

Diabetes, No 1 (73) February, 2012 Lithuanian Diabetes Association



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The 8th Congress of Lithuanian Diabetes Association

On the 16th of December, the 8th Congress of Lithuanian Diabetes Association took place. Even 97 representatives of different diabetes clubs, the representatives of the sponsors, the members of diabetes clubs, communities were invited to take part in the Congress. There were a lot of special guests from the government and treatment institutions. The president of Lithuanian Diabetes association Mrs. Vida Augustinienė opened the Congress and start meeting. “This is well-known, the most active organization, which work is visible and give benefits for people with diabetes”,— said A.Matulas, the Chairman of the Health Committee of the Parliament of the Republic of Lithuania. Many congratulations, compliments, greetings and beautiful words were said to Lithuanian Diabetes Association. The president of LDA Mrs. Vida Augustinienė represented the report on the activities from 2008 december to 2011 december.

Everybody shared their experience. Moreover, during the Congress the President of Lithuanian Diabetes association was elected. Mrs. Vida Augustinienė became a delegate and was elected the 7th time. The council of LDA was also composed by a solid vote. LDA honorific member name was given to Mrs. Aldona Danylienė. The LDA board was confirmed similarly. The members of the board have distributed their jobs and interests. At the end of the Congress LDA thanked a lot for all sponsors and volunteers. Without them the job of LDA would be impossible.

Finally, in 2012 LDA joined 58 diabetes clubs and about 6000 individual members.

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Letter

There is a letter of LDA president Mrs. Vida Augustinienė, where she quoted the speech of the President of the International Diabetes Federation Professor Jean Claude Mbanya: “*We need people power. How do we, people touched by diabetes, make life better for hundreds of millions with some type of diabetes? The answers were right there in front of us. There are 366 million people with diabetes. Out of this group, we need to train an army of 1 million to call representatives, help with letter writing campaigns, talk to health care providers, and organize their peers. People power is the power to shape politics. It’s the power to get big organizations to listen. It’s the power to make life better for all of us touched by diabetes. Over the upcoming*”

year, we dedicate ourselves to harnessing and using people power to get everyone with diabetes access to good health care. We can do this“.

Living with diabetes now and before 19 years ago

On the 16th of January Kelmės diabetes club “Diabetas ABC“ organized a primary meeting. A lot of guests were invited. During this meeting, the chairwoman of this club and the new council were elected. Participants were talking about the club history, from the first day of beginning. Larina Rarovskaja who is the chairwoman of this club already 19 years thanked a lot for everybody who participated in this event.

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Chronicle of Lithuanian Diabetes Association

2011

- **On 11 November.** Vilnius University Hospital Santariškių Klinikos organized a scientific—practical conference for nurse—diabetologists, called “Diabetes control 2011”. LDA president Mrs. Vida Augustinienė gave a warm welcome.
- **On 12 November.** The president of LDA Mrs. Vida Augustinienė met people with diabetes in Birston during the World Diabetes Day commemoration.
- **On 14 November.** The Republic Conference “Diabetes education and prophylaxis” was organized in Vilnius and dedicated to the 14th of November: World Diabetes and United Nations Day. The main sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- **On 15 November.** Pakruojis diabetes club “Vita” organized the commemoration of the World Diabetes Day. The President of LDA Mrs. Vida Augustinienė took part in this event.
- **On 16 November.** Vilkaviškis diabetes club “Insula” celebrated its‘ 20th anniversary and the World Diabetes Day. The President of LDA Mrs. Vida Augustinienė, the member of the Parliament of Lithuania Mr. Algirdas Butkevičius participated in this event.
- **On 17 November.** In the Ministry of Health Care of the Republic of Lithuania together with the representatives of European Commission were discussed about the European Parliament and Council directives (2011/24/ES). The aims of this item were patients’ rights to the health care and the implementation. The chairwoman of LPOAT Mrs. Vida Augustinienė represented patients in this event.
- **On 17 November.** Educational meeting dedicated to the World Diabetes Day was organized in Zarasai. The secretary of LDA Mrs. Svetlana Kuznecova read a paper “The 14th of November: World Diabetes and United Nations Day” and answered to all questions for people with diabetes.
- **On 18 November.** Plungė diabetes club celebrated its‘ 20th anniversary. LDA president Mrs. Vida Augustinienė came to greet the members of the club with this anniversary and The World Diabetes Day.

