

## **Diabetes, No 3 (71) August, 2011 Lithuanian Diabetes Association**

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

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### **European Patients' Rights Day in Lithuania**

On June 28, 2011 the Council of Representatives of Patients' Organizations in Lithuania held a European Patients' Rights Day Conference. The goal of the Conference was to gather together various stakeholders acting in health care sector in order to discuss the current situation of patients and define specific actions to be taken in Lithuania.

The Conference welcomed representatives of different medical institutions and organizations. The Conference was attended by representatives of State Health Care Accreditation Agency, State Medical Audit Inspectorate, Commission for assessing harm to patient health, National Health Insurance Fund, pharmaceutical companies, patients' organizations and journalists.

In the beginning the participants were informed about the Conference in Brussels held on 11–12 April, the results of the project to monitor the implementation of European Charter of Patients' Rights, evaluation methodology, conclusions and recommendations of citizens not only for Europe but also for Lithuania.

Participants made presentations on issues important to patients. Director of State Health Care Accreditation Agency prof. Juozas Galdikas introduced patient safety initiatives in Lithuania. Lithuania is joining forces to improve the safety of health care services. Medical institutions are looking for ways how to reduce the number of adverse health events (AHE), what protection mechanisms to implement, how to apply scientific knowledge and best practice of other countries to improve the safety of health care services. The professor stated that patient safety is given great attention in the world. According to the surveys of other countries, about 10 per cent of hospitalized patients experience harm to health due to the imperfections of health care system. Health care sector experiences tremendous financial losses as a result of adverse health events. According to survey results the majority of AHE are caused not by professional mistakes of medical staff but by the system faults creating the conditions to err. Some states have included patient safety into national health care programmes; there are state institutions that analyze safety incidents and develop research-based patient safety systems designed to increase the safety of health care services. Accreditation agency is a partner in international patient safety project EUNetPaS aimed at creating a patient safety collaboration network in EU member states. Lithuania has prepared a National Patient Safety Platform 2010–2014 m.

Director of State Medical Audit Inspectorate Ramunė Navickienė talked about the implementation of patients' rights in Lithuania. She reviewed international and national legislation, new tendencies of patients' rights regulations, named the major dimensions of health care quality assurance, noted that

patients have not only rights but also duties. In conclusion the speaker noted that regulation of patient's rights not always directly correlates with the implementation and assurance of patients' rights. R. Navickienė marked the need of thorough regulation of patients' duties, the necessity to inform and educate the general public and patients about their rights and duties, to reduce the confrontation between medical staff and patients and strengthen the relations based on mutual trust, respect and understanding.

Chair of the Commission for assessing harm to patient health Nerija Stasiulienė shared information about the harm to patient health. "We always expect to receive quality medical help. Nevertheless, for many reasons we may not receive adequate services in a health care institution and in some cases even experience harm. Every patient, who is not satisfied with the quality of provided health care services, has a right to complain and demand to compensate the harm," said Chair of the Commission. The speaker introduced functions of the Commission, named the problems, analysed the areas where the majority of complaints are received. The key document defining patients' rights and violations of these rights as well as the possibilities to file a complaint and demand for compensation is the Law on the Rights of Patients and Compensation for Damage to Health of the Republic of Lithuania. By the way, only a few countries have such a law. In other countries patients' rights are regulated by general acts of law. On the one hand, the existence of such a law indicates an advanced position of Lithuania in this respect; on the other hand it reveals lack of experience and inefficiency of the law.

L. Paškevičius talked about the accessibility of health care services in Lithuania and in Europe, about the possibility to choose a doctor and a medical institution. At present the patient's right to choose a medical institution and a doctor is formally established by the law but in practice this right has many limitations, especially financial. The speaker noted that the core concept of insurance medicine that *money shall follow the patient* has not been implemented in Lithuania yet. This concept is directly related to another important principle, i.e. *the right to choose a medical institution and a doctor*. For instance, patients willing to receive inpatient services in a private medical institution must pay a full price for provided services, although part of their taxes go to Mandatory Health Insurance Fund (MHIF). Patients, who chose a private medical institution, have to pay twice: taxes to MHIF, although they do not use services of public medical institutions, and charges for the services of private medical institutions where they receive treatment. L. Paškevičius noted that responsibility for health lies with the citizen, not with the state and therefore the citizen has a right to choose a medical institution and a doctor and to use the money earned and paid in taxes for his/her health care (*money shall follow the patient*), whereas the state must ensure that money paid for human health care and other allocated resources are used in a transparent, effective and rational manner and ensure the best results.

