



## **Diabetes, No 2 (74) May, 2012 Lithuanian Diabetes Association**

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**The general sponsor of this item** — The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.

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#### **“Hypoglycaemia”**

This article is prepared by doctor endocrinologist Mrs. Ona Jurkausnienė. There is given the basic information about hypoglycaemia. It means, that people with diabetes sometimes to get into situation when sugar concentration in their blood is low, less than 3,5 mmol/l. Usually, people are not able to work as always. There is a short list of symptoms known to be caused by hypoglycaemia, reasons and consequences. Sometimes to define hypoglycaemia is difficult, but it is very important to help ourselves in time.

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#### **International events**

##### **Patients involvement programme into the Health care centre**

On 17-19 of March, the 5<sup>th</sup> World Patients' Congress was organized in London, Great Britain. The programme called “Health care system with the patient in the centre: indicators of success”. LPOAT from 2005 is a member of the International Alliance of Patient's Organization. IAPO is a unique alliance, which represents patients and various organizations from all over the world. The president of Lithuanian Diabetes Association and the chairwoman of LPOAT Mrs. Vida Augustinienė participated in this event.

##### **Information about drugs accessibility for the patients**

On 26-28 of March, Drug Information Association organized the 24<sup>th</sup> annual meeting in Copenhagen, Denmark. This event brought together scientists, health care specialists, partners. The round table discussion participants were talking about drugs, professional regulation, security and efficiency, up-to-date drugs, researches, latest technologies. Moreover, the new project was represented in the session: in 5 years time the academy of patients have an aim to prepare educational seminars on the Internet library. Educational seminar could use people from at least 12 different countries and talking in 7 different languages. The president of LDA Mrs. Vida Augustinienė took part in this event.

#### **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” where all volunteers can buy it is given.

### **European Patients' Forum strategy and future goals**

On 18-19 of April, The European Patients' Forum (EPF) organized general annual meeting and educational seminar of strategical planning in Brussels, Belgium. Several topics during this meeting were discussed. The reports on the activities and finance performance for 2011 were admitted. The auditor showed reports on the EPF board and secretary activities. Besides, four new members were accepted to the EPF. The financial plans for 2011 were also confirmed: the budget for 2012 including the group of young people strategy was admitted. Furthermore, participants have an opportunity to know more about the EPF mission, vision, goals, tasks. The chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė with the chairman of Bacteriev disease association "Judesys" Mr. Gintautas Paltanavičius and the member of the Association of Nefrological Patients of Lithuania "Gyvastis" (Life) Mr. Simonas Stončius represented Lithuania.

#### **Letter**

There is a letter of LDA president Mrs. Vida Augustinienė, where she shares her thoughts about the people with diabetes, their treatment. She says that education takes a very important part in order to control our disease and achieve good results, especially for young children. Only information and knowledge will help us to feel good and live normal life.

### **We can change tomorrow by what we do today**

This article is prepared by the president of Lithuanian Diabetes Association Mrs. Vida Augustinienė. Nowadays, many politicians are interested in diabetes and other diseases. We can see a small step in the right direction. The United Nations adopted resolution document: "The European Coalition for Diabetes Grand Challenge: Delivering for Diabetes in Europe". European diabetes leader forum, which attract a lot of partners, supporters and participants, was held on the 25-26 of April, in Copenhagen, Denmark. Two days conference gave significant results which were written in a document, called "Copenhagen Roadmap". This document encourage people to do everything possible and motivate them to take actions. Denmark shows especial attention to diabetes. Accordingly, the event was successful. More than 700 participants took part in this forum. LDA president Mrs. Vida Augustinienė together with other delegates from Lithuania also was invited to this event.

### **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.

### **Insulin pump— another way of treatment for people affected by diabetes type 1**

This article is prepared by the member of Vilnius children and youth diabetes club "Diabité Plius" Jovita Višinskienė. In this item you can find information about diabetes treatment with vital preparation—insulin. There are two opportunities: treatment with insulin syringes and pens or insulin pumps. Text authoress gave short explanation how to calculate insulin dozes correctly, when switch needles. People with insulin-dependent diabetes know how important syringes and lancets are for controlling their diabetes and staying healthy. So information is very essential. They have to know exactly how soon the insulin starts to lower your blood glucose after you take it. When is the peak time, while insulin is working the hardest to lower your blood. In other words: when insulin begins to work after injection, how much time is effective.

Moreover, she gave several examples how choose correction doses. It is important to know what to do in hypoglycaemia situations, especially for people with diabetes who use insulin pumps. Furthermore, there is given information for those who are interested in sports activities. Participating in sports on an insulin pump has many advantages over injection therapy but questions often come up on how to manage the pump during activity. Authoress marks the main rules which should be known before going to do sports activities. Contact sports such as football, soccer, field hockey or basketball can create challenges that other sports do not. If one chooses to wear the pump during these activities, it is advisable to protect the pump if possible. Finally, at the end of the article Mrs. Jolita Višinskienė mention a few words about strong connection between insulin pump, stress and menstrual cycle.

