

Diabetes, No 4 (72) November, 2011 Lithuanian Diabetes Association

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14th of November – World Diabetes and United Nations' Day

In this article you will find information about World Diabetes and United Nations Day, about diabetes, its' treatment, control and prevention of complications.

The advertising of the conference „Diabetes Education and Prevention“, dedicated to the World Diabetes and United Nations Day, organised by Lithuanian Diabetes Association on 14th November, is placed here, too. All the people with diabetes and those who are interested in diabetes or want to find out whether they are affected by diabetes are invited to take part in this conference.

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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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The Information about the Results of the Blood Tests Made in 2010

Here you will find the diagrams that illustrate the results of the blood tests made in 2010. 7.5 thousand inhabitants of Lithuania have been tested during this analysis.

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14th European Health Forum Gastein

The 14th European Health Forum Gastein brought together politicians, senior decision-makers, representatives of interest groups and experts coming from government and administration, business and industry, civil society and science, and academia to discuss “Innovation & Wellbeing: Europe's Health in 2020 and beyond”.

The European Health Forum Gastein is an internationally renowned gathering for health policy and attracts around 600 participants from some 60 countries every year. The main discussion topics this year were these: active and healthy ageing; non-communicable diseases; future of medicine; Health 2020; social innovation; HTA.

Here is an exhaustive review by Mrs. Vida Augustinienė presenting the main themes that were discussed during the Forum; highlighting the most outstanding speakers; naming the conclusions that were made during the Forum and sharing the plans for the future.

More information about the 14th European Health Forum you may find in the website www.ehfg.org

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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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Newspaper „Diabetes“

LDA reminds of subscribing newspaper „Diabetes“ for the year 2012.

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The International Week at Turku University (of Applied Sciences)

The international week was arranged by Adult Education in the Health Care Faculty on 26–30 September 2011. The focus of the week was to bring together students and teachers of Health Care to learn and network with each other. The focus was also to learn from Health Care specialists from across the Europe. The lecturers were from eight different countries: the Netherlands, Germany, Belgium, Romania, Estonia, Denmark, Lithuania and Turkey.

Here you will find the impressions of Nurse diabetologist, a member of LDA Board, the Chairwoman of the Society of Lithuanian Nurses Diabetologists Miss. Virginija Bulikaitė – a short review of the visit to Turku University of Applied Sciences.

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The Conference of Lithuanian Society of Nurses Diabetologists “Care for People with Diabetes”

On 15 October a conference of Lithuanian Society of Nurses Diabetologists “Care for People with Diabetes” took place in Prienai district, Lithuania. LDA president Mrs. Vida Augustinienė gave a warm welcome to the participants of the conference. A member of European Federation of Nurses Diabetologists Mrs. Juzefa Uleckienė took part in the conference too.

Psychologist Mrs. J. Žilinskienė, dr. Miss E. Danytė, dr. Mrs. E. Varnauskienė, dr. R. Šulcaitė, dr. E. Jašinskienė, dr. A. Krasauskienė and a chairwoman of the Society Miss V. Bulikaitė took part in the Conference and read the papers too.

Here you will be able to read a short review of the Conference, prepared by Miss V. Bulikaitė.

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Chronicle of Lithuanian Diabetes Association

