

## **Diabetes, No 1 (69) February, 2011 Lithuanian Diabetes Association**

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**Pages 1,2**

### **The Global Campaign**

#### **IDF Guide to National Diabetes Programmes – new needs, new approach**

This information was prepared according to the article written by Ruth Colagiuri and Maria Gomez. This article was published in “Diabetes Voice”, October 2010.

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

### **Patients' Complaints**

Here is an article about the most popular patients' complaints and some advices, what patients should know about their disease, the prescription and sale of medicine, etc.

**Pages 4, 6, 7, 8**

#### **The Order of LR Minister of Health Raimondas Šukys „Regarding the Change of the Order Nr. 112 of Minister of Health 8 March 2002 „Regarding the Prescription and Sale of Medicine“**

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#### **LDA is a member of International Diabetes Federation (IDF)**

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

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

- On 11 November 2010 LDA president Mrs. Vida Augustinienė answered the questions of the journalists of „Lietuvos radijas“ („Lithuanian Radio“) and newspaper „Kurier Wilenski“ about diabetes.
- On 12 November LDA president Mrs. Vida Augustinienė took part in TV show „Labas rytas“ („Good Morning“) and in radio broadcast „Ryto garsai“ („The Morning Sounds“). Mrs. Augustinienė talked about the World Diabetes Day.
- On 12 November a republican conference „Diabetes Education and Prevention“ took place in Vilnius. The conference was dedicated to the World Diabetes Day and to the 20th anniversary of LDA too.

- On 16 November Pakruojis diabetes club „Vita“ organized a conference to mention a World Diabetes Day. LDA president took part in this event too.
- On 17 November Šakiai diabetes club „Linelis“ celebrated a World Diabetes Day and the 20th anniversary of the club. LDA president Mrs. Vida Augustinienė congratulated all the members of the club and all the participants of the event too.
- On 18 November, 9 and 21 December 2010, 13 January and 3 February 2011 a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė took part in the session of the Commission, revising the list of reimbursed diseases and medicines. The session took place in the Ministry of Health, Republic of Lithuania.
- On 19–20 November 2010 republican conference of endocrinologists “Topical Questions of Diabetology” took place in “Gabija” hotel, in Palanga resort. LDA president Mrs. Vida Augustinienė read a paper “Juridical Questions of People with Diabetes” there.
- On 20 November Šiauliai diabetes club „Lemtis“ organized an educational seminar, dedicated to the World Diabetes Day. LDA president Mrs. Vida Augustinienė gave the information about the news of health care in Lithuania.
- On 21–22 November a round table discussion „Patients' Rights“ took place in Vilnius. The representatives of patients' organizations from Belarus, Denmark took part in the conference. Mrs. Vida Augustinienė gave the information of the Council of Representatives of Patients' Organizations of Lithuania.
- On 27–28 November LDA president Mrs. Vida Augustinienė, Svetlana Kuznecova and a chairwoman of Pakruojis diabetes club „Vita“ took part in International Diabetes Federation European Region General Assembly, which took place in Brussels (Belgium).
- On 30 November – 2 December European Patients' Forum (EPF) sessions and high-level round table discussions took place in Brussels (Belgium). A Board member of EPF Mrs. Vida Augustinienė took part in these discussions too.
- On 7 December 2010, 19 January, 2 February 2011 secretary of Lithuanian Diabetes Association Mrs. Svetlana Kuznecova took part in the session of the working group, improving odontological services for children. The session took place in the Ministry of Health, Republic of Lithuania.
- On 7 December LDA president Mrs. Vida Augustinienė participated in the sessions of working group created for preparing Methodology for diagnostic and treatment of diabetes in the State Patients' Fund. On 14 and 20 December 2010 the sessions took place in the Ministry of Health, Republic of Lithuania.
- On 8 December LDA president Mrs. Vida Augustinienė met the members of Joniškis diabetes club „Viltis“.
- On 9 December a session „Regarding the Selection Projects“ took place in the Ministry of Health. A chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė took part in session as a social partner.
- On 10 December a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė took part in teleconference of Board of European Patients' Forum.
- On 11 December a session of LDA Board took place in Vilnius. A new collective member – Alytus diabetes club for youth and children „Mes“ (a chairman – Mr. S. Kazlauskas) was accepted. The activities of LDA and diabetes clubs were discussed. Chairmen of Kaunas diabetes club „Svaja“ and Utena diabetes club for children participated in the session too.
- On 15 December LDA president Mrs. Vida Augustinienė met the representative of *Roche Lietuva, the leader of Diagnostic subdivision Mr. V. Lukoševičius*. They discussed the questions of collaboration.
- On 23 December a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė took part in the session of Compulsory Health

Insurance Council. She is a member of this Council. The session took place in the State Patients' Fund at the Ministry of Health, Republic of Lithuania.