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### **Nutrition tips for people with diabetes type 1**

Healthy life style is one of the biggest aims for people with diabetes and it requires knowledge, practise and knowing how to plan your day. People with diabetes have to follow a careful nutrition program or individual diet. About hundred years ago one famous philosopher Vilhelmas Storostas Vydūnas in his book has written: “Most people eating habits are foolish, but they even do not understand it”. Unfortunately, now began the era of mass consumption or fast-food consumption. Society, especial people with diabetes have to know the 3 main principles: sense of proportion, variety of food and well-balanced diet. Nevertheless, there is widely known food guide pyramid given in this article. Authoress get into details and explain carefully all the sections of this pyramid. For the diabetic population, most of whom are overweight, appropriate nutrition and weight loss are not an option but a necessity.

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### **Suggestions are always necessary**

Diabetes is a common disease. The list of people with diabetes is long. What’s why Alytus children and youth diabetes club decided to organized educational seminar for clubs’ parents about complications, dangers, and diabetic neuropathy. Alytus diabetes club thanks a lot for doctors A.Baublys and B.Maciulevičienė for interesting and useful educational seminar.

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### **Sanatorium for children “ībutė” are waiting for you!**

The advertising materials of the encouragement to visit the sanatorium “ībutė” are placed here.

### **Join together**

Diabetes should not stop you from doing what you want to do with your life. So join together and help to each other .The way you choose to live with diabetes will be easier with other and family support.

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

- On the third of February 2012 the chairwoman of Council of Representatives of Patients’ Organizations of Lithuania Mrs. Vida Augustinienė answered to the TV3 journalist question: “Accessibility to the treatment in the medical institutions”.
- On 9 February, the Chairwoman of Council of Representatives of Patients’ Organizations of Lithuania Mrs. V. Augustinienė participated at the session of the work group “Lithuania health programme” in the Ministry of Health of the Republic of Lithuania.

- On 10 February, the chairwoman of Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė participated in the commemoration dedicated to the 20<sup>th</sup> European Patients' Day. Event, held in Vilnius municipality, was called "Wake up and go! Belief saved you".
- On 13 February, UAB "Gemma" organized a conference called "People with movement disability care and rehabilitation", dedicated to commemorate The World Patients' Day. The Chairwoman of LPOAT Vida Augustinienė was invited to this event.
- On 14 February, chairwoman of Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė together with the members of the "GlaxoSmithKline" company discussed questions about collaboration between patients' organizations.
- On 20 February, the chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė together with "Novartis" and Lithuania Sclerosis agents discussed about the meaning of the strong relationship between patients' organizations.
- On 23 February, the chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė in the meeting with Vilnius emergency medical service station directors saw station work after reconstruction, spoke about relevant information for patients and doctors, advantages and disadvantages of their work.
- On 24 February, the Ministry of health of the Republic of Lithuania organized discussion "Collaboration analysis results". The chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė took part in this event.
- On 24 February, cooperation opportunities and other questions important to people with diabetes were discussed at the meeting of the president of LDA Mrs. Vida Augustinienė with the representative of the company "Eli Lilly Lietuva".
- On 29 February, the chairwoman of LPOAT Vida Augustinienė was invited to take part in the presentation of the Health journalists association in Vilnius.
- On 1 March, the Chairwoman of LPOAT Mrs. Vida Augustinienė participated at the session "Health system reforms analysis and Lithuania health programme results and recommendations", which took place in the Ministry of Health of the Republic of Lithuania.
- On 4-6 March, the meetings of the board of the European Patients' Forum (EPF) took place in Brussels (Belgium). The Chairwoman of Council of Representatives of Patients' Organizations of Lithuania and a member of the Board of EPF Mrs. V. Augustinienė took part at it.
- On 6 March, presentation "How PSDF finance is used to compensate drugs and medical implements" was organized in the Ministry of health of the Republic of Lithuania. The chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė together with the members of the Council Mrs. U. Ąakūnienė, Mr. G. ėys, Mrs. O. Telyčėnienė took part in this event.
- On 7 March, in the translation of radio news was organized a discussion: "Is it necessary the year 2013 announced the health and wellness year?". The chairwoman of Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė, the member of Parliament of Lithuania V. Andriukaitis and the chairwoman of the health journalists association D. Ausėnaitė were participated in this discussion.
- On 9 March, educational seminar "Changes in the health care system: doctors and patients position" was organized in the Ministry of health of the Republic of Lithuania. The chairwoman of Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė was invited to this event.
- On 15 March, 5 April and 7 of May the chairwoman of 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 16-20 March, the 5<sup>th</sup> World Patients Congress took place in London, Great Britain. It was organized by the International Patient's Organization Alliance. The chairwoman of LPOAT Vida Augustinienė represented Lithuania.
- On 21 March, the chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. V. Augustinienė was interviewed by the journalist of the internet portal [www.alfa.lt](http://www.alfa.lt). All questions were asked about accessibility of information for patients and medical prescription.