- **On 23–29 August, 30 August – 5 September** LDA diabetes educational camp took place in Pervalka. This camp has been organized for children, youngsters and adults, affected by type 1 diabetes. A chairperson of the camp was nurse diabetes educator Aldona Danylienė. Her husband dr. Vytautas Danyla and the assistant Miss Agnė Gulbinskytė, who is the student of Klaipėda University and the member of Plungė diabetes club, helped her. **On 25 August and 1 September** LDA president Mrs. Vida Augustinienė visited the campers.
- **On 8–9 September** a seminar “Let’s Help People with by Diabetes Face Up to the Disease” took place in Šventoji. The seminar has been organized for the chairmen of LDA collective members. The general sponsor of this event – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- **On 12–16 September** The European Association for the Study of Diabetes (EASD) Annual Meeting took place in Lisbon (Portugal). LDA president Mrs. Vida Augustinienė, vice-president O. Jurkauskienė, nurse diabetes educator A. Danylienė and many doctors endocrinologists from Lithuania took part in this meeting. For more information you may look here www.easd.org.
- **On 22 September, 17 and 26 October, 9 November** a chairwoman of the Council of Representatives of Patients’ Organizations’ of Lithuania Mrs. Vida Augustinienė took part in the sessions of the commission of the „Correction of the Lists of Diseases and Compensatory Medicine“.
- **On 23–24 September** the second meeting of doctors endocrinologists took place in Dubingiai. LDA president Mrs. Vida Augustinienė gave a warm welcome to the participants of the meeting too.
- **On 26 September** LDA president Mrs. Vida Augustinienė participated in the session “Concerning the Preparation of the Methodology of Diabetes Diagnostics and Treatment, Compensated from the Resource of the Fund of the Budget of Compulsory Health Insurance”, which took place in the Ministry of Health of the Republic of Lithuania.
- **On 4–9 October** a chairwoman of the Council of Representatives of Patients’ Organizations’ of Lithuania Mrs. Vida Augustinienė and the representatives of Seimas of the Republic of Lithuania, National Health Council, Ministry of Health of the Republic of Lithuania, State patients’ Fund participated in the 14th European Health Forum *Gastein* “Innovation and Wellbeing. European Health in 2020 and beyond”, which took place in Hof Bad Gastein (Austria). For more information you may look here www.ehfg.org.
- **On 10 October** 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 „The Project of the Budget of the Fund of Compulsory Health Insurance and Other Questions“ took place in the Ministry of Health of the Republic of Lithuania.
- **On 15 October** a conference of Lithuanian Society of Nurses Diabetologists “Care for People with Diabetes” took place in Prienai district, Lithuania. LDA president Mrs. Vida Augustinienė gave a warm welcome to the participants of the conference.
- **On 19 October** a chairwoman of the Council of Representatives of Patients’ Organizations’ of Lithuania Mrs. Vida Augustinienė took part in the session „Concerning the Projects on Selection“. The session took place in the Ministry of Health of the Republic of Lithuania.
- **On 28 October** diabetes club „Likimas“ (Rokiškis“) celebrated its’ 15th anniversary. LDA president Mrs. Vida Augustinienė took part in this event and congratulated the members of diabetes club „Likimas“ too. Moreover, Lithuanian Diabetes Assotiation thinks highly of the activity of the chairwoman of diabetes club „Likimas“ Mrs. Leokadija Veseckienė.

- **On 10 November** LDA president Mrs. Vida Augustinienė read a paper „The Initiatives and Accomplished Tasks of Patients‘ Organizations‘ Improving the Situation of People Affected by Diabetes“ in Danish Embassy, where a celebration of the World Diabetes Day took place.
- **On 14 November** a conference „Diabetes Education and Prevention“, dedicated to the World Diabetes and United Nations Day, took place in LDA office, Gedimino pr. 28/2, Vilnius, Lithuania. All the people with diabetes and those who were interested in diabetes or wanted to find out whether they were affected by diabetes were invited to take part in this conference.
- The events dedicated to the World Diabetes Day took place in the whole country.
- **On 4–8 December** World Diabetes Congress will take place in Dubai (United Arab Emirates). For more information you may look here www.idf.org.
- **On 16 December** the 8th Congress of Lithuanian Diabetes Association will take place. All the members of LDA Council and LDA Board; the representatives of the sponsors; the members of diabetes clubs, communities, assemblies are invited to take part in the Congress.

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Summer Diabetes Educational Camps of Lithuanian Diabetes Association

Lithuanian Diabetes Association organized six diabetes educational camps this year. All the camps took place in Pervalka (Lithuanian resort near the Baltic Sea). A chairperson of the camp was nurse diabetes educator Aldona Danylienė. Doctor Vytautas Danyla and the assistant Agnė Gulbinskytė helped her. 32 children and youngsters, and 64 adults increased their knowledge about diabetes during these camps.

Educational camps for children and youngsters took place on 3–9, 10–16, 17–23 June, 16–22, 23–29 August and from 30 August to 5 September. Patients with diabetes from Joniškis, Radviliškis, Šilutė, Klaipėda, Plungė, Pakruojis, Raseiniai, Rokiškis, Tauragė, Šakiai, Telšiai, Šiauliai, Vilnius, Pasvalys, Mažeikiai, Jonava, Alytus, Kretinga, Elektrėnai, Kuršėnai, Pagėgiai took part in these camps.

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 of children and youngsters before breakfast was from 5.2 mmol/l to 12.7 mmol/l (the average amount in the camps – 7.4 mmol/l), before dinner – from 4.4 mmol/l to 12.8 mmol/l (8.1 mmol/l), before supper – from 4.9 to 12.4 mmol/l (7.9 mmol/l), late in the evening – from 3.98 to 16.7 mmol/l (9.4 mmol/l).

