



Diabetes, No 3 (75) August, 2012 Lithuanian Diabetes Association

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Education “The Good Control of Diabetes – the Prevention of Complications“

In May—June 2012, Lithuanian Diabetes Association organized special one day educational seminars in various diabetes clubs. There were a lot of people all over the country from different towns of Lithuania. About 577 patients with type 1 and 2 diabetes took part in these events. Moreover there were a lot of quests: famous Lithuanian doctors, the members of Lithuania Parliament, Ministers, Mayors, The president of Lithuanian Diabetes Association Vida Augustinienė. Also those, who are interested in diabetes and want to know more about it. Participants had an opportunity to get useful information and advice during lectures about this illness. Taken measurements of the amount of glycated hemoglobin in the blood were made to all the volunteers too. 229 surveys have been done. The results of the tests were:

HbA1c <6—22,3% participants;
HbA1c > 6,1 % < 6,5 % —24,4 % participants;
HbA1c > 6,6% < 7 % —22,3 % participants;
HbA1c > 8 % —12,2 % participants;
HbA1c > 10 % —1,3% participants.

Furthermore, everybody had an opportunity to purchase the books and papers about diabetes and to communicate with very respectable and interesting people. Participants get helpful information about nourishment, what to do in hypoglycemia situations. Lithuania Diabetes Association thanks a lot for everybody who shared actual information with other.

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There is a letter of LDA president Mrs. Vida Augustinienė, where she shares her thoughts about the respect, understanding, being tolerant to each other. We have to be patient, stubborn, industrious, in order to achieve our goals, working in a team.

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The tests showed: people with diabetes suffer from increased cholesterol concentration in their blood

The medical diagnostics and laboratory analysis association gave an opportunity to do medical surveys for people with diabetes. Two hundred decided to profit by the occasion. Tests showed that 80 percent of all voluntaries do not to meet the requirements: cholesterol amount in their blood were enlarged. In the photo, given in the page 4, you can see doctor D.Meškelevičiūtė—Babenskienė. She claimed that the risk to be taken ill other diseases is higher with diabetes. In other words, people with diabetes should follow their glucose and cholesterol concentration in their blood carefully.

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In pages 5, 6, and 7 there are given articles, there you can find information about educational seminars in three diabetes clubs in Elektrėnai, Marijampolė and Šiauliai.

Diabetes education in Elektrėnai

The president of Lithuanian Diabetes Association Vida Augustinienė took part in this event. She felt excited, because local government showed their attention on this illness. Besides, a lot of people are interested in treatment. She also underlined that local diabetes club is very active. Also during the meeting was represented the main sponsor of this project: The Department for the Affairs of Disabled at the Ministry of Social Security and Labour. At the end of education the president of the Lithuanian Diabetes Association V. Augustinienė told: “Mostly, our health and success of the treatment depends on us“.

Diabetes education in Marijampolė

Diabetes educational seminar was organized in Marijampolė. Event was organized by Lithuanian Diabetes Association and diabetes club, called “Diabetikas ABC“. People were discussing about their problems, existing conditions in their hospital, about medicine and difficulties. Lithuanian Diabetes President Vida Augustinienė convinced that educational seminars are very important in order to achieve good results in our daily life. It is essential to take care of ourselves, because doctors cannot do everything alone, without patients motivation and help.

Diabetes education in Šiauliai

On May 22, diabetes educational seminar was organized in Šiauliai. There is given information about the purpose of this seminar and activities. Everybody shared their knowledge of diabetes and its' treatment. After the main part of seminar everybody was listening the vocal ensemble “Artis“.

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Chronicle of Lithuanian Diabetes Association

