

## **Diabetes, No 4 (68) November, 2010 Lithuanian Diabetes Association**

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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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### **Education Is of the Utmost Importance in the Prevention of Diabetes Complications**

World Diabetes Day takes place on 14 November every year. It is celebrated worldwide and brings together millions of people in over 160 countries to raise awareness of diabetes, including children and adults affected by diabetes, healthcare professionals, healthcare decision-makers and media.

Each year World Diabetes Day highlights a theme related to diabetes. Topics covered in the past have included diabetes and human rights, diabetes and lifestyle, the costs of diabetes, etc.

The 2009–2013 campaign calls on all those responsible for diabetes care to understand diabetes and take control. For people with diabetes, this is a message about empowerment through education. For governments, it is a call to implement effective strategies and policies for the prevention and management of diabetes to make sure that their citizens with and at risk of diabetes receive the best possible care. For healthcare professionals, it is a call to improve knowledge so that evidence-based recommendations are put into practice. For the general public it is a call to understand the serious impact of diabetes, to know how to identify the condition and, where possible, know how to avoid or delay diabetes and its complications.

World Diabetes Day is an official United Nations World Day. On 20 December 2006, the UN General Assembly passed resolution 61/225, which designated the existing World Diabetes Day as an official world day beginning in 2007. This landmark resolution also recognized diabetes as “a chronic, debilitating and costly disease associated with major complications that pose severe risks for families, countries and the entire world”. The resolution marked the first time that a non-communicable disease was recognized as posing as serious a global health threat as infectious epidemics like malaria, tuberculosis and HIV/AIDS. Over 250 million people are living with diabetes. Without concerned action to fight the disease, this figure will reach 380 million within a generation.

Diabetes is a chronic disease that arises when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces.

### **What is Diabetes?**

Diabetes (diabetes mellitus) is classed as a metabolism disorder. Metabolism refers to the way our bodies use digested food for energy and growth. Most of what we eat is broken down into glucose. Glucose is a form of sugar in the blood – it is the principal source of fuel for our bodies.

### **Symptoms of Diabetes:**

- Frequent urination;
- Disproportionate thirst;
- Intense hunger;
- Unusual weight loss;

- Increased fatigue;
- Irritability;
- Blurred vision;
- Itchy skin;
- Numbness or tingling, especially in your feet and hands;
- Etc.

### **Complications of Diabetes**

Diabetes is a chronic, life-long condition that requires careful control. Without proper management it can lead to various complications such as cardiovascular disease, kidney failure, blindness, nerve damage, etc.

### **Risk Factors for Diabetes:**

- Obesity;
- Sedentary lifestyle;
- Unhealthy eating habits;
- Family history and genetics;
- Increased age;
- High blood pressure and high cholesterol;
- History of gestational diabetes;
- Etc.

Prevention of diabetes mellitus includes lifestyle changes for these who are high-risk by eating a healthy diet and regular exercise leading to weight loss. After being diagnosed the treatment of diabetes mellitus helps to keep levels of blood glucose consistent to less complications will occur. Controlling blood pressure, cholesterol, triglycerides and weight are vital components for successful treatment.

In the end of this article you will find the program of the events dedicated to the World Diabetes Day.

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#### **Regional Advocacy Seminar of European Patients' Forum**

The European Patients' Forum (EPF) together with the Hungarian Osteoporosis Patient Association (HOPA) held their annual regional advocacy seminar in Budapest October 25–27. More than 60 patient representatives from Hungary, Slovakia, Bulgaria, Italy, Portugal, the Czech Republic and Romania attended the seminar to gain insight on how to work effectively with EU institutions and become involved in policy-making at EU level through the European Patients' Forum.

For more information on EPF and the seminar, please visit EPF's website [www.eu-patient.eu](http://www.eu-patient.eu)

In this page you will also find the leader of LDA president Mrs. Vida Augustinienė.

