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Lithuanian Diabetes Association

ELI LILLY – the general sponsor.

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The general sponsor of this item – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.

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Children's' Dream

On 13 May 2010 the first meeting of Kaunas city children diabetes club “Svaja” took place in the hall of Kaunas Kalniečių clinic.

Children were met by the founders of the club. While children were painting under the guidance of the drawing teacher Mrs. Nelė Jurgelionienė, their parents had a great possibility to communicate with the psychologist Mrs. Jolanta Žilionienė. The main theme of the conversation was how to deal with the problems of children with diabetes. Parents were really active at this conversation. They shared their worries and had a wonderful possibility to help each other solve the difficulties.

Mrs. Jolanta Žilionienė was certain that parents of children with diabetes should communicate with the psychologists regularly.

A chairwoman of the club “Svaja” Mrs. Monika Gasevičienė, a representative of “Abovita Ltd” Mrs. Laima Kaulakienė and doctor endocrinologist Mrs. Lilija Krova also took part in this meeting.

The article is illustrated with the pictures of painting children and with the drawings of children.

These drawings show the dreams of young patients – children with diabetes.

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Children Camp in Kačerginė

On 24 May – 4 June doctor endocrinologist Mrs. Lilija Krova organized a diabetes educational camp for children. The camp took place in Kačerginė sanatorium “Žibutė”. Parents of the children with diabetes also took part in this camp. Children arrived to this diabetes educational camp from the entire country. There were children from Vilnius, Šiauliai, Panevėžys, Alytus, Kaunas.

LDA president Mrs. Vida Augustinienė visited children in the camp too.

The poetess Miss Zenė Sadauskaitė presented her personal poetry records registered in Lithuanian Records' Book.

So this diabetes educational camp was really entertaining and useful for all.

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A Read in the Wind

If you have a child who has been diagnosed with diabetes, you should never feel alone. Diabetes is a chronic condition, that needs close attention, but with some practical knowledge you can become your child's most important ally in learning to live with the disease. That is why it is so important to crowd together and to help each other to deal with the difficulties.

In this article you will find some nice thoughts of a father, whose son was diagnosed with diabetes several years ago. Read this article and you will understand that when you feel overwhelmed, angry or worried about the future, it's so normal and so human... And only when we are learning to live with the disease not by ourselves, but together, in diabetes clubs, we are able to control and

overcome it. A diabetes care team can help you (us) come to terms with the challenges that lie ahead.

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There is a letter of LDA president Mrs. Vida Augustinienė, where she shares her thoughts about the respect, understanding, tolerance and being considerate to each other...

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Chronicle of Lithuanian Diabetes Association

- On 10–16, 17–23, 24–30 May diabetes educational camps took place in Pervalka. A chaperon of these camps was nurse diabetes educator Mrs. Aldona Danylienė. The general sponsor of the camps – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On 15 May an annual conference of Society of Nurses Diabetes Educator took place in Birštonas sanatorium „Versmė“. The conference was dedicated to the 20th anniversary of this Association. LDA president Mrs. Vida Augustinienė welcomed the participants of the conference.
- On 17–19 May a chairwoman of the Council of Representatives of Patients‘ Organizations‘ of Lithuania Mrs. Vida Augustinienė and the member of the board Mrs. Ugnė Šakūnienė took part in general meeting and the conference of European Patients‘ Forum in Brussels (Belgium).
- On 18 May and on 9 July a chairwoman of the Council of Representatives of Lithuanian Patients‘ Organizations‘ of Lithuania Mrs. Vida Augustinienė took part in the session of Compulsory Health Insurance Council. The session took place in the Ministry of Health, Republic of Lithuania.
- On 20 May, 23 June and 2, 8 July a chairwoman of the Council of Representatives of Patients‘ Organizations‘ Mrs. Vida Augustinienė took part in the sessions of the commission of the „Correction of the Lists of Diseases and Compensatory Medicine“.
- On 21 May a round-table discussion “The Optimization of Finance – the Doctors‘ Guideline and Proposals for More Effective Treatment Methods of the Cancer” took place in Seimas of the Republic of Lithuania. A chairwoman of the Council of Representatives of Patients‘ Organizations‘ of Lithuania Mrs. Vida Augustinienė and a member of the Council Mr. G. Žižys participated in this discussion too.
- On 26 May a diabetes educational camp „Good Diabetes Control – the Prevention of Complications“ took place in Šakiai. The event was organized by the efforts of Šakiai district diabetes club „Linelis“ and it’s chairwoman Mrs. B. Jančaitienė. The general sponsor – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On 2 June diabetes educational camp „Good Diabetes Control – the Prevention of Complications“ took place in Alytus College. The event was organized by the efforts of Alytus diabetes club „Viltis“ and it’s chairwoman Mrs. Leonora Okunevičienė. The general sponsor – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On 3 June a chairwoman of the Council of Representatives of Patients‘ Organizations‘ of Lithuania Mrs. Vida Augustinienė discussed about the possibilities of collaboration with the head of European Parliament Office in Lithuania Ms. O. Jakaitė and the representative of this Office Ms. E. Ramašauskaitė.
- On 4 June, 23 July and 10 August Mrs. Vida Augustinienė met the participants (children and their parents) of diabetes educational camps „Diabetes‘ Week“, which took place in