- **On 18-19 November.** Educational Conference “Most relevant endocrinology questions” took place in Palanga. The president of LDA Mrs. Vida Augustinienė represented the notice called “LDA participation in treatment process of people with diabetes”.
- **On 19 November.** Mažeikiai diabetes club “Žemaičių spēka” celebrated its 20th anniversary together with the World Diabetes Day commemoration. The president of LDA Mrs. Vida Augustinienė took part in this event.
- **On 22 November.** The chairwoman of LPOAT Mrs. Vida Augustinienė participated in the plenary meeting which was held at the Parliament of Lithuania. The national health council represented a report: “Lithuanian Health Programme: results and conclusion”.
- **On 22 November, 19 December, 12 January (2012) and 12 February.** The session organized by the Diseases and recoverable drugs commission took place in the Ministry of health of the Republic of Lithuania. The chairwoman of LPOAT and the member of this commission Mrs. Vida Augustinienė participated in this event.
- **On 24 November.** Telšiai diabetes club “DIA Telšiai” celebrated its 10th anniversary and commemorated the World Diabetes Day. The LDA president Mrs. Vida Augustinienė was invited to this event.

On the picture given in the page 4 you can see a photograph of commemoration of World Diabetes Day in the Embassy of the Kingdom of Denmark

- **On 28 November and 23 January (2012).** The meetings of the board of the European Patients’ Forum (EPF) took place in Brussels (Belgium). The Chairwoman of LPOAT and a member of the Board of EPF Mrs. V. Augustinienė took part in the Forum.
- **On 2 December.** The International Diabetes Federation organized the General assembly of European Region, in Dubai, United Arab Emirates. On the 3 of December the meeting of International Diabetes Federation General Council and on the 4-8th of December — World Diabetes Congress. The president of LDA Mrs. Vida Augustinienė represented Lithuania in this event together with the secretary of LDA Mrs. Svetlana Kuznecova and the nurse—diabetologist Mrs. Aldona Danylienė. The president of LDA Mrs. Vida Augustinienė was nominated as a candidate to the International Diabetes Association vice—president position.
- **On 12 and 22 December; 24 January (2012).** In the Ministry of Health Care of the Republic of Lithuania was organized the meeting of the Compulsory Health Insurance council. The member of this council Mrs. Vida Augustinienė took part in this event.
- **On 15 December.** Lithuanian Academy of Music and Theatre together with Vilnius Vytautas the Great LIONS club organized the charity concert. Collected money committed to the insulin pumps which is necessary for people with diabetes. The president of LDA Mrs. Vida Augustinienė said a short grateful talk and gave certificates to the organizations.
- **On 16 December.** The 8th Congress of Lithuanian Diabetes Association took place. The reports on the activities and financial reports were admitted. Mrs. Vida Augustinienė became a delegate and was elected as the president of LDA. The LDA honorific member name was given to Mrs. Aldona Danylienė.
- **On 19 December.** The chairwoman of LPOAT Mrs. Vida Augustinienė participated in the event, organized by the patients’ community called “Blood”.

- **On 12 January (2012).** The preparation of description of diabetes ambulatory treatment with recovering drugs was held at the Ministry of Health Care of the Republic of Lithuania. The president of LDA Mrs. Vida Augustinienė participated in this event.
- **On 16 January.** The meeting with the guide of the Baltic television broadcast “Sveikatos kodas”. Collaboration questions were discussed.
- **On 26 January.** The chairwoman of LPOAT Mrs. Vida Augustinienė represented the report “Lithuania compulsory health insurance. Worth for patient” in the annual conference, organized in Vilnius, by Health insurance funds. Conference called “Patients funds in Lithuania. What have we done during 10 years? “
- **On 27 January.** The president of LDA Mrs. Vida Augustinienė met with the director of Molėtai emergency medical service centre Mrs. A.Mackonienė and talked about problems after reform.

