closer to understanding the mysteries and root causes of diabetes and finding lifechanging solutions.

Despite all of these important accomplishments, the chances of developing diabetes are higher than ever. For example, a 20-year-old Canadian faces a 1 in 2 chance of developing the disease. It is hard not to feel

impatient and troubled by this statistic. We are doing great work to address the diabetes epidemic at a population level, but for those living with or at risk for the disease, change can't come soon enough.

In 2021, we will celebrate the 100th anniversary of the discovery of insulin. Canadians can be proud of a discovery that continues to save millions of lives around the planet every day. But as the eyes of the world turn to Canada to honour that history, I impatiently await the day when Canadian healthcare systems provide a level of care for those affected by diabetes that we can all be proud of. In 1921, Canada changed diabetes for the world. Together, let's make 2021 the year we change the world for those affected by diabetes.

We have much to do between now and then. I invite you to join us to End Diabetes together!

Thank you for helping us make the invisible epidemic of diabetes visible and urgent





**Dr. Jan Hux**President and CEO







Research is the key to a future in which people no longer live with the complications, struggles, and challenges that come with diabetes.

Diabetes Canada is a leading supporter of diabetes research. We fund some of Canada's most renowned scientists and clinicians in their quest for new developments in the prevention, treatment and management of diabetes. And supporters like you make it possible.

To ensure the best investment of your research dollars, a panel of expert scientists evaluates every research application we receive—identifying the most innovative programs and the most promising researchers.

Although the research we fund is diverse in scope, the goal of every study is the same—to improve the quality of life for people affected by diabetes and to find a cure.

Diabetes Canada was founded by Dr. Charles Best of Banting and Best—researchers who discovered a way to use insulin to treat diabetes. Their historic discovery saved millions of lives and changed diabetes for the world. With your continued support, we believe we can find a cure and make history once more.

#### THANKS TO DONORS LIKE YOU

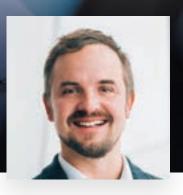
## \$3.5 million

was invested in innovative and transformative research in diabetes prevention, care and a cure.

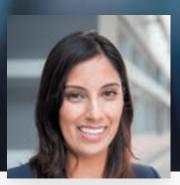
#### 41

ongoing research
awards and
partnerships led by
some of Canada's most
outstanding clinicians
and scientists
received support.

## Searching for Life-Changing Solutions in Diabetes Prevention, Care and a Cure







### Dr. Przemyslaw (Mike) Sapieha

Diabetic retinopathy is caused when blood vessels that supply nutrients and oxygen to the retina (in the eye) degenerate, causing the nerve cells to stop functioning properly. It is the most common complication of diabetes and the leading cause of blindness in working-age individuals.

Dr. Sapieha and his team have made numerous discoveries about nerve cells and neurons in the eye, including the fact that diabetic neurons in the retina enter a state of dormancy to protect themselves from diabetes-related stress. They are currently exploring ways of waking these neurons in order to restore vision.

Dr. Sapieha received a Diabetes Canada Diabetes Investigator Award in 2018.

#### Dr. Ahmad Haidar

Dr. Ahmad Haidar and his team have developed an artificial pancreas system that could revolutionize glucose management for people living with type 1 diabetes.

Right now, people with type 1 diabetes either have to program their pumps to give them insulin or inject it throughout the day. Currently, fewer than 20 per cent of these people are achieving their blood sugar (glucose) targets. The artificial pancreas device, which Dr. Haidar describes as a "super-smart insulin pump," will automatically deliver insulin whenever needed.

Because insulin is provided as needed, it should improve blood sugar control and reduce occurrences of hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar)—resulting in a better quality of life.

Dr. Haidar received a Diabetes Canada Diabetes Investigator Award in 2017.

#### Dr. Sonia Butalia

Research shows that only 30 per cent of people with diabetes who should be taking medication to lower their cholesterol are doing so. Dr. Butalia is exploring the causes of under-treatment and why some patients stop taking cholesterol-lowering medications.