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

HbA1c < 6 % - only 0 % camp participants;

HbA1c > 6 % < 7 % - 15 % participants;

HbA1c > 7% < 8 % - 5 % participants;

HbA1c > 8 % - 80 % participants (HbA1c > 10 % - 43.8 % participants);

The average HbA1c of the participants – 9.5 %.

Many participants have middle disability level. The participants were from 11 to 21 years of age. The duration of the disease sought from 6 months to 10 years. 90 % of the participants had already studied about diabetes before. But 15 % of the campers confessed that they have had some troubles, problems because of the lack of knowledge about 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 28.6 % during 7 days spent in educational camps.

The amount of glucose in the blood people with type 1 diabetes before breakfast was from 4.1 mmol/l to 13.5 mmol/l (the average amount in the camps – 7.1 mmol/l), before dinner – from 4.8 mmol/l to 15.9 mmol/l (8.1 mmol/l), before supper – from 5.7 to 10.5 mmol/l (7.8 mmol/l), late in the evening – from 5.2 to 17.6 mmol/l (9.1 mmol/l).

Tests that measure the amount of glycated hemoglobin in the blood were made to all the participants too. The results of the tests of people with type 1 diabetes were:

HbA1c < 6 % - only 0 % camp participants;
HbA1c > 6 % < 7 % - 43.7 % participants;
HbA1c > 7% < 8 % - 43.8 % participants;
HbA1c > 8 % - 12.5 % participants;
The average HbA1c of the participants – 7.7 %.

The knowledge about the disease of patients with type 1 diabetes increased around 15.2 % during 7 days spent in diabetes educational camps.

The amount of glucose in the blood people with type 2 diabetes before breakfast was from 4.0 mmol/l to 9.2 mmol/l (the average amount in the camps – 6.3 mmol/l), before dinner – from 4.6 mmol/l to 14.7 mmol/l (5.6 mmol/l), before supper – from 3.9 to 9.7 mmol/l (5.2 mmol/l), late in the evening – from 3.9 to 9.6 mmol/l (6.7 mmol/l).

Tests that measure the amount of glycated hemoglobin in the blood were made to all the participants too. The results of the tests of people with type 2 diabetes were:

HbA1c < 6 % - only 9.6 % camp participants;
HbA1c > 6 % < 7 % - 57.1 % participants;
HbA1c > 7% < 8 % - 26.2 % participants;
HbA1c > 8 % - 7.1 % participants;
The average HbA1c of the participants – 7.0 %.

The best results of the amount of glycated hemoglobin in the blood were registered while testing the adults with type 2 diabetes. The knowledge about the disease of people with type 2 diabetes increased around 29.4 % 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. Diabetes education is the cornerstone of diabetes management, because diabetes requires day-to-day knowledge of nutrition, exercise, monitoring, and medication

Diabetes education makes you more aware of diabetes, what it takes to treat it, and gives you the power to control it. Diabetes education allows you to better incorporate education into your life and make the necessary changes to improve your lifestyle. People also need to know what they can do to help prevent or decrease the risk of complications of diabetes.

It's a good idea to have individual diabetes education as well as group education. In a group, you may feel more comfortable because people have the same concerns, you can share your experiences and frustrations, and hear answers to questions you may not have thought of yourself. However, it's very important that you create an individual plan after the group visit, because everyone's lifestyle is different. Diabetes education gives you the power to control your diabetes, so it doesn't end up controlling you.

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 Lietuva*, *WÖRWAG Pharma GmbH&Co. KG*, *Medicata Filia*, *Linus Medical*, *Roche Lietuva*, and diabetes clubs and communities: "Venta" (Kuršėnai), "Žemaičių spēka" (Mažeikiai), "Sveikata" (Pasvalys), "Rokiškis" (Rokiškis), "Linelis" (Šakiai), "Lemtis" (Šiauliai), "Insula" (Tauragė), "Likimas" (Radviliškis), "Vilties kelionė" (Kretinga), "DiaBitė Plius" (Vilnius), also Elektrėnai, Plungė diabetes clubs for children and youth.

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The Acknowledgment

A member of Šakiai diabetes club "Linelis" Mrs. Laima Valaitienė thanks LDA president Vida Augustinienė, a chairperson of the camp nurse diabetes educator Aldona Danylienė, doctor Vytautas Danyla and the assistant Agnė Gulbinskytė for a wonderful time spent in the camp, and the increased knowledge about diabetes.

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A Meeting With Very Respectable People

On 6 October the members of diabetes association "Sveikata" (Pasvalys) gathered together to meet Lithuanian poetess from USA Mrs. Eglė Juodvalkė and a journalist from USA Mr. Leonas Narbutis. Mrs. Eglė Juodvalkė visited Pasvalys for the second time. Nine years ago the poetess presented her autobiographical book "A Mountain of Sugar", where she shared her experience how to fight the disease – diabetes. This time Mrs. Eglė Juodvalkė presented her new book "The Falcons Do Not Sleep At Night". The participants of the meeting had an opportunity to purchase this book and to communicate with very respectable and interesting people.