Kačerginė sanatorium „Žibutė“. 63 children and youngsters from the entire country took part in these educational camps.

- On 9 June a diabetes educational camp “Good Diabetes Control – the Prevention of Complications” took place in Kėdainiai. The event was organized by the efforts of Kėdainiai diabetes club “Diabetas” and its chairman Mr. R. Rimošaitis. The general sponsor – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On 12 June Mrs. Vida Augustinienė met the campers of Klaipėda diabetes club “Smalsučiai” for children and youth in Plateliai.
- On 7–13 June LDA diabetes educational camp for children took place in Pervalka. The chairperson of this camp was nurse diabetes educator Mrs. Aldona Danylienė. The general sponsor – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On 16 June a diabetes educational camp “Good Diabetes Control – the Prevention of Complications” took place in Kretinga. The event was organized by the efforts of Kretinga diabetes club “Vilties kelionė” and its chairwoman Mrs. R. Maciulevičienė. The general sponsor – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On 17 June a chairwoman of the Council of Representatives of Patients’ Organizations’ of Lithuania Mrs. Vida Augustinienė and the members of the Council Mr. G. Žižys and Mrs. Ugnė Šakūnienė participated in the event arranged by the Community of Oncohematological Patients „Kraujas“.
- On 18–20 June a chairwoman of the Council of Representatives of Lithuanian Patients’ Organizations’ Mrs. Vida Augustinienė participated in the 8th international conference „New Horizons in Treating Cancer“, which took place in Vienna, Austria.
- On 22 June a chairwoman of the Council of Representatives of Patients’ Organizations’ of Lithuania Mrs. Vida Augustinienė took part in the session of European Patients’ Forum, which took place in Brussels (Belgium).
- On 29 June a chairwoman of the Council of Representatives of Patients’ Organizations’ of Lithuania Mrs. Vida Augustinienė participated in the conference „The Presentation of the Results of the Analysis of Additional Independent Insurance“, which took place in Vilnius.
- On 1 July chairwoman of the Council of Representatives of Patients’ Organizations’ of Lithuania Mrs. Vida Augustinienė, as a social partner, took part in the session of the committee of the selection of the projects of the Ministry of Health, Republic of Lithuania.
- On 8 July LDA president Mrs. Vida Augustinienė took part in the seminar, concerning the offering of the applications of the projects for 2011 year. The seminar took place in The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On 10 July a session of Board of LDA took place. Two new collective members were admitted: Kaunas diabetes club for children “Svaja” and Diabetes club for children and youth of Utena.
- On 10–16 July LDA diabetes educational camp for children took place in Pervalka. The chairperson of this camp was nurse diabetes educator Mrs. Aldona Danylienė. The general sponsor – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On 30 July LDA president Mrs. Vida Augustinienė met the participants of diabetes clubs meeting “Let’s Be Together”, organized by Radviliškis diabetes club and its chairwoman Mrs. Leokadija Veseckienė.
- On 3 August LDA delivered the application of the Project of the Support of the Activity of the Associations of Disabled People” to The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.