After determining where the gaps are, her goal is to develop strategies to improve cholesterol management. One strategy is better communication with patients. For example, usually a patient's lab results go straight to their doctor. Dr. Butalia is assessing whether sending the results to patients, as well as their doctors, will improve diagnosis and treatment.

Dr. Butalia received a Diabetes Canada New Investigator Award in 2018.



# A Nation-Wide Strategy that Will Lead the World

In 2019, we made significant progress towards the implementation of Diabetes 360°—our action plan to save lives.

Diabetes Canada brought together more than 115 individuals representing almost 100 stakeholder organizations to build Diabetes 360°. The plan is modelled on the proven and ambitious approach used for HIV and AIDS, and other global disease prevention and management strategies.

Diabetes 360° is a comprehensive strategy that addresses key needs for Canadians living with diabetes or at risk of developing it. Implementing the strategy will dramatically reduce the incidence of diabetes, improve access to treatment, and save millions of lives.

The action plan calls for enhanced screening and better access to prevention programs and diabetes management support wherever Canadians live. The plan also includes strategies for improved access to medications like insulin and essential supplies and

devices, such as blood glucose monitors and insulin pumps. Diabetes costs people up to \$15,000 out of pocket a year, making it prohibitively expensive for many Canadians to follow their prescribed treatment.

The financial burden doesn't just impact individuals living with the disease. Treating diabetes and its complications costs our healthcare system and tax-paying Canadians more than \$29 billion per year. Only a sweeping approach can address the healthcare inequities found across the country and lessen the financial impact of this disease.

Successful implementation of Diabetes 360° would mean 770,000 fewer cases of type 2 diabetes, 245,000 fewer hospitalizations, and 34,000 fewer leg amputations over the next seven years—helping to save Canada's healthcare system \$20 billion.

With your support, we will continue to fight on behalf of everyone living with diabetes or prediabetes. Learn how you can help at **diabetes.ca/strategy** 



# A GRASS ROOTS MOVEMENT GATHERS SUPPORT



The House of Commons of Canada's Standing Committee on Health published a study that recommended the funding and implementation of Diabetes 360°.



Canadians sent 35,000 emails to political candidates asking them to support Diabetes 360°. Nearly 100 candidates committed to it publicly, as did the NDP and Green parties.



The provincial governments of British Columbia, Manitoba and Prince Edward Island have committed to advancing a strategy based on Diabetes 360°.



# Improving Health Outcomes for Canadians

With support from our donors, and in partnership with LMC Healthcare and the Public Health Agency of Canada, Diabetes Canada launched a new diabetes prevention program.

"Diabetes occurs for many reasons and in many cases can be prevented. However, it will take a shift in how we live, play and work," says Dr. Seema Nagpal, Vice-President of Science and Policy at Diabetes Canada.

The Canadian Diabetes Prevention Program (CDPP) is modelled on a successful U.S. initiative by the Center for Disease Control that showed that a moderate weight loss of five to seven per cent reduced the rate of development of type 2 diabetes by almost 60 per cent in one year for individuals with prediabetes. Reducing the risk factors of diabetes also helps to reduce the risk of many other serious conditions, such as heart disease, stroke, kidney disease and cancer. "This compelling evidence motivated Diabetes Canada and its partners to bring the program to Canadians," says Dr. Nagpal.

The innovative prevention program empowers Canadians to lead healthier lives and reduce their risk of developing type 2 diabetes.

To get started, individuals need to identify their risk of prediabetes or type 2 diabetes by completing an online questionnaire at **myintervent.com/canrisk**. Those at high risk can enrol in the online diabetes prevention program or be referred by their doctor.

The free, 12-month wellness program provides:

- a personal health coach with regular telephone sessions to guide them in making positive lifestyle changes
- online education modules, tools and resources to help with heathy eating, exercise and stress management
- health tracking to help make incremental and lasting changes
- monthly workshops to help reach personal goals

The CDPP began in the greater Toronto area in the summer of 2019 and then extended to Winnipeg, Edmonton, Calgary, Vancouver, and various locations throughout southern Ontario. The program will be expanding to Quebec City, Montreal, and additional cities across the country.