- On 21 March, the chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė participated in the board meeting of college in the Ministry of Health of the Republic of Lithuania.
- On 22 March, the session "Health system sponsorship and development" held in the Ministry of Health of the Republic of Lithuania. The chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė took part in this event.
- On 23 March, cooperation questions between patients' organization were discussed at the meeting of the president of LDA Mrs. Vida Augustinienė with the representative of the company "Roche Lietuva".
- On 25-28, Drugs Information Association organized the 24<sup>th</sup> educational conference, called "DIA EuroMeeting", which took place in Copenhagen, Denmark. The chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė participated in this event.
- On 3 April, the chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė participated at the session of the Council of the Compulsory Health Insurance, which took place in the Ministry of Health of the Republic of Lithuania.
- On 3 April, the chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė said a short talk in the meeting, held at the Physical medicine and rehabilitation centre UAB "Gemma".
- On 4 April, cooperation questions were discussed at the meeting of the president of LDA Mrs. Vida Augustinienė with the representative of the companies "Jonson&Jonson" and "Mediq Lietuva".
- On 13 April, cooperation questions were discussed at the meeting of the president of LDA Mrs. Vida Augustinienė with the representative of the Clinical trials and drug development association.
- On 16 April, on 7 May, cooperation questions between patients's organizations and the company "Novartis" were discussed at the meeting with the president of LDA Mrs. Vida Augustinienė.
- On 17 April, LDA has organized the board meeting.
- On 17 April, the chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. V. Augustinienė was interviewed by the journalist of the newspaper "Lietuvos Rytas" and answered to the questions. For instant, Rights of patients and compensation of the damage to their health.
- On 18-19 April, The European Patients' Forum (EPF) organized general annual meeting and educational seminar of strategical planning in Brussels, Belgium. The chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė with the chairman of Bachterev disease association "Judesys" Gintautas Paltanavičius and the member of the Association of Nefrological Patients of Lithuania "Gyvastis" (Life) Mr. Simonas Stončius represented Lithuania.
- On 23 April, the radio broadcasting "Ryto garsai" organized discussion about difficulties in health system. The chairwoman of LPOAT Mrs. V. Augustinienė took part in this translation.
- On 24-26 April, Drug Information Association organized the 24<sup>th</sup> annual meeting in Copenhagen, Denmark. The president of LDA Mrs. Vida Augustinienė together with the member of Lithuania Parliament A. Matulas and the chairwoman of Endocrinology clinic R. Verkauskienė took part in this event.
- On 27 April, The chairwoman of Council of Representatives of Patients' Organizations of Lithuania Mrs. Vida Augustinienė was invited to the Lithuanian medicine workers day's commemoration, which took place in Druskininkai.
- On 8 May, LDA together with Elektrėnai diabetes club has organized educational seminar "The Good Control of Diabetes – the Prevention of Complications". The general sponsor- The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- On 10 May, Kelmės diabetes club celebrated its' 20<sup>th</sup> anniversary. LDA president Mrs. Vida Augustinienė took part in this event.

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### Newspaper “Diabetes“

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

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### Everyone is welcome!

On the 23 of March, Pakruojis region diabetes club “Vita” organized educational seminar for people with diabetes and for everyone else, who are interested in this disease. A lot of guests were welcomed. Volunteers did not miss the chance to profit by the occasion. In educational seminar people were enable to measure the concentration of glucoses in their blood and do other trials.

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### “I brought diabetes on my own” —Vidmantas ĩnka.

In this article you can find very interesting story about long-distance lorry driver Vidmantas ĩnka and his life story. You can read about his own experience, which factors influenced diabetes coming most, about his daily life and what help him most in living with diabetes.

## Page 16-24

### The Ministry of health of the republic of Lithuania Order

1. Description of diabetes ambulatory treatment with recovering drugs
2. Description of patients’ complaints. Analysis.

The orders you can find there: [www.sam.lt](http://www.sam.lt) ; [www.lrs.lt](http://www.lrs.lt)

## Page 25-26

### “What can you say from one blood drop?”

In this article you can find information about erythrocyte, leucocyte, thrombocyte, toxemia, vermins. Moreover, there is given more tests, which are available to do, only with one drop of blood.

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### The new regarding to diabetes

There is given the main reminders for people with diabetes. For example, what indicators of glucose concentration in their blood have to be, in order to avoid complications. In the beginning of March, the Ministry of health of the Republic of Lithuania confirmed the new schedule to diabetes treatment.

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