- On 3 January 2011 a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė answered the questions of the journalists of radio broadcast „Ryto garsai“ („The Morning Sounds“). The questions were about the safety of health.
- On 5 January „Lithuanian television“, on 6 January radio station „Žinių radijas“ and on 7 January „Baltija television“ asked a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė, what was patients' opinion regarding the suggestions spilled out by the Minister of Justice of the Republic of Lithuania Mr. R. Šimašius. The Minister suggested to legitimize officially the patients' surcharges for medical services.
- On 11 January a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė met the representatives of charity and support fund „Patients' Safety, Inovations and Quality Fund“ ([www.pacientufondas.lt](http://www.pacientufondas.lt)) Miss E. Matuzaitė and Mrs. R. Vaitkienė. The questions of collaboration were discussed during this meeting.
- On 12 January the representatives of *Eli Lilly* Company J. Ellena, T. Vahevaara and A. Juškevičienė visited LDA and assessed its activity very well.
- On 14 January a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė took part in the session of Compulsory Health Insurance Council. Council approved project of the Order of Health Minister: the pay for the services of nurses diabetologist and foot care specialists to be legalized since 1 July 2011. The session took place in the Ministry of Health, Republic of Lithuania.
- On 21 January Alytus diabetes club for youth and children „Mes“ organized a meeting with representatives of Alytus town and district authority and the representatives of educational institutions. LDA vice-president Mrs. G. Naidzinavičienė read a paper about the activity of LDA and it's collective members, she talked about the importance of collaboration for people affected by diabetes too.
- On 24 January a journalist of the TV broadcast „Panorama“ of Lithuanian television asked Mrs. V. Augustinienė's opinion regarding the suggestion of the Ministry of Health to legitimize one day off, when people could check their health.
- On 28 January a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė took part in the session of the College of Health, Republic of Lithuania. Mrs. Vida Augustinienė is a member of this College.
- On 5 February LDA president Mrs. Vida Augustinienė met with the leader of „Žibutė“ sanatorium and with the medics. Together they discussed about the organization of diabetes educational camps for children.
- On 6 February a diabetes club „Lemtis“ for people affected by diabetes of Šiauliai town celebrated the 20th anniversary of it's activity.
- On 10 February a chairwoman of the Council of Representatives of 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.

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### **She Represented Lithuania in Brussels**

LDA president Mrs. Vida Augustinienė and a chairwoman of Pakruojis diabetes club „Vita“ took part in International Diabetes Federation European Region General Assembly, which took place in Brussels (Belgium).

In this small article you will find the impressions of Mrs. Adelė Dobilienė and some nice photos taken in Brussels too.

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### **Sharing the Experience**

#### **Diagnosis – Diabetes**

Vytautas Kiselis who lives in Rokiškis district, did not suspect that he had diabetes.

## **Pages 13, 14**

### **For Those Loving Their Lives Diabetes is not an Obstacle**

Diabetes can be especially hard on women. The burden of diabetes on women is unique because the disease can affect both mothers and their unborn children. Diabetes can cause difficulties during pregnancy such as a miscarriage or a baby born with birth defects.

However here you will find some success stories about women who gave birth to their wonderful children and have succeeded in life, because diabetes for them is not an obstacle, but a challenge.

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### **The Inhabitants of Prienai District Learned to Control Diabetes**

On 13 October 2010 a diabetes educational seminar “Good Diabetes Control – the Prevention of Complications” organized by Lithuanian Diabetes Association, took place in Birštonas. More than 65 inhabitants of Prienai, Birštonas, Druskininkai, Kupiškis, Kelmė, Kaunas took part in this seminar.