Representatives of all parties of health care system – state institutions, doctors and patients – took active part in the discussion. The Conference participants assessed the current situation and the quality of health care services in Lithuania, discussed the draft resolution with proposals for immediate actions and elected a steering group to prepare the resolution.

We appreciate the assistance of Active Citizenship Network and Medical Diagnostic and Treatment Centre for the support received in organizing the European patients' Rights Day event in Lithuania.

Vida Augustinienė  
Chair of the Council of Representatives of Patients' Organizations in Lithuania  
Member of European Patient's Forum Board

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

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**LPOAT  
COUNCIL OF REPRESENTATIVES  
OF PATIENTS' ORGANIZATIONS  
OF LITHUANIA**

**Member of International Alliance of Patients' Organizations  
And European Patients' Forum**



**RESOLUTION**  
Adopted in the Conference  
**EUROPEAN PATIENTS' RIGHTS DAY**  
On 28 June 2011

**COUNCIL OF REPRESENTATIVES OF PATIENTS' ORGANIZATIONS OF LITHUANIA (hereinafter LPOAT), full member of INTERNATIONAL ALLIANCE OF PATIENTS' ORGANIZATIONS and EUROPEAN PATIENTS' FORUM in the Conference held on 28 June 2011 to commemorate EUROPEAN PATIENTS' RIGHTS DAY and discuss the results of the project aimed to monitor the implementation of European Charter of Patients' Rights. Conference participants stated the following:**

1. In view of Lithuanian citizens interests in EU health care policy none of the patients as citizens' right is fully implemented and respected. The worst results are related to the respect of patient's time, right to free choice and right to access; rights to safety, quality and innovation are implemented to a certain extent. In the light of patients' rights in different countries according to Euro Health Consumer Index Lithuanian is behind the EU average.
2. Although the primary and essential goal of health care system in Lithuania is to meet patients' needs, the patient is not yet in the centre of health care policy and implemented reform. Decisions in health care sector are made not in the interest of the patient but in financial or other interests of stakeholders or their groups. Distribution of resources in health care sector lacks transparency; patients' needs and opinion are disregarded.
3. Fundamental principles ensuring patients' rights and free choice, namely the underlying concept of insurance medicine that money shall follow the patient; the free choice of a doctor and a medical institution; access to services; right to information, have not been implemented yet. Although patients' rights and free choice are declared in the acts of law, they are often violated in real life. The patient's right and freedom established by the legislation of the Republic of Lithuania to choose a medical institution and a doctor and to receive reimbursable services in that medical institution where the patient actually receives health care services has still been violated.
4. Not all patients have equal possibilities to be diagnosed in time, receive the necessary treatment, nursing, psychological or social help. There are barriers in medical institutions for the access to health care services, unnecessary waiting lists are created and patients' rights to equally accessible health care are violated.

5. Patients' rights to quality and safe health care and fair compensation of damage are not ensured. The quality and safety of health care services are underestimated both on the political and administrative level, trust in Lithuanian medicine is undermined; patients and doctors become opposing parties. Mistakes and adverse events are not registered and not analysed, they reoccur and thus bring tremendous material and moral damages to Lithuanian citizens and the country's economy.
6. Prevailing illegal payment for services in health care sector increase the gap between medical staff and patients as well as distrust in health care.
7. Unequal and unfair competitive conditions created for private medicine limit patients' right to choose private medical institutions and doctors working there because the majority of services in private sector are not reimbursed by the state and patients have to pay a full price for medical services.
8. Patients' right to confidentiality and privacy is not granted in full. The number of cases when confidential information of patients' health condition is interpreted in public, even in mass media, is increasing.
9. **LPOAT** proposals on various issues of health care reform are underestimated and ignored. State institutions often fail to respond to questions important to Lithuanian patients; do not invite patients' representatives to meetings where relevant health care issues are discussed.

