

Montréal's Enfant Soleil

“I often tell Alia that her illness shouldn't keep her from doing what she wants to, whether it's sports or her dreams for the future.”

Alia was 8 years old when she learned that she was suffering from type 1 diabetes. The warning signs were all there: inexplicable fatigue, rapid and substantial weight loss, insatiable thirst... The disease was significantly impacting her health and a quick reaction was necessary to avoid serious consequences.

Daily injections of insulin began after the diagnosis and Alia understood that her life had changed. For a child her age, getting a needle several times a day was a real challenge and a painful reality to adjust to.

Alia was very brave and adapted to her circumstances with grace. She dedicated herself to her treatment and made it her mission to explain her illness to her friends and family. “Most people know about this disease, but not well enough, so I try to explain it to them more clearly,” she says.

Injections four times a day, close monitoring of her blood sugar levels, and dietary restrictions do not keep Alia from leading an active life and developing her passion for sports. She has already benefitted from the support of Camp Carowanis, an organization for diabetic youth that is supported by Opération Enfant Soleil. Alia also visits the Montréal Children's Hospital where Opération Enfant Soleil invests substantial funding each year. “It's important to give, because you never know what can happen,” say her parents.

Alia's family thanks you for being there for her and for all sick children in Québec!

Christina Bégin, Badr Ammar and Samuel



Alia Ammar
12 years old

Suffering from type 1 diabetes

Little miracles don't
happen on their own

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Want to get involved?
Contact us: 1-877-683-2325
oes@operationenfantsoleil.ca