For more information, contact **prevention@LMC.ca**.

"LMC Healthcare is proud to partner with Diabetes Canada to deliver the Canadian Diabetes Prevention Program, which will help thousands of Canadians lower their risk of developing type 2 diabetes."

Mark Angelo, President and CEO, LMC Healthcare



















Diabetes Canada provides healthcare professionals and patients with the most up-to-date information on diabetes care and management.

Healthcare providers are on the front lines of diabetes prevention and care—from helping patients with the daily task of monitoring and managing diabetes to treating those affected by the disease's many debilitating complications.

With investment from our donors, Diabetes Canada supports healthcare professionals with continuing professional development in the form of our webinars, annual conference, and professional publications. We also create and disseminate the gold standard in diabetes care, the *Diabetes Canada Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada (Guidelines)*.

A new revision process for the *Guidelines* was developed in 2019. Traditionally updated every five years, the *Guidelines* will now be updated as new evidence arises. This means that the most up-to-date clinical information will not only be made readily available to healthcare professionals on a regular basis, but also translated into practical clinical recommendations to guide the daily practice and care of people living with diabetes.

"At Diabetes Canada, we understand how daunting a diagnosis of type 1 or type 2 diabetes can be. To ensure all Canadians affected by the disease have the information they need most, when they need it, we are actively working with healthcare providers across the country to develop resources that will help each and every person affected by diabetes."

**Ram Krishna**, person living with type 2 diabetes, and *Guidelines* expert committee member

Top four ways the
Clinical Practice
Guidelines
help people affected
by diabetes:

1.

They guide clinical practice, inform general patterns of diabetes care, and reduce the burden of diabetes complications.

2.

They improve the quality of care and health outcomes of people living with diabetes.

3.

They empower people living with diabetes through education and encourage individualized care.

4.

They identify gaps in knowledge and inform public policy related to diabetes care.



# **D-Camps Build Community and Confidence**

Nick Van Kessel was just two years old when he was diagnosed with type 1 diabetes. His family was immediately plunged into a world of needles, carb counting, blood sugar tests and around-the-clock worry and care. With three-month-old baby sister Caroline at home, too, his parents, Angie and Mike, felt overwhelmed.

Eager to connect with other families affected by type 1 diabetes in Nova Scotia, Angie signed the family up for the Diabetes Canada Maritimes Family Camp when Nick was three. "Before the first group meal, everyone stopped to test their blood sugar, even the counsellors," she says. "Nick had never seen anyone else his age have to do that before."

Children with type 1 diabetes can sometimes feel isolated in their day-to-day lives. On average, there are only two children with type 1 diabetes per school and for many of their activities, they are the only child living with this disease.

DRINKS & TREATS

A few years later, at the age of seven, Nick attended Diabetes Canada's Camp Lion Maxwell. Being away from home for the first time can be quite scary for children with type 1 diabetes. But Angie and Mike knew their son would be well cared for.

Every Diabetes Canada D-Camp is staffed with doctors, nurses, dietitians and other healthcare professionals who provide 24/7 medical supervision. "They have a team of counsellors that puts on head lamps and goes from cabin to cabin throughout the night testing every child's blood sugar," says Angie.

Nick loves everything about D-Camp, especially hanging out with other kids who are just like him. "When Nick was diagnosed we worried that the disease might hold him back," says Angie. "Meeting young adults who are living full lives, studying to be teachers and doctors, shows us that everything we hoped for our son is possible."

"After leaving my job to provide full-time care for Nick, we became a single-income family. Without the support of donors (who help fund camp subsidies), we wouldn't have been able to afford to send Nick to camp."

Angie Van Kessel, Nick's mom



Now nine years old, Nick loves everything about D-Camps

## **WORKING TOGETHER TO END**

# EDUCATION

#### **MANITOBA**

We partnered with seven Tribal Councils to create an Indigenous-specific "Type 2 diabetes in your community" toolkit, which we distributed to remote and reserve communities in northern Manitoba.