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#### **Chronicle of Lithuanian Diabetes Association**

- On 16, 26 August, 14 October, 4 November a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė took part in the session of the commission of the „Correction of the Lists of Diseases and Compensatory Medicine“.
- On 18 August children and their parents from Šakiai diabetes club „Linelis“ visited LDA diabetes school.

- On 18 August a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė gave an interview in Lithuanian television broadcast „Panorama“ „Regarding the Discounts for the Excess of the Compensatory Medicine“.
- On 19 August a session of Committee of Health Affairs took place in the State Patients' Fund. LDA president Mrs. Vida Augustinienė read a paper about „The Tariff of Compensatory Medicine 2010 and it's Influence to the Budget of Health Insurance Fund and for the Patients“.
- On 20–21 August LDA educational seminar for the chairmen of collective members took place in Bačkonys. The general sponsor – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On 23–29 August LDA diabetes educational camp for children took place in Pervalka. The chairperson of this camp was nurse diabetes educator Aldona Danylienė. The general sponsors – *Lithuanian Mercy Lift* and Ministry of Health of the Republic of Lithuania.
- On 23 August a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė answered the questions of the news website „Pinigu karta“ „Regarding the Compulsory Health Insurance“.
- On 24 August the questions of diabetes educational school programme were discussed with the representative of *Eli Lilly Lietuva Ltd* Mrs. D. Jaruševičienė.
- On 25 August a contract between LDA and Ministry of Health of the Republic of Lithuania regarding the sponsorship of diabetes educational camp for children and youngsters was signed.
- On 30 August – 5 September LDA diabetes educational camp for adults affected by type 1 diabetes took place in Pervalka. The chairperson of this camp was nurse diabetes educator Aldona Danylienė. The general sponsors – *Lithuanian Mercy Lift* and Ministry of Health of the Republic of Lithuania.
- On 3 September a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė together with the adviser of Minister of Health J. Jučas discussed the details and questions of the planned meeting with the Minister of Health R. Šukys.
- On 3 September a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė read a paper regarding the information for the society about the prescribed medicines in the conference in European Parliament “Legislative activity of EU: Pharmaceutical package”.
- On 7 September a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė took part in the sessions of the Collegium of the Ministry of the Republic of Lithuania, where the accessibility of the facilities and the reduction of their prices were discussed.
- On 9 September a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė participated in the session of the Council of Compulsory Health Insurance, which took place in the Ministry of Health of the Republic of Lithuania.
- On 10 September LDA president Mrs. Vida Augustinienė and the member of the Board of LDA prof. J. S. Danilevičius met the members of Kaunas diabetes community „Insula“ in diabetes educational camp, which took place in Druskininkai.
- On 13–15 September Mrs. Vida Augustinienė took part in the sessions of the Board of European Patients' Forum and in the seminar of EP, which took place in Brussels (Belgium).
- On 20–24 September LDA president Mrs. Vida Augustinienė and the nurse diabetologist Mrs. Aldona Danylienė presented the „Activity of Lithuanian Diabetes Association“ in the

46th Annual Meeting of European Association for the Study of Diabetes, which took place in Stockholm (Sweden). Chairman of EASD prof. Smith evaluated activities of the LDA very good.