Newspaper “Diabetes“

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

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The Ministry of health of the republic of Lithuania Order

“Acceptance a tariff of recoverable medical help”

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“Commemoration of the 14th of November: World Diabetes and United Nations Day”

World Diabetes Day was started celebrating in 1991, while Lithuania Diabetes Association started celebrating in 1993. The purpose of this day is to raise public awareness of the causes, symptoms, treatment and complications associated with the disease. In 2011 LDA took measurements of the amount of glucose in the blood to all the volunteers all over Lithuania.

This article gives information about commemoration of this day in different towns and cities of Lithuania: Vilnius, Alytus, Kaunas, Elektrėnai and other. First of all, a conference was organized in Vilnius, called “Diabetes control and prophylaxis”. About 300 participants took part in this event. Conference beginning the president of LDA Mrs. Vida Augustinienė. Volunteers had an opportunity to do analysis and find out the amount of glycated haemoglobin and glucose concentration in the blood. The main sponsor— the Department for the Affairs of Disabled at the Ministry of Social Security and Labour. Alytus diabetes club organized special display while Elektrėnai diabetes club organized a conference in local library. Also, the commemoration mentioned in Kaunas. Celebration dedicated to the World Diabetes Day started with a procession across the Laisvė avenue. After that, a commemoration moved to Akropolis, there

students of LSMU (Lithuania University of Health Sciences) shared their experience with people and have done researches. Kelmė organized educational seminar for people with diabetes, doctors and other. Furthermore, they shared up-to-date information. Pakruojis diabetes club “Vita“ together with the president of LDA Mrs. Vida Augustinienė commemorated the World Diabetes Day. Volunteers discussed about this illness, consequences and complications. Pasvalys diabetes club “Sveikata“ together with Pasvalys district Municipality organized an event “Understand diabetes“. Birštonas and Prienai diabetes club “Versmė“ met to commemorate World Diabetes Day. Participants discussed with each other, doctors gave very useful and essential advice. In addition to this, the film about the World Diabetes Day was shown to the audience. Raseiniai diabetes club organized the meeting. During the meeting doctors related with patients. The atmosphere in this event was joyful. Again, on the 18th of November, Rokiškis Diabetes club “Rokiškis“ organized the commemoration. There was organized a contest called “Healthy and tasty diabetes meal“. The commission chose five the most delicious dishes. Everybody can taste dishes and write prescriptions. Last, but not least, Šiauliai diabetes club “Linelis“ organized an educational meeting. During this meeting everybody can get information about this disease and spend their time in a good mood.

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LDA is a member of International Diabetes Federation (IDA)

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

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International events

International Diabetes Federation organized the General assembly of European Region, in Dubai, United Arab Emirates on the second of December. During the Assembly were discussed and confirmed the activity of organization, the results of working with European Parliament, and future plans. The president of LDA Mrs. Vida Augustinienė represented Lithuania in this event together with the secretary of LDA Mrs. Svetlana Kuznecova and the nurse— diabetologist Mrs. Aldona Danylienė. Representatives had the vote right. Furthermore, new publication was represented, called “The Policy Puzzle: Is Europe Making Progress“. In this paper is given information about diabetes and people with diabetes among 47 European countries. At the same day participants were working in a work groups and discussed about national priorities. On the third of December was organized the meeting of the International Diabetes Federation General Council. During a meeting the President of International Diabetes Federation was elected: doctor endocrinologist from India Mr. Shaukat Sadikot held an appointment. “This is not only an honour for the country but also a huge responsibility.”— said new president. The president of LDA Mrs. Vida Augustinienė was nominated as a candidate to the International Diabetes Association vice-president position.

On the 4-8th of December — World Diabetes Congress took place. It is the first time in history, when the congress organized in Mena region. But it is not a coincidence. In United Arab Emirates diabetes is a common disease. UAE is the second country in the world among diabetes morbidity. More than 20 percent of people with diabetes are situated here. In addition to this, in the congress participated about 15,1 thousand people. It is mentioned, that this is the biggest congress ever. In comparison with, in 2009, congress was organized in Montreal. Just 1,5 thousand people were participated. In summary, this congress can be called as an educational congress. Unfortunately, statistical information showed that situation is worse. International diabetes federation prognosticated, that if actions would not be taken, in the 2030 there will be 552 million people with diabetes, and 398 million people live with a huge risk to ill. What is why “We need people power“ said Jean—Claude Mbanya.