**Having assessed the current situation and with the aim to assist the Lithuanian Parliament, the Government and the Ministry of Health to adopt appropriate decisions Conference participants state their position and the following PROPOSALS FOR IMMEDIATE DECISIONS:**

1. Ensure access to health care services in order to guarantee equal possibility to all patients to be diagnosed in time and immediately receive the required treatment, nursing and support.
2. Immediately implement the core principle of insurance medicine that money shall follow the patient to that medical institution where the patient actually receives health care services irrespective of the form of ownership of a medical institution.  
Ensure patients' right to choose and receive reimbursement for inpatient health care services in private medical institutions by eliminating artificial barriers. Equally reimburse health care services in all medical institutions (both public and private) in the scope and at the rate established by the Government.
3. Create appropriate tax conditions and introduce a real voluntary supplementary health insurance in Lithuania in the nearest future and thus eradicate illegal payments in health care sector by improving access to health care services, reducing corruption, the extent of illegal payments and their burden on Lithuanian patients.
4. Ensure adequate information and allocation of resources so that patients could make decisions together with doctors as to appropriate treatment.
5. Take immediate and necessary measures to improve the quality and safety of health care services by creating the system of recording adverse events and learning from mistakes, introducing fair and objective mechanisms of compensation for damage that would encourage the collaboration of patients and doctors for the sake of patients' health.
6. Ensure the participation of patients in developing health policy, its programmes and projects.
7. Ensure adequate attention to **LPOAT** proposals on various issues of health care reform and take into consideration patients' opinion in developing health policy and making decisions on health

care. Include representatives of Lithuanian Patient Organizations Council into the **National Health Board at the Seimas** of the Republic of Lithuania, the **process of creating and implementing the programme of Lithuania's Presidency of the Council of the European Union, various working groups** drafting legislation on the provision and financing of health care services as well as developing programmes and project applications financed from EU or other international funds and foundations in the field of patients' health.

8. Jointly with the members of European Patients' Forum seek the improvement of health care in European Union and Lithuania and demand that state institutions of the Republic of Lithuania, a member of European Union, (the Seimas, the Government, the Ministry of Health and others) would respect and undertake to implement the vitally important to patients provisions of European Patients' Forum Manifesto.
9. Ensure the provision of resources and political commitment to implement the provisions of European Patients' Forum Manifesto and proposals of this Resolution.
10. Address members of European Parliament and urge them to assume responsibility for eliminating violations of patients' rights established by legislation, for meeting patients' needs and for giving adequate importance and priority in developing and implementing health care policy, making decisions on the arranging of health care services and allocation of resources to patients' health care.
11. Address competent institutions of the Republic of Lithuania (President's Office, Seimas, Government, Ministry of Health, National Health Insurance Fund) to have the proposals of this Resolution considered carefully and responsibly and to have definite plans (measures and terms) sent in writing to the **Council of Representatives of Patients' Organizations in Lithuania by 30 September 2011**. The written reply must contain answers how and when the faults of health care system specified in this resolution will be eliminated pursuant to the proposals of **LPOAT** representing Lithuanian patient's organizations.
12. Active citizenship rights, namely the right to engage in activities of public benefit, the right to represent, the right to participate in health policy formation, established by the European Charter of Patients' Rights must be included in the Law on the Rights of Patients and Compensation for Damage to Health of the Republic of Lithuania. These rights constitute and inseparable part the European Charter of Patients' Rights.

On behalf of Lithuanian patients and participants of the Conference:

Vida Augustinienė  
Chair of the Council of Representatives of Patients' Organizations in Lithuania  
Member of European Patient's Forum Board

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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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### **The treatment scheme of diabetical ketoacidoze controlling the ketons in blood.**

The article is prepared in accordance with [www.abbott.de](http://www.abbott.de)

A new opportunity to explore ketons in blood appeared with the development of the meter Optium Xceed (Optium) by Abbott. The meters Optium Xceed and Optium enable to measure the concentration of glucoses in blood (using the strips Optium Plus) as well as presence of ketons in blood (using the STRIPS Optium  $\beta$ -ketone). The advices, how to treat ketoacidoze, how to avoid it and symptoms of ketoacidoze are pointed out.