#### **SASKATCHEWAN**

We hosted diabetes awareness events that **equipped 78 Indigenous healthcare workers** with resources to support their community through diabetes awareness and the adoption of healthy lifestyle practices.



#### **ALBERTA**

Our partner The Municipal District of Opportunity hosted their first annual Flame of Hope Golf Tournament in Wabasca, Alta., raising \$25,000 for Diabetes Canada.



#### **BRITISH COLUMBIA**

Inspired by our Diabetes 360° framework, the B.C. Ministry of Health committed to a provincial diabetes strategy.



#### **BRITISH COLUMBIA**

We funded Dr. James Johnson, whose study is working on identifying new ways that insulin-producing beta cells in people with type 2 diabetes can be protected.

## **DIABETES**

## Your support makes our work possible from coast to coast



### INDEPENDENT AUDITOR'S REPORT

To the Members of Canadian Diabetes Association (o/a Diabetes Canada)

#### **Opinion**

The summary financial statements, which comprise the summary statement of financial position as at December 31, 2019, and the summary statements of changes in fund balances, revenue and expenses, and cash flows for the year then ended, and related notes, are derived from the audited financial statements of Canadian Diabetes Association (o/a Diabetes Canada) (the "Organization") for the year ended December 31, 2019.

In our opinion, the accompanying summary financial statements are a fair summary of the financial statements, in accordance with the basis described in Note 1 to the summary audited financial statements. However, we were not able to determine if any adjustments to the summary financial statements were necessary for the reasons described in *The Audited Financial Statements and Our Report Thereon* section of this audit report.

#### **Summary Financial Statements**

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary financial statements and the auditor's report thereon, therefore, is not a substitute for reading the Organization's audited financial statements and the auditor's report thereon. The summary financial statements and the audited financial statements do not reflect the effects of events that occurred subsequent to the date of our report on the audited financial statements.

#### The Audited Financial Statements and Our Report Thereon

In our report dated March 5, 2020, we expressed a qualified audit opinion on the audited financial statements because we were not able to obtain sufficient appropriate audit evidence regarding the completeness of revenue from donations, bequests and other fundraising activities.

#### **Management's Responsibility for the Summary Financial Statements**

Management is responsible for the preparation of the summary financial statements in accordance with the basis described in Note 1 to the summary financial statements.

#### **Auditor's Responsibility**

Our responsibility is to express an opinion on whether the summary financial statements are a fair summary of the audited financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, *Engagements to Report on Summary Financial Statements*.

Toronto, Canada March 17, 2020

Chartered Professional Accountants Licensed Public Accountants

Grant Thornton LLP

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#### **Canadian Diabetes Association (o/a Diabetes Canada)**

## 2019 FINANCIAL STATEMENTS

REVENUE BY SOURCE	HOW THE FUNDS ARE USED
72% SUPPORT FROM THE PUBLIC	29% IMPROVING MANAGEMENT AND PREVENTION
16% INCOME FROM NATIONAL DIABETES TRUST	12% RESEARCH
3 % CAMP SERVICES	DRIVE FOR EXCELLENCE IN DIABETES CARE
3 % EDUCATION SERVICES	12% HELPING CHILDREN AND ADULTS WITH T1D
% INCOME FROM OTHER CHARITABLE ACTIVITIES	8 % ADMINISTRATION
	31% PUBLIC RELATIONS AND DEVELOPMENT

#### **OUR SUPPORTERS MAKE AN IMPORTANT DIFFERENCE**

Every dollar invested in diabetes prevention, care, and cure has a tremendous impact throughout the year.