- On 5 August a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė participated in the discussion „Does the Order of the Prescription of Medicine Recipes Must be Changed?“. The discussion took place in the radio station „Žinių radijas“.
- On 13 August LDA seminar for nurses diabetes educators “Nurse Diabetes Educator – the Adviser of the Person with Diabetes” took place in Žadvainiai village (Plungė district). The seminar was arranged by the efforts of the nurse diabetes educator Mrs. Aldona Danylienė. The general sponsor – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On 20–21 August LDA educational seminar “The Questions of the Organization of Districts' Diabetes Clubs' Activity” took place in Bačkonys (Kaišiadorys district). The event was organized by the efforts of the chairwoman of Kaišiadorys diabetes club Mrs. Ludmila Ramenskaja.
- On 23–29 August and on 30 August – 5 September LDA diabetes educational camps for children and those who have type 1 diabetes took place in Pervalka. The chairperson of this camp was nurse diabetes educator Mrs. Aldona Danylienė. The general sponsor – *Lithuanian Mercy Lift* and Health Ministry of the Republic of Lithuania.
- On 12 November a conference “Diabetes Education and Prevention” will take place in Vilnius on purpose to signify World Diabetes Day and United Nations World Day too. Everyone who is interested can register in LDA by phone (8 5) 262 07 83 or by e-mail svetlana@dia.lt.

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Lithuanian Diabetes Association (LDA) is a member of International Diabetes Federation (IDA)

The information about LDA is provided and the usefulness of being a member of LDA is stressed in this announcement.

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It Is Possible to get Information About the Vacancies in Lithuanian Sanatoriums by Internet!

The State Patients' Fund at the Ministry of Health coordinates the activities of five territorial patients' funds. The main function of the latter is to cover in full or in part for personal health care services provided to Lithuanian residents, allowing each patient to choose freely a health care institution, and compensate the cost of medicines prescribed to a patient.

Defending the interests of persons, so that the primary medical care would be guaranteed to every Lithuanian resident, that every taxpayer and State-supported person would receive the services and get the prescribed medicines, which the State is currently capable to finance, is an important task for the Patients' Fund.

So from now on all the patients will be able to find out, whether there are some vacancies in country's sanatoriums. The patient should only go to State patients' Fund website www.vlk.lt and choose the theme „Medical Rehabilitation“. There the website visitors will find the list of country's sanatoriums and the vacancies there.

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Resolution adopted by the General Assembly

[without reference to a Main Committee (A/61/L.39/Rev.1 and Add.1)]

61/225. World Diabetes Day

The General Assembly,

Recalling the 2005 World Summit Outcome and the United Nations Millennium Declaration, as well as the outcomes of the major United Nations conferences and summits in the economic, social and related fields, in particular the health-related development goals set out therein, and its resolutions 58/3 of 27 October 2003, 60/35 of 30 November 2005 and 60/265 of 30 June 2006, *Recognizing* that strengthening public-health and health-care delivery systems is critical to achieving internationally agreed development goals, including the Millennium Development Goals.

Recognizing also that diabetes is a chronic, debilitating and costly disease associated with severe complications, which poses severe risks for families, Member States and the entire world and serious challenges to the achievement of internationally agreed development goals, including the Millennium Development Goals.

Recalling World Health Assembly resolutions WHA42.36 of 19 May 1989 on the prevention and control of diabetes mellitus and WHA57.17 of 22 May 2004 on a global strategy on diet, physical activity and health.

Welcoming the fact that the International Diabetes Federation has been observing 14 November as World Diabetes Day at a global level since 1991, with co-sponsorship of the World Health Organization.