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### **A trip to Kaunas**

The diabetes Club „Mes“ (We) for children and young people with diabetes in Alytus organizes leisure actively. The Chairman of the Club Mr Stasys Kazlauskas shares his impressions about the Club's trip to the War Museum and a meeting with the Signatory of the Independence Act Mr. Algirdas Patackas. The author is sincerely happy, that the Club members had an opportunity to be together. He also extends thanks to the club, the Municipality and some companies for the support in organizing the trip.

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### **Diabetic retinopathy**

The medical article prepared by the Vicepresident of Lithuanian Diabetes Association, doctor endocrinologist Mrs. Ona Jurkauskienė on diabetic retinopathy.

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### **The issues concerning the health of children are discussed at the Congress of the Pediatricians of the Baltic Countries**

Nurse diabetologist, a member of LDA Board, the Chairwoman of the Society of Lithuanian Nurses Diabetologists Miss. Virginija Bulikaitė shares information on the 1<sup>st</sup> Congress of the Pediatricians of the Baltic Countries, which took place in Vilnius on May 19-22. More than 450 participants from 26 countries attended the Congress. Health problems of children of different age were analyzed in different aspects. Miss V. Bulikaite delivered poster presentations “The changes in behavior, which influence the health of teenagers with type 1 diabetes”. The aim of the research is to compare the changes in the nutrition habits, consumption of alcohol, smoking of the teenagers with diabetes of type 1 in the period of 3,6 and 12 months after diagnosing the illness. The research was conducted at the Diabetes School of the Lithuanian Health University Kaunas Clinic Children Endocrinology Department. The research arrived to the conclusion, that in 3 months after diagnosing diabetes the majority of those, who participated, had food regularly, smoked less, consumed alcohol less frequently, went in for sports less frequently in comparison with the results before diagnosing and after 6 and 12 months.

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### The training course “Good Diabetes Control – Prevention of Complication”

The Lithuanian Diabetes Association organized five one day training courses “ Good Diabetes skills – Prevention of Complications” on developing independent living skills. The events took place in the regional diabetes clubs, 445 people participated at the courses. People with diabetes from 17 different regions and cities of Lithuania took part in the training. Many guests visited the training course: members of Seimas, representatives of municipalities, government institutions, media, medical institutions, various non- governmental institutions and other people. All of them wanted to know more about diabetes. Prof. Dr. Mr. Juozas Steponas Danilevičius, Prof. Dr. Mr. Antanas Norkus, Dr. Mrs. Rita Šulcaitė, nurse diabetologist Mrs. Aldona Danylienė, the President of the Lithuanian Diabetes Association Mrs. Vida Augustinienė and others made presentations at the trainings on the relevant topics, such as diabetes and maintenance check up of the complications, diagnostics, treatment and control. They also offered practical advices. The participants of the trainings with diabetes received the surveys on the accessibility of the services and evaluation of their knowledge on diabetes. The responses show the weariness of the people with diabetes about the illness and the general situation in the medical institutions.

Glycated hemoglobin was treated during the trainings; it showed the way diabetes was controlled during the last 3 months. 223 tests were made. Hemoglobin in 16,6% of the tested persons was normal (HbA1c 6,1 – 6,5 – 27,8 5 %), in 18,8% of tested persons it was between 6,6 and 7,0 %. Even in 20,2% of the tested persons hemoglobin reached from 7,1 to 8,0 %, and in 16,6 % it was very bad – more than 8 % (in 13,5 from them HbA1c reached 13,5 %. Glycated hemoglobin should be less than 6,5 %. Those with the bad indicator of glucose must be concerned and review their nutrition plan and treatment.

The participants of the training got new literature, acquired knowledge and experience, how to manage the illness. They also had an opportunity to communicate beneficially, to have rest, to attend concerts.

The main sponsor of the event is the Department for the Affairs of Disabled at the Ministry of Social Security and Labor. We would like to extend gratitude to all, who assisted and helped the Lithuanian Diabetes Association to share its knowledge about diabetes.