- On 25 September a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė congratulated Medical Diagnostic & Treatment Center with its 15th anniversary.
- On 29 September Anykščiai diabetes club „Ateitis“ together with LDA organized an educational seminar for people affected by diabetes.
- On 29 September LDA president Mrs. Vida Augustinienė took part in the meeting of Vilnius city and district diabetes union.
- On 30 September a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė answered the questions of „Baltijos TV“ about the reorganization of hospitals and about the patients' complaints regarding the accessing to the medical institutions.
- On 1 October LDA president Mrs. Vida Augustinienė and doctor endocrinologist Mrs. R. Verkauskienė participated in the discussion on treatment of children and youth by insulin pump, which took place in the State Patient Fund.
- On 4 October a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė participated in the session of the Board of the Ministry of Health of the Republic of Lithuania.
- On 5 October a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė participated in the session of the Council of Compulsory Health Insurance, which took place in the Ministry of Health of the Republic of Lithuania. There was approved budget of Compulsory Health Insurance for year 2011.
- On 7 October a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė answered the questions of the journalist of newspaper „Valstiečių laikraštis“ regarding the complaints of the nurses and the planned meeting.
- On 7 October a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė and a member of the Council Mrs. Svetlana Kuznecova met the leadership of Vilnius University Emergency Hospital. The participants of the meeting evaluated the realization of patients' rights according to the international project, implemented in Europe Union.
- On 8 October LDA president Mrs. Vida Augustinienė and doctor endocrinologist Mrs. O. Jurkauskienė took part in *Eli Lilly Lietuva* presentation of new medicine for people with type 2 diabetes.
- On 13 October an independent life skills education and training camp “Good Diabetes Control – the Prevention of Complications” took place in Birštonas. The event was organized by the efforts of Prienai diabetes club “Vermė” and its chairwoman Mrs. A. Sinkevičienė. The general sponsor – *Lithuanian Mercy Lift*.
- On 14 October a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė took part in LR Seimas plenary session, where a chairman of National Health Council prof. J. Pundzius read an annual paper „Urbanization – New Challenges for Human Health“.
- On 17 October a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė and a member of the Council Mrs. Svetlana Kuznecova met the leadership of Vilnius University Hospital Santariškių klinikos. The participants of the meeting evaluated the realization of patients' rights according to the international project, implemented in Europe Union.

- On 20 October a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė took part in the session of the Committee of Health Affairs of Seimas of the Republic of Lithuania, where the administration of budget 2010 was discussed, and the indexes for 2011 year were presented.
- On 20 October a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė took part in the session „Regarding the Selection Projects“, which took place in the Ministry of Health of the Republic of Lithuania.
- On 22 October a chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė took part in the conference „The Collaboration between Lithuania and Spain while Evaluating Medical Technologies“.
- On 25–27 October a member of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Ugnė Šakūnienė participated in regional advocacy seminar of European Patients' Forum (EPF), which took place in Budapest (Hungary).
- On 28–30 October LDA president Mrs. Vida Augustinienė took part and introduced activities of the LDA in the 12th Meeting of Diabetes Experts' Panel from accessing Countries (DEPAC), which took place in Bled (Slovenia).
- On 1–3 November LDA president Mrs. Vida Augustinienė took part in the events, dedicated to the World Diabetes Day and the 20th anniversary of Russian diabetes association. The events took place in Moscow (Russia).
- On 7 November LDA president Mrs. Vida Augustinienė met the members of Vilnius diabetes club for children and youth „DiaBitė Plus“.
- On 10 November Marijampolė diabetes club „Diabetikas ABC“ celebrated it's 20th anniversary and World Diabetes Day. LDA president Mrs. Vida Augustinienė took part in these events too.
- On 12 November World Diabetes Day will be mentioned in Vilnius (Lithuania). For more information please read in the 3rd page of the newspaper „Diabetas“.

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### **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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### **Diabetes and Sport**

Having diabetes needn't necessarily be a barrier to actively enjoying sports and exercise. Sport, or exercise of some form, is an essential part of diabetes treatment. People with diabetes, like other people, are healthier when they take regular and appropriate exercise. Participating in sports, whether they are team sports with a competitive objective or non-regulated sports with intrinsic rewards, can be a great way for people with diabetes to stay healthy and enjoy themselves. All exercises are great – from walking the dog or riding a bike to playing team sports. Taking part in sport and taking exercise is a key way of managing diabetes and keeping the body healthy. General health benefits of exercises for people with diabetes:

- Better health for life.
- Greater physical abilities.

- Better response to insulin and better blood sugar control.
- Weight management.
- Etc.

