

Elizabeth Hughes

1907–1981



1916

The Charles Evans Hughes family¹

Elizabeth Evans Hughes Gossett, an American, was **one of the first people ever to be treated for type 1 diabetes**. Here she is, pictured in 1916, three years before her diagnosis, posing for a photograph with her family². Elizabeth is seated on her father Charles' knee.



1923

Elizabeth Hughes¹

Soon after her diagnosis, at the instruction of Dr Frederick Allen, **Elizabeth was put on a calorie-restricted diet, which resulted in severe weight loss²**.

For three years, Elizabeth resided with her parents and was taken care of by a private nurse. This lasted until she began insulin treatment with Dr Frederick Banting in 1922. Her remarkable improvement meant that Elizabeth was well enough to return to school the following year³.



1930

Elizabeth Hughes¹

Elizabeth Hughes married in 1930 and had three children, two girls and a boy³.

Her insulin treatment garnered press and media attention, and she was written about extensively in the early years of her treatment.

In later life, she preferred to keep her diabetes more private and only gave permission for her letters to be released publicly after her death^{2,3}.

IMAGES:

University of Toronto Library. *Discovery and Early Development of Insulin* online collection.

Courtesy of the Thomas Fisher Rare Book Library, University of Toronto.

REFERENCES:

1. University of Toronto Libraries. The Discovery and Early Development of Insulin. Elizabeth Hughes. <https://insulin.library.utoronto.ca>. Published 2021. Accessed June 2021.

2. Cox C. Elizabeth Evans Hughes—surviving starvation therapy for diabetes. *The Lancet*. 2011;377(9773):1232–1233. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(11\)60490-X/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(11)60490-X/fulltext). Accessed August 2021

3. University of Toronto Libraries. The Discovery and Early Development of Insulin. Hughes (Elizabeth) Papers. <https://insulin.library.utoronto.ca>. Published 2021. Accessed August 2021.