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### Chronicle of the Lithuanian Diabetes Association

- The Chairwoman of the Council of Representatives of Patients’ Organizations of Lithuania (LPOAT) Mrs. Vida Augustinienė took part at the meetings of the Commission for the Lists of the Illnesses and Reimbursable Medicine on the 12<sup>th</sup> and 26<sup>th</sup> of May, on the 9<sup>th</sup> of June, on the 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> of July.
- The Chairwoman of Council of Representatives of Patients’ Organizations of Lithuania Mrs. V. Augustinienė participated at the session of the work group „For the preparation of the Lithuanian Health Programme for the period of 2011 – 2020 „, at the Ministry of Health of the Republic of Lithuania on the 16th of May.
- The diabetes training camp „ Good Diabetes Control – Prevention of Complications“ of the Lithuanian Diabetes Association (LDA) took place in Plunge on the 17th of May. The Chairwoman of the diabetes Club of Plunge Mrs. Elena Mickevičienė organized the event. The main sponsor of the event is the Department for the Affairs of Disabled at the Ministry of Social Security and Labor.

- The Chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. V. Augustinienė participated at the conference „Complaining for Success“ on May 24-25.
- The chairwoman of Council of the Representatives of Patients' Organizations and the member of the board Mrs. V. Augustinienė took part at the session of the Board of the Compulsory Health Insurance at the Ministry of Health on the 27<sup>th</sup> and 28<sup>th</sup> of May.
- The general meeting of the Board of members of Council of the Representatives of Patients' Organizations took place on the 30<sup>th</sup> of May (no quorum) and the 13<sup>th</sup> of June. The activity and finance reports for 2010 and the activity plan for 2011 were confirmed and current issues were discussed.
- The LDA training camp ‘Good Diabetes Control – the Prevention of Complications’ took place in Vilkaviskis on the 31<sup>st</sup> of May. The Chairman of the Community of people with diabetes of Vilkaviskis region “Insula” Mr. Kazimieras Kukis organized the event. The main sponsor of the event is the Department for the Affairs of Disabled at the Ministry of Social Security and Labor.
- Mrs., V. Augustinienė met with the participants (children and their parents) of the diabetes training camps „Diabetes week“ (they are supported by LDA) at Kačerginė health spa for children „Žibutė“ (Violet) on the 1<sup>st</sup> and 21<sup>st</sup> of June, on the 20<sup>th</sup> of July and 10<sup>th</sup> of August. The camp itself took place from the 30<sup>th</sup> of May to the 5<sup>th</sup> of June, June 20 – 26, July 18 -24, August 8 – 14. 56 children, youths and 16 parents from the whole Lithuania participated at the events.
- The LDA diabetes training camps for children, young people and adults with diabetes type 1 and 2 took place in Pervalka on June 3-9, 10-16, 17-23 and August 16-22. Mrs. A. Danylienė managed the camps. The main sponsor of the event is the Department for the Affairs of Disabled at the Ministry of Social Security and Labor. The LDA President Mrs. V. Augustinienė met with the campers on the 7<sup>th</sup>, 14<sup>th</sup> and 17<sup>th</sup> of June and on the 18<sup>th</sup> of August.
- The round table discussion “Evaluation Strategy Trends of Health Care technologies related to medical devices in Lithuania” took place at State Accreditation Office for the evaluation of health care at the Ministry of Health of Republic of Lithuania on the 3<sup>rd</sup> of June. The Chairwoman of Council of the Representatives of Patients' Organizations Mrs. V. Augustinienė took part at the meeting.
- The diabetes club „Sadute“ from Akmenė celebrated its 20<sup>th</sup> anniversary on the 16<sup>th</sup> of June. The LDA President Mrs. V. Augustinienė came to greet the members of the club. Representatives of the government and other institutions from diabetes organizations of Kelmė, Mažeikiai, Pakruojis and representatives of the regional government bodies of Akmenė alongside with representatives of the medical institutions also extended their congratulations.
- The commemoration of the day of European Patients Rights took place at the Medical Diagnostic and Treatment Centre on the 28<sup>th</sup> of June. The event was organized by the Council of Representatives of Lithuanian Patients' Organizations.
- The delegation of USA voluntaries „Lithuanian Mercy Lift“ headed by Mrs. Aušrinė Karaitis visited LDA. This US organization supports LDA. The leader of LDA Mrs. Vida Augustinienė and the Secretary of organization Mrs. Svetlana Kuznecova were invited to participate at the celebration of the 20<sup>th</sup> anniversary of “Lithuanian Mercy Lift” at Vilnius Rotušė.
- The President of LDA Mrs. V. Augustinienė participated at the seminar on rendering service provision projects to the Municipalities. The seminar took place at the Department for the Affairs of Disabled at the Ministry of Social Security and Labor on the 8<sup>th</sup> of July.
- The EPF Board member and the Chairwoman of Council of the Representatives of Patients' Organizations Mrs. V. Augustinienė participated at the Board meetings of European Patients' Forum (EPF) and at the conference EPF and Polish Patients' Forum “The Rights and Needs of Older patients”. The conference took place in Warsaw (Poland) on July 11-13 on Poland's presidency at EU Council.