More about diabetes and sport you may read in this article.

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### Diabetes Club „Beta“ Travels Again

Diabetes club „Beta“ went to Latvia this year, where the members of the club visited Rundale Palace and Bauska Castle, other famous monuments of this country.

*Rundale Palace* is a marvelous architectural and historical monument. Rundale Palace was designed by and built under the supervision of the outstanding Italian architect Francesco Bartolomeo Rastrelli, who designed the Winter Palace and some manors in St. Petersburg. In 1736 the first foundation stone of this baroque palace was laid. Construction was finished by 1740. The first owner of the palace, Ernst Johan Biron, was the Duke of Courland (the previously independent western portion of Latvia), and is remembered for being the favorite lover of the Russian Empress Anna Joanovna. Nothing in Russia happened without Baron's input. Rundale Palace has 138 premises surrounded by a lovely Baroque park.

*Bauska Castle* was built in 1443 and was one of the last castles of the Livonia Order. After the Great Northern War, the castle became deserted and local inhabitants secretly began to take bricks from the castle as building material. The walls and one of the towers remained intact over the years, but the remaining four towers have been rebuilt. The fortress ruins and the castle's central tower viewing platform are open to the public.

Here you may read more about this wonderful trip and see the photo, which illustrates the event, and a poem, which strengthens the impressions of the participants of the excursion.

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### More Effective Diabetes Control

The small, discreet FreeStyle Lite® Blood Glucose Monitoring System enables you to monitor your diabetes simply by offering key features such as no coding, the world's smallest blood sample size requirement, a backlight and a test strip port light. The FreeStyle Lite meter uses only FreeStyle Lite blood glucose test strips. Here is a promotional article of *Abovita Ltd* about new blood glucose monitoring system. For more information please visit *Abovita Ltd* website [www.abovita.lt](http://www.abovita.lt).

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### The Order of LR Minister of Health Raimondas Šukys „Regarding the Change of the Order Nr. V-881 of Minister of Health 23 October 2009 „Regarding the Confirmation of the Tariff 2009 of Compensatory Medical Aid Means““

Here you will find the appendix of the order too.

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### An Interview with Corinne Blaumeiser

It is a warm interview with Mrs. Corinne Blaumeiser who has three children and is affected by diabetes. She uses the insulin pump and shares her impressions, thoughts, and opinion about this medical device, which is used for the administration of insulin in the treatment of diabetes mellitus. The article has been prepared after the interview published in magazine „Insuliner“ No 81, 2007.

### **The Members of Kaunas Diabetes Club „Insula“ Increased Their Knowledge in Druskininkai**

On 8–12 September 2010 the members of diabetes club „Insula“ rested purposefully, healthily and increased their knowledge about the disease in sanatorium „Dainava“ (Druskininkai). The participants had a possibility to try the procedures of sanatorium „Dainava“. They listened to several useful lectures conducted by the representatives of *Roche*, *Bioeksma*, *Abovita Ltd*.

LDA president Mrs. Vida Augustinienė took place in this meeting too. Prof. Dr. J.S.Danilevičius answered the questions of the participants.

The representative of *Orifarma* Miss Eglė Gaižauskaitė and the representative of *Microlife* Mr. D. Daraškevičius completed the seminar with some practical tasks.

This short article is illustrated with the photo from the seminar.

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#### **The Best Memories from Educational Camp in Pervalka**

The last week of this summer we were camping in Pervalka. We can firmly say that the camp was just wonderful. All the campers were very friendly, the atmosphere was harmonious, the weather was fresh, and the views were just bewitching. The lectures were very useful and informative. LDA president Mrs. Vida Augustinienė and the representatives of *Abovita Ltd* took part in the camp too. We visited Palanga Amber Museum, Miniature Museum, etc. We also took part in the concert of famous Lithuanian rock singer and song writer Andrius Mamontovas.