Recognizing the urgent need to pursue multilateral efforts to promote and improve human health, and provide access to treatment and health-care education,

1. *Decides* to designate 14 November, the current World Diabetes Day, as a United Nations Day, to be observed every year beginning in 2007.
2. *Invites* all Member States, relevant organizations of the United Nations system and other international organizations, as well as civil society, including non-governmental organizations and the private sector, to observe World Diabetes Day in an appropriate manner, in order to raise public awareness of diabetes and related complications, as well as its prevention and care, including through education and the mass media.
3. *Encourages* Member States to develop national policies for the prevention, treatment and care of diabetes in line with the sustainable development of their health-care systems, taking into account the internationally agreed development goals, including the Millennium Development Goals.
4. *Requests* the Secretary-General to bring the present resolution to the attention of all Member States and organizations of the United Nations system.

83rd plenary meeting 20 December 2006

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The Project of the Activities of the Associations of Disabled People 2010

Educational Camps „Good Diabetes Control – the Prevention of Complications“ in District Clubs

Seven diabetes educational camps „Good Diabetes Control – the Prevention of Complications“ were organized in district diabetes clubs. The camps took place in Kaišiadorys, Pakruojis, Šakiai, Alytus, Kėdainiai, Kupiškis and Kretinga. 711 persons took part in these camps. People with diabetes from different Lithuanian districts and towns took part in these camps. There were patients from Tauragė, Marijampolė, Vilkaviškis, Šakiai, Mažeikiai, Kaunas, Klaipėda, Kelmė, Vilnius, Telšiai, Panevėžys, Pasvalys, etc.

Prof. Dr. Juozas Steponas Danilevičius, LDA president Mrs. Vida Augustinienė and others read some papers about diabetes risk factors, control and treatment.

The participants of the camps had to fill in the forms and to answer many questions about diabetes. The results of the questioning and the impressions from the camps you will find in this exhaustive article.

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Kretinga

Diabetes educational camp was organized in Kretinga. The members of the diabetes clubs from Klapėda, Mažeikiai, Tauragė, Šilutė, Palanga and Kretinga took part in this camp. Many other persons, who wanted to increase their knowledge about the disease, had a possibility to participate in the camp too.

According to LDA president Mrs. Vida Augustinienė, the main purpose of the camp was to share the information about diabetes, explain about the prevention of complications, learn to live with the disease and control it, recognize the risk factors of diabetes, etc. The participants had to fill in the form about diabetes – that is how their knowledge about the disease were tested. The participants of the camp heard the reports about the principles of diabetes treatment, nutrition, etc.

More about the camp in Kretinga you may read in this article.

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The Order of LR Minister of Health „Regarding the Change of the Order Nr. 112 of Minister of Health 8 March 2002 „Regarding the Writing of Medicine Receipts and the Selling (Delivery) of Medicine“

Here you will find this order of LR Minister of Health Mr. Raimondas Šukys.

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Education by Internet for Nurses „Learning to Use Various Education and Consulting Methods“

This spring nurses, who were interested in training and nursing patients with diabetes, participated in month-long education by internet „Learning to Use Various Education and Consulting Methods“. The training had been organized by Kaunas College, together with the colleagues from Finland, Estonia, Ireland. The education was organized under Erasmus programm project „Dipra – Diabetes Knowledge for Practice“.

It was really an interesting and exciting experience for the participants from Lithuania. Nurses who participated in the training received four exercises, which they had to do and discuss. The booklets for patients were analysed too.

Nurses discussed about the needs and worries of the patients with diabetes. The participants shared their experience, analysed the literature, discussed about the difficulties of patients' training. 19 Lithuanian nurses finished the education successfully and got certificates.

More about this education you may read in this article.

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Alytus

On 2 June a diabetes educational camp took place in Alytus College. The organizers of this camp were LDA and Alytus town and district diabetes club „Viltis“. Over 100 persons with diabetes from Alytus participated in this camp.

A chairwoman of Alytus diabetes club „Viltis“ Mrs. Leonora Okunevičienė gave a warm welcome to the participants and read a paper about the activity, plans and goals of the club. LDA president Mrs. Vida Augustinienė took part in the educational camp too. In her opinion, such camps are very useful and necessary because the number of people affected with diabetes is growing continually. Prof. Dr. Juozas Steponas Danilevičius commented the results of questioning (the participants had to fill in the forms about diabetes and answer the questions about the disease). Doctor endocrinologist from Alytus hospital Mr. Arvydas Baublys read a paper about the prevention of complications. Nurse diabetes educator Mrs. Aurelija Jakočiūnienė gave some useful practical advices to the participants of this educational camp.