- The member of Plungė diabetes club, voluntary of LDA diabetes educational camps Miss Agnė Gulbinskytė participated at the International diabetes camp, organized by International Diabetes Federation European region. The International diabetes camp was held in Rogla (Slovenia) on July 22-29.
- The President of LDA, the members of diabetes clubs from Jonava, Joniškis, Kelmė, Mažeikiai, Pasvalys, Plungė, Rokiškis and Tauragė diabetes clubs participated at the meeting „Be together“ of the diabetes clubs organized by the Chairwoman of Mažeikiai region diabetes club “Žemaičių spēka” Mrs. Faina Juozėnienė. The meeting took place in the camp “Virvytė” (Viekšniai, Mažeikiai region) on the 30<sup>th</sup> of July.
- The President of LDA Mrs. V. Augustinienė met with the participants of the Kaunas diabetes club’s „Insula“ educational camp in Druskininkai on the 9<sup>th</sup> of August. It was organized by the chairwoman of the club Mrs. Liuba Trakimienė.
- The Chairwoman of Council of the Representatives of Patients’ Organizations Mrs. Vida Augustinienė together with Minister of Health of Republic of Lithuania Mr. J. Šukys, Vice Ministers Mrs. N. Ribokienė and Mr. A. Kliškis as well as Adviser to the Minister Mr. J. Jučas discussed the questions relevant to the patient’s organizations.

### **Pages 16-17**

A list “Nutrition with diabetes” is presented. The products on the list can be replaced by each other.

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#### **Good diabetes control – prevention of complications**

The participant of the training seminar “Good Diabetes Control – the Prevention of Complications” shares information and impressions on the training course. The course took place in Vilkaviškis on the 31<sup>st</sup> of May. He extends his gratitude to LDA, the organizer and the sponsors of the event for the gained knowledge and a good time.

The main sponsor of the event is the Department for the Affairs of Disabled at the Ministry of Social Security and Labor.

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#### **Decades together**

The feature informs about the 20<sup>th</sup> anniversary of Akmenė region diabetes club „Sadutė“. The history of the club was recollected – the consulting room „Diabetinės pėdos“ (diabetic foot) was opened, the relations with the companies producing medicine and supplies were built; over a hundred patients were thought to adjust to the illness by regulating day regime and nutrition. The patients with diabetes expressed their sincere gratitude to the former and present chairwomen of the club for their sensitivity and sincerity on the occasion of the anniversary of the club. Of course, they are thankfully for their everyday care too. The President of Lithuanian Diabetes Association Mrs. Vida Augustinienė visited the event. Doctor endocrinologist and nurse diabetologist (both assisting the club members), the representatives of the other clubs, the representatives of the local Government Institutions and media also took part at the event.