Here you can find more impressions of the participants of this wonderful summer camp in Pervalka and the picture, illustrating the event too.

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#### **15th Annual Conference of Nurses in Diabetes in Stockholm**

FEND was established in 1995 and has established a unique voice for nurses working in the field of diabetes care, research and education in Europe. It is recognized as a positive influence by WHO Europe, IDF Europe, SVD Executive, EASD, DESG and national diabetes nursing organizations. More and more nurses in diabetes from Lithuania become members of this Federation every year.

FEND two day Annual Conference precedes the EASD conference each year. Attendances at our conferences grows year on year and attracts not only nurses but other relevant health care professions in diabetes. The 15th Annual Conference took place in Stockholm (Sweden). The theme of the conference – „The Diabetes Epidemic: The Challenge for Europe“. More about the Conference you may read in this article or in FEND’s website [www.fend.org](http://www.fend.org).

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#### **Newspaper „Diabetes“**

LDA reminds of subscribing newspaper „Diabetes“ for the 2011 year.

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## **All About Type 2 Diabetes**

Here you will find illustrated and concentrated information about type 2 diabetes.

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#### **Patient Safety**

The European Network for Patient Safety (EUNetPaS) was officially launched February 28–29 2008 in Utrecht, Netherlands. The project, aims to establish an umbrella network of all 27 EU Member States and EU stakeholders to encourage and enhance collaboration in the field of Patient Safety.

Among the main objectives of EUNetPAS is to decrease the risk of preventable harm to patients during their stay in healthcare organizations, and more generally, to improve the quality of healthcare. This is accomplished by evaluating, validating and diffusing the new knowledge and good practices garnered within the network. The information thus obtained will be targeted at health professionals, political decision-makers and patients.

The European Network for Patient Safety (EUNetPaS) project influenced the development of patient safety in Lithuania, because a program „Patient Safety Platform in Lithuania 2010–2014“ was created. According to this Platform, a plan of it’s realization was confirmed.

More about patient safety in Lithuania you may read in this article or in the website [www.vaspvt.gov.lt](http://www.vaspvt.gov.lt).

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#### **The 12th Meeting of Diabetes Experts‘ Panel from Accessing Countries (DEPAC)**

The 12th Meeting of Diabetes Experts‘ Panel from accessing Countries (DEPAC) took place in Bled (Slovenia) on 28–30 October 2010. The Meeting was attended by many participants representing Cyprus, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Malta, Poland, Romania, Slovakia and Slovenia. The participants shared their experience, told about the diabetes situation in their countries, exchanged the information.

More about this Meeting you may read in this article or in IDF’s website [www.idf.org](http://www.idf.org) (Europe region).

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#### **Summer Diabetes Educational Camps of Lithuanian Diabetes Association**

Lithuanian Diabetes Association organized seven diabetes educational camps this year. All the camps took place in Pervalka (Lithuanian resort near the Baltic Sea). The chairperson of these camps was a nurse diabetologist Mrs. Aldona Danylienė. Doctor Vytautas Danyla and nurse Elena Mickevičienė helped her. 42 children and youngsters, and 56 adults increased their knowledge about diabetes during these camps. According to the data of Lithuanian Health Information Center, there were 72 445 people with diabetes registered in Lithuania (2009).

Educational camps for children and youngsters took place on 7–13 June, 10–16 July and 23–29 August. Little patients from Marijampolė, Vilkaviškis, Utena, Joniškis, Radviliškis, Klaipėda, Kaunas, Kėdainiai, Plungė, Pakruojis, Raseiniai, Rokiškis, Tauragė, Šakiai, Telšiai took part in these camps. There were two girls from Latvia too. Many participants have middle disability level. The participants were from 10 to 29 years of age. The duration of the disease sought from 0–1 to 19 years. 95 % of the participants had already studied about diabetes before. But 35,7 % of the campers confessed that they have had some troubles, problems because of the lack of knowledge about diabetes.