More about this first diabetes educational camp in Alytus you may read in this article.

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Newspaper „Diabetes“

LDA reminds of subscribing newspaper „Diabetes“ for the 4th quarter of 2010 year.

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Nutrition with Diabetes

What you eat is closely connected to the amount of glucose in your blood. The right food choices will help you control your blood glucose level. Here you will find some advice what you should eat if you have diabetes, or how to change some product by another ones.

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Diabetes and Nutrition

Here you will find some recipes, which will help you prepare some palatable, tasty, healthy dishes for you, your family and friends.

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Holiday and Rehabilitation Treatment for the Persons with Diabetes

Rehabilitation is very important for the persons with diabetes. The sanatorium make most patients feel better. Rehabilitation can suspend the symptoms of diabetes and prolong qualitative life. In this article you will find full and particular information about rehabilitation in Birštonas sanatorium „Versmė“.

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Unforgettable Impressions

Here you will read a warm article written by Mrs. Stanislava Šakalienė who has been diagnosed with diabetes. Mrs. Šakalienė shares her impressions from diabetes educational camp, which took place in Pervalka this summer.

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Conference „Diabetes Education and Prevention“, Dedicated to the 20th Anniversary of Lithuanian Society of Nurses Diabetes Educators

Lithuanian Society of Nurses Diabetes Educators was found 20 years ago. A chairwoman of the Society Mrs. Juzefa Uleckienė unified nurses who were educating patients affected with diabetes control the disease. On 15 May an annual conference of the Society took place in Birštonas sanatorium „Versmė“. LR Minister of Health R. Čaplikas sent a greeting letter to the members of the Society. LDA president Mrs. Vida Augustinienė came to congratulate the member of the Society too. 75 nurses from the entire country participated in the conference.

More about the conference „Diabetes Education and Prevention“ and about the anniversary of the Society you may read in this article.

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Diabetes School

Physical Activity

Physical inactivity is an independent risk factor for chronic diseases. Regular physical activity – such as walking, cycling, dancing – has significant benefits for health. For instance, it can reduce the risk of cardiovascular disease, diabetes, help control weight and promote psychological well-being.

Healthy diets and regular, adequate physical activity are major factors in the promotion and maintenance of good health throughout the entire life course.

Unhealthy diets and physical inactivity are two of the main risk factors for raised blood pressure, raised blood glucose, overweight and for the major chronic diseases, such as diabetes. More interesting facts about diabetes and physical activity you will find in this article.

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Seminar „Help to Hear the Patient“

On 20 January a seminar „Help Hear the Patient“ took place in the conference center of hotel „Karolina“ (Vilnius). The conference was organized by the Council of Representatives of Patients‘ Organizations‘ of Lithuania. Members of 18 different patients‘ organizations participated in this seminar. The seminar was conducted by a journalist, public relations‘ specialist Mr. Rytis Juozapavičius.

More about this seminar you may read in this article.

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Diabetes School

Diabetes is not an Obstacle for a Vacation

The key to a happy, healthy vacation with diabetes is good planning – diabetes doesn’t take a vacation.

One of the most stressful parts of holiday preparation can be the packing. For people with diabetes who use insulin, this stress becomes even more intense, since it’s essential to pack the correct types and amounts of medical and testing supplies for a holiday. It’s not a good idea to be stuck in another country with no insulin or test strips. In fact, it can be a recipe for disaster. However diabetes should not be an obstacle for holiday. What should a person with insulin-dependent diabetes pack for a vacation? In this article you will find all the answers to the questions and many practical advices.

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„My Book About the Raised Blood Pressure“

This book is dedicated for those, who has a raised blood pressure and for those, who are affected with diabetes, and also for the nursering specialists and doctors.

Here is the annotation of this book.

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It Was Both Useful and Gratifying

Here you will read a warm article written by Mrs. Nijolė Dielkienė, where she shares her impressions from diabetes educational camp which took place in Pervalka this summer.