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### **The celebration of the 20<sup>th</sup> anniversary of the organization “Lithuanian Mercy Lift”**

The 20<sup>th</sup> anniversary of the USA voluntaries’ organization “Lithuanian Mercy Lift” was celebrated in Vilnius Rotušė on the 1<sup>st</sup> of July 2011. This meeting was both festal and sad because this USA voluntary organization terminates its activities. They have performed a lot of good acts for Lithuania. “Lithuanian Mercy Lift” worked for Lithuania and with Lithuania for more than years: the voluntaries used to come to Lithuania, to bring and sent charity shipments, raised money. They tried to help Lithuanian people in disaster and those who were sick.

The President of the Republic of Lithuania Mr. Valdas Adamkus, the Chairman of Seimas Mrs. Irena Degutienė participated at the event and addressed the audience. The President of Lithuanian Diabetes Association Mrs. Vida Augustinienė and the Secretary Mrs. Svetlana Kuznecova were also invited to the event.

The organization allocated 62 275\$ US for the diabetes programme in Lithuania. The President of LML Mrs. Aušrinė Karaitis came to Lithuania, met with Vida Augustiniene and got acquainted with the activities of Lithuanian diabetes Association. Starting from that year LML decided to provide a financial support to the children who can not afford to pay the full amount for the participation at the camps. The camps provided knowledge of survival with this illness. LML also supported adults with diabetes. They sponsored the gatherings where those people could get latest information about the illness. The newly issued book „Dvidešimt metų su Lietuva“ (Twenty years with Lithuania) was introduced at the commemoration of the 20<sup>th</sup> anniversary “Lithuania Mercy Lift”. The exhibition of photos, illustrating the activities of organization, also took place.

You can get more information on the organization here: <http://www.lithuanianmercy lift.org>

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### **Pilgrimage to Poland**

The Kretinga diabetes club “Vilties kelione” (The road of hope) went on pilgrimage to Poland. Brother Mr. Bernardas Belickas OFM, the author of the essay, shares his experience and impressions: “We came back stronger spiritually, befriended and relaxed. Such trips are necessary in order to get new experience and to know each other better”. All the travelers expressed their gratitude to the chairwoman of the club “Vilties kelione” Regina Maciulevičienė and other sponsors for the opportunity to visit the neighboring country.

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### **About the ozonated oil**

The article is prepared by the Associate Professor, reniamatologist, ozone therapeutic, the member of the Union of Ozone Therapeutics’ and Producers of Medical Equipment Mr. Valerijus M. Melnikas. The pharmacological features of the ozonated oil are enumerated and indications are pointed out.

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### **The wonderful memories from Slovenia**

The international youth summer camp took place in Rogla (Slovenia) on July 21 – 22, 2011. 23 youths with diabetes from Europe, including Lithuania, gathered together. The volunteer for organizing the camps for Lithuanian Diabetes Association, the member of Plungė diabetes club Miss Agnė Gulbinskytė participated at the camp. She shares her impressions about the camp in this article: „This was the most wonderful camp in my life because I acquired many friends from the whole Europe and, found out and learn many new things about diabetes. I also saw a wonderful country; its majestic mountains with enchanting horizons fascinated me. I got acquainted with the culture of the country, tested national food and even learned some Slovenian words.“ Agnė extends her gratitude for the most wonderful camp to the President of Lithuanian Diabetes Association Mrs. Vida Augustinienė. Thanks to her, Agnė could visit such a wonderful country; get acquaintance with the culture and marvelous people.

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### **Prevention is a good medicine from many diseases**

Information of the State Patients' Fund about the prevention programmes is placed here. The programme of prevention of heart and blood vessels diseases is financed from the State Patients' Fund (PSDF). Those insured by the Compulsory Insurance are tested free of charge for the presence of the heart and blood vessels diseases: men from 40 to 55, women from 50 to 65. The early diagnostics of the cancer of womb cervix (for women from 25 to 60), breast cancer (for women from 50 to 69), prostate cancer (for men from 50 to 75 and for men from 45 who have parents or brothers with prostate cancer). The programme of the early diagnostics of colon cancer (for the persons from 50 to 75) is also financed from the programme. The policlinics and family medical centers, which have an agreement with the regional Patients' Fund, can provide the service of covering the molar with silantic materials for children from 6 to 14 years free of charge.

## **Pages 27 - 32**

The advertising materials of the sponsors of the newspaper “Diabetas” (Diabetes) are placed here.