- **On 15-16 May.** The commemoration of the European patients rights day took place in Brussels (Belgium). LDA president, chairwoman of the Council of Representatives of Patients' Organizations' of Lithuania Mrs. Vida Augustinienė, a chairman of Elektrėnai diabetes club A. Sodonis and a chairwoman of diabetes club "Rokiškis" M. Mieliauskienė were participated in this event.
- **On 22 May.** A seminar "The Good Control of Diabetes – the Prevention of Complications" took place in Šiauliai. This seminar was organized by Lithuanian Diabetes Association and Šiauliai diabetes club "Lemtis". The general sponsor: The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- **On 24 May.** A conference "People who suffer from sclerosis daily life" took place in Vilnius University Santariškės hospital. This conference was organized by Lithuanian sclerosis organization, and committed to commemorate the day of this disease. Chairwoman of LPOAT Vida Augustinienė, a chairwoman of the Lithuanian arthritics association O. Telyčėnienė took part in the session.
- **On 24 and 31 May, 11 June, 12 July.** The Chairwoman of the Council of Representatives of Patients' Organizations of Lithuania and the member of the commission Mrs. V. Augustinienė took part at the session of the commission of the "Correction of the Lists of Diseases and Compensatory Medicine" at the Ministry of Health Care of the Republic of Lithuania.
- **On 28 May.** The chairwoman of the LPOAT Mrs. V. Augustinienė and the member of LPOAT U.Šakūnienė took part at the new project, called e-sveikata. This project was represented at the Ministry of Health Care of the Republic of Lithuania.
- **On 29 May.** The seminar "The Good Control of Diabetes – the Prevention of Complications" was organized in Tauragė, by Lithuanian Diabetes Association and Tauragė diabetes club "Insula". The main sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- **On 30 May.** Diabetes club "Vermė" (Prienai) celebrated its' 20th anniversary. LDA president Mrs. Vida Augustinienė, vice-president J.S. Danilevičius and the member of the council of LDA D.Bartusevičienė took part in this event.
- **On 1 June.** Diabetes club "Insula" (Kaunas) celebrated its' 10th anniversary. LDA president Mrs. Vida Augustinienė, vice-president J.S. Danilevičius and the member of the council of LDA A. Sodonis took part in this event.
- **On 5 June.** Seminar "The Good Control of Diabetes – the Prevention of Complications" was organized in Marijampolė. The course was organized by Lithuanian Diabetes Association and diabetes club "Diabetikas ABC". The main sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- **On 8-14, 15-21 June.** LDA diabetes educational camp took place in Pervalka. This camp has been organized for adults, affected by type 2 diabetes. A chairperson of the camp was nurse diabetes educator Aldona Danylienė. Her husband dr. Vytautas Danyla and the assistant Inga Jokubauskaitė, who is the member of Plungė diabetes club, helped her. The main sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.

- **On 8 June.** LDA president Mrs. Vida Augustinienė visited the campers and their parents in the sanatorium of Kačerginė, known as “Žibutė”.
- **On 12 June.** Seminar “The Good Control of Diabetes – the Prevention of Complications” took place in Radviliškis. Seminar was organized by Lithuanian Diabetes Association and diabetes club “Likimas”. The main sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- **On 13 June.** LDA president Mrs. Vida Augustinienė visited the campers, affected by type 2 diabetes, which took place in Pervalka.
- **On 15-16 June.** LDA president Mrs. Vida Augustinienė took part in the international conference in Jurmala, Latvia. Meeting was organized by Abbot Diabetes Care, special for nurses diabetologists.
- **On 17-21 June.** EURORDIS summer school for patient advocates in clinical trials and drug development took place in Balcelona (Spain). The Chairwoman of LPOAT Mrs. V. Augustinienė was invited to participate at this event.
- **On 25 June.** LPOAT has organized the board meeting.
- **On 27 June.** Mrs. V. Augustinienė met with the participants (children and their parents) of the diabetes educational camp “Diabetes week” (they are supported by LDA) at Kačerginė health spa for children “Žibutė”.
- **On 28 June.** The meeting of the Council of LDA. The reports on the activities and important information about diabetes organization were introduced, current questions were discussed.
- **On 3-7 July.** The Baltic sea region health conference “Diabetes Mellitus—Global Challenge and Innovative Solutions” took place in Rostock (Germany). LDA president Mrs. Vida Augustinienė made a presentation on the care of diabetes in Lithuania.
- **On 11 July.** The meeting of the board of LPOAT took place. Several topics for the upcoming LPOAT board meeting were discussed. The reports on the activities and finance performance in 2011 were admitted. Besides, three new members were accepted to the council: the National food intolerance society, rare oncological diseases association “Rolld”, “Aušvis” association. Despite the fact that many decisions were accepted, there is one more pronouncement—new board member G.Paltanavičius was elected.
- **On 13-20 July.** The member of diabetes club “Ateitis” G.Nefaitė took part in the International Diabetes Federation educational camp in Rogla, Slovenia.
- **On 20 July.** A chairwoman of the Council of Representatives of Patients’ Organizations’ of Lithuania Mrs. Vida Augustinienė took part in the session. During the session participants were talking about new drugs, abilities to reduce prices. The meeting took place in the Ministry of Health of the Republic of Lithuania.
- **On 28 July.** LDA president Vida Augustinienė and delegations from 9 Lithuanian diabetes clubs participated at the meeting held in Joniškis, and organized by diabetes club “Viltis”.
- **On 8 August.** Mrs. V. Augustinienė met with the participants of the diabetes educational camps at Kačerginė health spa for children “Žibutė”.

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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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Newspaper “Diabetes“

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

Clinical trials and drug development

EURORDIS summer school for patient advocates in clinical trials and drug development took place in Barcelona (Spain) and organized seminars about Clinical trials and drug development on the 17- 21th of June. 39 participants took part in this event from 17 European countries and from 29 patient organizations. Specialists discussed about drugs, internal medicine, statistical information, risks.