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### **Alytus Diabetes Club for Youth and Children “Mes” (“We”)**

A diabetes club for youth and children “Mes” (“We”) was established in Alytus town in 2010. The leader of this club is Mr. Stasys Kazlauskas and the deputy chairman of the club is Mr. Vytautas Daunaravičius. More about this club and its activities you may read in this article.

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### **Ozone Therapy – Natural and Effective Method of Diabetes Control**

Here you will read the impressions of LDA president Mrs. Vida Augustinienė, who has tested the ozone therapy herself. Her health and feeling significantly improved. In this article you will read an interview with the leader of MEDOZONAS Ltd and academician Mr. Valentinas Žurbenko. In his interview Mr. Žurbenko explains the benefit of ozone therapy for patients with diabetes: ozone therapy may be used in a complex treatment of people suffered of diabetes and allows to lower doses of the usage of sugar reduced preparations.

## **Pages 18, 19, 20, 21, 22, 23, 24, 25, 26, 31**

### **World Diabetes Day Has Been Mentioned**

#### **Vilnius**

Since 1993 LDA organizes World Diabetes Days arrangements with free blood glucose measuring with purpose to find out persons who have already got diabetes but do not know about this problem. Each year World Diabetes Day highlights a theme related to diabetes. The 2009-2013 campaign calls on all those responsible for diabetes care to understand diabetes and take control. The events dedicated to the World Diabetes Day in Vilnius started with a walking of the members of Lithuanian Diabetes Association. The walking started from LR Seimas palace to the Cathedral. In the conference held after the walking, the activity of LDA during the last 20 years was reviewed.

#### **Anykščiai**

Anykščiai diabetes club joins together 120 members. The great part of them gathered together in the centre of the town identifying themselves with the people affected by diabetes in the whole world from more than 160 countries, where World Diabetes Day was mentioned too.

## **Kelmė**

On 15 November Kelmė diabetes club “Diabetas ABC” arranged a conference, where the biggest attention was paid to the prevention of diabetes its complications.

World Diabetes Day has also been mentioned in **Pakruojis, Joniškis, Elektrėnai, Rokiškis, Birštonas, Alytus, Lazdijai, Kaunas, Telšiai**. The diabetes clubs of these towns invited the members of the clubs to join together and celebrate this important event. Many conferences, walkings, meetings and other events have been organized in many Lithuanian towns and districts, and worldwide too.

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### **The Conference for Endocrinologists “Topical Questions of Diabetology” in Palanga**

On 19–20 November 2010 republican conference of endocrinologists “Topical Questions of Diabetology” took place in “Gabija” hotel, in Palanga resort. President of the Lithuanian Diabetes Association Vida Augustinienė read report „Juridical Questions of People with Diabetes“. More than 200 doctors, scientists and representatives of the society took part in this conference. More about this conference you may read in the article.

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### **Newspaper „Diabetes“**

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

### **Marijampolė Diabetes Club Celebrated it’s 20<sup>th</sup> Anniversary**

On 10 November the members of Marijampolė diabetes club mentioned not only the World Diabetes Day, but also the 20<sup>th</sup> anniversary of the club. LDA president Mrs. Vida Augustinienė participated in this event too. More about Marijampolė diabetes club and it’s activity during these 20 years you may read in this article.

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### **Šakiai Diabetes Club “Linelis” Turns 20**

On 17 November 2010 Šakiai diabetes club “Linelis” celebrated it’s 20<sup>th</sup> anniversary in Šakiai culture centre “Jaunystė”. Many people with diabetes took part in this event. On the occasion of 20<sup>th</sup> anniversary a concert has been arranged.

More about Šakiai diabetes club “Linelis” and it’s activity during these 20 years you may read in this article.

Information about educational summer camps organized by Lithuanian Diabetes Association is in this page, too.

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### **Diabetes and Self-control Means**

On 21 January 2011 Alytus diabetes club for youth and children “Mes” organized an afternoon “Diabetes and Self-control Means” in the hall of Alytus district library. Many people with diabetes and those who are interested in this disease have been invited to join the discussion. The impressions and a convivial photo from this afternoon you will find in this item of newspaper “Diabetes”.