The president of LDA Mrs. Vida Augustinienė together with the secretary of LDA Mrs. Svetlana Kuznecova and the nurse— diabetologist Mrs. Aldona Danylienė represented the poster presentation. Everybody could take a look at it and know more about LDA and how people with diabetes live in Lithuania. The president of IDF Mr. Shaukat Sadikot called LDA presentation as a model for others. Many praises and collaboration offers Lithuanian representatives get from other countries. Finally, reality is different and painful. Millions of people suffer from diabetes and do not have insulin, drugs, and necessary care. This is not only the Third World problem, but a global problem.

Last, but not least, the congress in United Arab Emirates was successful. The 22th World Diabetes congress will take place in Melbourne, Australia.

Identify people with diabetes with bracelet

There is an advertisement of identifying bracelet for people with diabetes. Information about this purchase and the contacts of UAB “Alpera” is given here.

Support

Lithuanian Diabetes Association apply for the support. Readers are encouraged to give 2 percent of the value-added tax to LDA. Support is very useful and important. Collected money will be appointed in a correct way.

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Education: spreading between people with diabetes

This article is written by the chairwoman of diabetes club “Versmė” Mrs. Birutė Bartkevičiūtė and is about the meaning of education in people’s with diabetes life. Those people have to study all their life, be motivated and interested in this disease. In one word, have to be strong enough. The main point of this article— everybody has their own goal and in order to achieve them there are the three main points: individual, institutional and health educational. More about it you can find in this article.

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People with diabetes have to take care of their tooth

To start with, there is a risk of complications associated with diabetes. For instance, periodontal diseases, dental caries, and tooth losses also are common in Lithuania but their prevalence is generally decreasing. This article giving information about tooth care. How many times people with diabetes are recommended to visit odontologist, when we have to switch off our toothbrush, which toothpaste is better to use. Author show a big attention to dental cleaning, different techniques, what are special hygiene requirements, in order to keep our tooth healthy.

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Ozone Therapy and diabetes prophylaxis

Ozone Therapy is a unique treatment with oxygen, when organism is full of oxygen, and the most important fact: the lugs is not affected. This article explains the ozone therapy advantages, the process of therapy and results. Another part of the article explains why ozone therapy is essential especially for people with diabetes.

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The chairwoman of Kelmės diabetes club “Diabetas ABC” Mrs. Larisa Rarovskaja and the chairwoman of Raseiniai diabetes club “Diabetas” Mrs. Janina Tautkuvienė shared their poems with readers.

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On the 24th of November, Telšiai diabetes club “Dia Telšiai” celebrated its‘ 10th anniversary. The president of LDA Mrs. Vida Augustinienė was invited to the celebration. The Žemaitė Drama Theatre showed a play (“Money”) to the audience.

On the 16th of November Vilkaviškis diabetes club “Insula” celebrated its‘ 10th anniversary. The president of LDA Mrs. Vida Augustinienė, a member of Lithuania Parliament Mr. Algirdas Butkevičius and other quests took part in this event.

Mažeikiai diabetes club “Žemaičių spēka” celebrated its‘ 20th anniversary. The president of LDA Mrs. Vida Augustinienė gave a warm welcome to the participants of this celebration.

On the 28th of October, 2011, Radviliškis diabetes club “Likimas” celebrated its‘ 15th anniversary. The president of LDA Mrs. Vida Augustinienė took part.

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Education of children with diabetes

Diabetes requires special knowledge, educational meetings and specific information how to care of ourselves. It must be known that children education is different from adult education. There are various methods of treatment and forms of talking to choose. Doctors have to decide the best way, because children and their parents confront with difficulties. To sum up, this article giving information about special following steps to do in order to help young little children with diabetes as much as possible.

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Diabetes type 2: treatment confirmation

Healthy food and sport activities help to reach the target. Sometimes, glycated haemoglobin (HbA1c) is not less than 7percent the last 3 months and good results are an unattainable goal. There is a list of drugs given, which are necessary to normalize trials, which help to avoid complication.

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