Education in the camps was organized according to the programme prepared by LDA. The knowledge of the campers was evaluated while filling in the questionnaires. Some cultural and

recreation programs, self-control education, various meetings with the doctors, specialists of diabetes control means were arranged. The participants found many new friends, they shared their experience and knowledge too. They chatted, sang and performed in the evenings. The campers had a great possibility to consult with the doctors, specialists about individual diabetes control.

The participants monitored their blood glucose every day, not less than 4 times a day.

The amount of glucose in the blood before breakfast was from 5,5 mmol/l to 12,7 mmol/l (the average amount in the camps – 8,1 mmol/l), before dinner – from 4,4 mmol/l to 13,8 mmol/l (7,7 mmol/l), before supper – from 4,6 to 9,7 mmol/l (7,0 mmol/l).

Tests that measure the amount of glycosylated hemoglobin in the blood were made to all the participants too. The results of the tests were:

- HbA1c < 6 % - only 6,5 % camp participants;
- HbA1c > 6 % < 7 % - 16,1 % participants;
- HbA1c > 7% < 8 % - 29,0 % participants;
- HbA1c > 8 % - 48,4% participants.

The average HbA1c of the participant – 8,1 %.

Diabetes is a disease in which a person cannot effectively use sugar in the blood. Left untreated, blood sugar levels can be very high. High sugar levels increase risk of complications, such as damage to eyes, kidneys, heart, nerves, blood vessels, and other organs.

A routine blood sugar test reveals how close to normal a sugar level is at the time of the test. The glycosylated hemoglobin test reveals how close to normal it has been during the past several months.

This information helps a physician evaluate how well a person is responding to diabetes treatment and to determine how long sugar levels have been high in a person newly diagnosed with diabetes.

The campers not only rested but worked hard too in diabetes educational camps. They listened to the lectures, filled in the forms about diabetes, discussed the mistakes, learned to control the disease. The level of the knowledge of the participants increased around 20,6 % during 7 days spent in educational camps.

This year LDA organized diabetes educational camps for adults with type 1 diabetes for the first time (on 10–16 May, 30 August – 5 September).

The tests that measure the amount of glycosylated hemoglobin in the blood were made to all the participants. The results of these tests were:

- HbA1c < 6 % - 0 % camps participants;
- HbA1c > 6 % < 7 % - 0 % participants;
- HbA1c > 7 % < 8 % - 40,0 % participants;
- HbA1c > 8 % - 60,0 % participants.

The average HbA1c of the participants – around 8,6 %.

The knowledge about the disease of patients with type 1 diabetes increased around 20,2 % during 7 days spent in diabetes educational camps.

The best results of the amount of glycosylated hemoglobin in the blood were registered while testing the adults with type 2 diabetes:

- HbA1c < 6 % - only 3,2 % camps participants;
- HbA1c > 6 % < 7 % - 51,6 % participants;
- HbA1c > 7 % < 8 % - 25,8 % participants;
- HbA1c > 8 % - 19,4 % participants.

The average HbA1c of the participants – around 7,1 %.

The knowledge about the disease of people with type 2 diabetes increased around 21,7 % during 7 days spent in diabetes educational camps.

The benefit of diabetes educational camps is obvious. Education is one of the most important factors in diabetes treatment.

We heartily thank the sponsors of the camps: The Department for the Affairs of Disabled at the Ministry of Social Security and Labour, *Lithuanian Mercy Lift, Abbott Diabetes Care, Abovita, Eli Lilly Lithuania, WÖRWAG Pharma GmbH&Co. KG* and diabetes clubs and communities: „Smalsučiai“ (Klaipėda), „Venta“ (Kuršėnai), „Žemaičių spėka“ (Mažeikiai), „Sveikata“ (Pasvalys), „Rokiškis“ (Rokiškis), „Linelis“ (Šakiai), „Lemtis“ (Šiauliai), „Dia“ (Telšiai), „Insula“ (Tauragė), „Linelis“ (Radviliškis), Elektrėnai, Plungė, Utena diabetes clubs for children and youth.