More information about this event you can find: www.eurordis.org

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Diabetes Mellitus — Global Challenge and Innovative Solutions

The article is prepared by the LDA president, The Chairwoman of the Council of Representatives of Patients’ Organizations in Lithuania and the member of the commission Mrs. V. Augustinienė. There is all information about diabetes, its treatment. On 4-7 of July V. Augustinienė took part in the session “Diabetes Mellitus — Global Challenge and Innovative Solutions” in Rostock, Germany. Three topics were discussed:

1. “Diabetes Mellitus – How can We Escape the Cunami?”
2. “Diabetes Management and Prevention – Examples from the Baltic Sea Region”
3. “Innovative Solutions for Personalized Diabetes management and Prevention”

In the workshop “Diabetes Management and Prevention – Examples from the Baltic Sea Region and beyond” president of the Lithuanian Diabetes Association presented information “People with Diabetes Treatment in Lithuania”

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International conference for nurses diabetologists in Latvija

On 15-16 of June, Abbot Diabetes Care and Abovita invited nurses diabetologists to Jurmala. Two days participants were discussing with each other about patients problems and treatment. In 1925 one widely known scientist said that *“the lack of education is dangerous the same as lack of insulin“*. A special attention was paid to the people, who live 50 and more years with diabetes. Furthermore, everybody agreed that in order to achieve our goals, there has to be close relationship between patient and doctor. They both have to find out the best way of living.

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6th European Patients‘ Rights Day

Active Citizen Network together with the European parliament of economics and social committee organized a conference in Brussels (Belgium). It was dedicated to commemorate the 6th day of European Patients‘ Rights. The representatives of the patients‘ organizations from Italy, Ireland, Spain, Netherlands, and other European countries participated at the conference. Lithuania was represented not only by the members of patients‘ organizations, such as Mrs. Vida Augustinienė, but also the chairman of Elektrėnai diabetes club A. Sodonis and the chairwoman of Rokiškis diabetes club M.Mieliauskienė. The main topic of the conference was *“Old people society and solidarity from generation to generation“*.

The goal of the monitoring project of the implementation of the Charter of Patients‘ Rights is to evaluate the patients‘ rights in the European systems of health protection and to inform society about it. The aim of the project was to collect important information about different experience in all the countries, existing organizations, an opportunity to implement programs. The report rendered a lot of knowledge on the real status of these rights in all 18 participating states. Patients paid their attention on health and active life.

The diabetes club *“Lemtis“* in Šiauliai organized special display, from May 29 to June 29. In exhibition visitors have found a lot of artworks. There were exhibited 80 displays of 16 members of the club *“Lemtis“*.

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There is given printed regulations of the Lithuanian Diabetes Association.

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Kinesiotherapy— it is treatment with movement

This article is prepared by professional kinesiotherapist J.Dainaravičienė. Doctors are qualified to implement exercise programs designed minimize debilitation and pain. She claimed that the best way to save our health is walking, eating fresh and healthy food, trying to be in a fresh air,

visiting sport clubs. Without it, there is a risk of hard diseases. To sum up, everything is on your own!

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Anniversary of Diabetes club “Diabetas ABC “

Diabetes club “Diabetas ABC“ (Kelmė) celebrated its‘ 20th anniversary. LDA president Mrs. Vida Augustinienė took part in this event and congratulated the members of diabetes club “Diabetas ABC“.

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Anniversary of Diabetes club “Versmė“

Diabetes club “Versmė“ (Birštonas) celebrated its‘ 20th anniversary. LDA president Mrs. Vida Augustinienė took part in this event and congratulated the members of diabetes club “Versmė“. “It is very good, that Versmė club has got close relationship with doctors, politicians, and the members of the club“— told V.Augustinienė.

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A trip to Anykščiai

Šiauliai diabetes club “Lemtis“ for people with diabetes in Anykščiai organized leisure activity. The Chairman of the Club Mr. Antanas Kvietkauskas shares his impressions about the clubs’ trip to the train station and to the centre of Anykščiai regional park. The author is sincerely happy, that the club members had an opportunity to be together.

Kaunas diabetes club summer

Kaunas diabetes club “Insula“ organized 4 events this summer. One of the most memorable was diabetes club “Insula“ 10th anniversary. LDA president Mrs. Vida Augustinienė took part in this event and congratulated the members of diabetes club.

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The camp for members of the club “Smalsučiai“

Klaipėda club “Smalsučiai“ for children with diabetes organized the educational camp in Plateliai. Club wants to thank a lot for all supporters, doctors, nurses, who did everything possible that teenagers dreams come true.

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Above all we do not have to be alone in this problem

People, who are affected by diabetes frequently ask ourselves: why me? What have I done wrong? Why my child not another else? There is no explanation to these questions. So it is very important to have supporters. This article revealed that life did not stop. People, with others support, live normal life and everything goes on.

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We have to proud of ourselves

Alytus diabetes club “Viltis“ (“Hope“) wants to share their experience and represents the results of their work. In this article the chairwoman of this club L.Okunevičienė is talking about herself and her life after diagnosis, telling the short history of this club and future goals.

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What you should know if you decide to travel

Summer— the best time to travel to foreign countries, to meet new people, to see new cultures, to have a rest. Unfortunately, people with diabetes have to prepare a plan before going on holiday. There are given 13 rules in this article, which should be known before the trip!

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