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Diabetes Camps (or children rehabilitation in sanatorium "Žibutė" (Kačerginė))

Here you will find a warm article about a diabetes educational camp for children, which took place in Kačerginė sanatorium "Žibutė".

This year doctor endocrinologist Mrs. Lilija Krova organized four diabetes educational camps for children. The camps took place on 30 May – 15 June; 20 June – 8 July; 18 July – 4 August; 8–25 August. The parents of the children with diabetes also took part in this camp. Children arrived to this diabetes educational camp from the whole country. LDA president Mrs. Vida Augustinienė visited children in the camp too.

Not only diabetes education had been organized, but various events, such as “Diabetes Birthday”, “Diabetes Swedish Breakfast”, a meeting with the poetess, designer, artist, ceramicist Miss Zenė Sadauskaitė and other famous people. So this diabetes educational camp was really entertaining and useful for all.

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Autumn Meetings of Diabetes Club “Vita”

On 20 and 22 October the meetings of the members of Pakruojis diabetes club „Vita“ were organized. In this article you will find warm impressions from this meeting.

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Short Moments from the Diabetes Educational Camp in Pervalka

On 30 August people with diabetes came to the diabetes educational camp in Pervalka. The patients arrived from various towns of Lithuania: Joniškis, Šakiai, Radviliškis, Tauragė, Plungė and Šilutė. A chairperson of the camp was nurse diabetes educator Aldona Danylienė. Her husband dr. Vytautas Danyla and the assistant Miss Agnė Gulbinskytė helped her. LDA president Mrs. Vida Augustinienė took part in the camp too. They gave a lot of useful information about diabetes control and the prevention of the complications.

Here you can find more impressions of the participants of this wonderful summer camp in Pervalka and a picture illustrating the event too. The campers say: “The last days 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“.

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From Doctor’s Experience

Here is an interview with doctor endocrinologist Mrs. Laimutė Juselienė. Newspaper „Diabetes“ asks Mrs. L. Juselienė about the usage of metformin and a new medicine sitagliptin in the treatment of people with type 2 diabetes.

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Homeopathic Ozone Therapy

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. Valerij M. Melnik.

Ozone therapy is an adjunct treatment to prevent diabetes complications and possible amputations, diabetic retinopathy or nephrotoxicity and also improves ulcer healing. Improving the blood circulation, stimulating the antioxidant defense systems, modulating the immune system, activating immune cells and red blood cells and disinfecting and cleaning wounds are some of the biological effects of medical ozone (low dose of this gas mixed in medical oxygen) and are beneficial in many diseases, including diabetic foot. Ozone therapy is the treatment of the 21st century. Ozone Therapy is harmless when used properly and has virtually no side effects. It is one of the most effective ways

of restoring optimal levels of oxygen. Its actions have beneficial effects on every part that will stimulate the bodies' immune system. Already research and practical examples from Europe and other parts of the world have proved that Ozone Therapy is one of the most powerful and versatile therapies known today.

More about ozone therapy you may read in this article.

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The Announcement of State Patients' Fund „Those Who Study in EU Countries do not Need to Declare the Departure from Lithuania“

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Jerusalem Artichoke – Food, Medicine, Spice

Jerusalem artichoke, botanically named *Helianthus tuberosus*, is the tuber of a variety of perennial flower in the aster family. The flowers look like small yellow sunflowers. Also marketed as *sunchokes*, these gnarly little tubers look a lot like ginger root. Jerusalem artichoke tubers and stems have vitamins, minerals, protein, pectin, amino and fatty acids, iron, sugar, inulin. Inulin improves metabolism and digestion, cleanses the body, strengthens the heart. Inulin particularly is useful for patients with diabetes.

In this article is the interview with the farmer from Vilnius Mr. Petras Tiknevičius, who has been growing Jerusalem artichokes since 2009.

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

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What Would Endocrinologist Tell to a Person with Type 2 Diabetes?

People with type 2 diabetes must visit doctor endocrinologist often. However doctors endocrinologists often do not have enough time to answer all the questions of the patient. Therefore doctor endocrinologist Mrs. Džilda Veličkienė gives some common advices, which each endocrinologist would tell to a patient during the visit. So here, in this page, you will find a warm and informative article of a doctor, who really is concerned about her patients.

Pages 26-32

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