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#### **New treatment possibility for People with Type 2 Diabetes**

Incretins are gut hormones that are secreted from enteroendocrine cells into the blood within minutes after eating. One of their many physiological roles is to regulate the amount of insulin that is secreted after eating.

There are two incretins, known as glucose-dependent insulinotropic peptide (GIP) and glucagon-like peptide-1 (GLP-1), that share many common actions in the pancreas but have distinct actions outside of the pancreas. Both incretins are rapidly deactivated by an enzyme called dipeptidyl peptidase 4 (DPP4). A lack of secretion of incretins or an increase in their clearance are not pathogenic factors in diabetes. However, in type 2 diabetes (T2DM), GIP no longer modulates glucose-dependent insulin secretion, even at supraphysiological (pharmacological) plasma levels, and therefore GIP incompetence is detrimental to  $\beta$ -cell function, especially after eating. GLP-1, on the other hand, is still insulin tropic in T2DM, and this has led to the development of compounds that activate the GLP-1 receptor with a view to improving insulin secretion. Since 2005, two new classes of drugs based on incretin action have been approved for lowering blood glucose levels in T2DM: an incretin mimetic (exenatide, which is a potent long-acting agonist of the GLP-1 receptor) and an incretin enhancer (sitagliptin, which is a DPP4 inhibitor).

Incretins are used before insulin therapy to improve glucose control and stimulate weight loss. They are especially useful in type 2 diabetes because of their effects on weight, but the need for injections limits acceptance of these therapies by some patients.

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#### **Hypoglycemia (low level of blood glucose)**

Here you will find a particular test, which will help you know what you should do if all your efforts to avoid hypoglycemia failed. Here you will find useful advices what you should eat, drink or what medicine you should take, if your blood glucose is too low.

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#### **Diabetes and Sexual Life**

Diabetes being a multi organ disorder tends to affect the sexual life of patients too. There are numerous sexual dysfunctions associated with Diabetes. As is common knowledge, Diabetes affects the nerves and the neurological system of the body. Sexual sensations and even erections in the

male are all directly controlled by nerves. So it is quite natural that blood sugar levels when left uncontrolled, can lead to complications, which in turn may lead to sexual dysfunctions.

More about sexual dysfunctions caused by diabetes you may read in this article or in Abovita's website [www.abovita.lt](http://www.abovita.lt)

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### **Good Glycemy – Good Feeling**

285 million people worldwide have diabetes. More than 72 thousand people in Lithuania are affected by diabetes too. Over the years, obesity and diabetes have reached epidemic proportions.

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes the body does not produce insulin. Only 5-10 % of people with diabetes have this form of the disease. Insulin therapy is necessary for children with type 1 diabetes.

Type 2 diabetes is the most common form of diabetes. In type 2 diabetes either the body does not produce enough insulin or the cells ignore the insulin. This is called insulin resistance.

Type 2 diabetes is far more common than type 1 diabetes, which occurs when body does not produce any insulin at all. Around 90 % of all adults with diabetes have type 2 diabetes.

If you have type 2 diabetes, you may be able to control your symptoms simply by eating a healthy diet and monitoring your blood glucose level. However, as type 2 diabetes is a progressive condition, you may eventually need to take insulin medication, usually in the form of tablets.

Type 2 diabetes is often associated with obesity and is more common in older people.

Keeping your blood glucose levels as close to normal as possible can be a lifesaver. Tight control can prevent or slow the progress of many complications of diabetes, giving you extra years of healthy, active life.

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### **Thank You „Vita“ for the Event**

Here you will find authentic impressions of Miss Irena Vaškelytė, who has taken part in health school of Pakruojis diabetes club „Vita“. Miss Vaškelytė is not affected by diabetes, but the information she heard seemed to be useful, interesting and necessary.