#### Canadian Diabetes Association (o/a Diabetes Canada)

## SUMMARY STATEMENT OF FINANCIAL POSITION

Year ended December 31 (In thousands of dollars)		2019		2018
Assets				
Cash and investments	\$	7,916	\$	3,250
Restricted cash and investments		3,506		1,656
Property and equipment		2,263		2,660
Intangible assets		3,305		3,808
Other assets		1,837		2,481
Amounts due from National Diabetes Trust		2,769		1,239
Total assets	_	21,596	_	15,094
Liabilities and fund balances	,			
Accounts payable and accrued liabilities	\$	2,526	\$	2,396
Deferred revenue		4,668		3,212
Research grants payable and personnel awards payable		2,280		1,280
Other liabilities		616		653
Total liabilities		10,090		7,541
Total fund balances		11,506		7,553
Total liabilities and fund balances	\$	21,596	\$	15,094

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#### Canadian Diabetes Association (o/a Diabetes Canada)

## STATEMENT OF REVENUE AND EXPENSES

Year ended December 31 (In thousands of dollars)	2019	2018
Revenue		
Support from the public	\$ 28,151	\$ 25,870
Income from National Diabetes Trust	6,306	5,035
Education services	1,238	1,425
Camp services	1,119	1,152
Income from other charitable activities	2,087	2,736
Investment and other income	 251	11
Total revenue	\$ 39,152	\$ 36,229
Expenses		
Improving management and prevention	\$ 10,114	\$ 12,090
Research	4,332	5,116
Drive for excellence in diabetes care	3,080	3,239
Helping children and adults with T1D	4,089	4,564
Total program expenses	21,615	25,009
Support		
Administration	2,646	2,599
Public relations and development	10,975	 11,804
Total support expenses	 13,621	14,403
Total expenses		20 442
Total expenses	 35,236	 39,412

### LEADERSHIP TEAM

Jan Hux

Outgoing President and CEO

**Russell Williams** 

Senior Vice President, Mission

Mary Ann Azzarello

Vice President, Development

Halinka Dybka

Vice President, Marketing and Knowledge Innovation

Seema Nagpal

Vice President, Science and Policy

John Reidy

Chief Operating Officer

**Suzanne Boucher** 

Executive Director, Finance

## BOARD OF DIRECTORS

#### **Catherine Potechin**

Chair

Jim Newton

Past Chair

Michael McMullen

Vice-Chair/Secretary

Diana Provenzano

Treasurer

**Len Daniels** 

**Susan Doyle** 

Diane T. Finegood

**Dawn Gallant** 

**Shelley Jones** 

Patricia Li

Jimmy Mui

Verlyn Olson

**Peter Senior** 

**Ellen Stensholt** 

## 2019 REGIONAL CHAIRS

Richard LeFebvre

Nafisa Merali

**Brian Symonds** 

John Hooper

Barbara Toller

Randeep Birdi

**Buzz Bishop** 

Melissa Johnson

**Don Henricksen** 

**Barb Chaput** 

**Kristine Thompson** 

Vacant

**Vacant** 

Jim Young

**Glen Heatherington** 

**Vacant** 

**Brian Halladay** 

Vacant

**Gordon Miller** 

**Ross Kinney** 

Vacant

Ahmed Elkar

William Osborne

Northern British Columbia/Yukon

Vancouver Coastal

Interior British Columbia

Fraser Valley

Vancouver Island

Northern Alberta/NWT

Southern Alberta

Northern Saskatchewan

Southern Saskatchewan

Manitoba/Nunavut

North West Ontario

North East Ontario

Eastern Ontario

South East Ontario

Central East Ontario

Central West Ontario

Greater Toronto Area

Central South Ontario

South West Ontario

New Brunswick

Prince Edward Island

Nova Scotia

Newfoundland Labrador



## **Thank You**

We are incredibly grateful for your commitment to the cause and your investment in the prevention of diabetes, the care of those living with the disease, and the search for a cure.

Only with your ongoing donations can we fund world-class research that can change the trajectory of this disease. Only with your support can we drive excellence in diabetes care by reaching more healthcare professionals with our *Clinical Practice Guidelines*. And only with your voice, united with ours, can we champion Diabetes 360°—an action plan that could improve the lives of hundreds of thousands of Canadians.

With you by our side, we can win the fight to End Diabetes.



1-800-BANTING (226-8464) 1300 – 522 University Avenue Toronto, Ontario M5G 2R5 diabetes.ca

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