

## **Diabetes, No 4 (76) November, 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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### **The 14<sup>th</sup> of November – World Diabetes and United Nations' Day**

World Diabetes Day (WDD) is celebrated every year on November 14, from 2007. World Diabetes Day became an official United Nations Day in 2007 with the passage of United Nation Resolution 61/225. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public spotlight.

Diabetes Education and Prevention is the World Diabetes Day theme for the period 2009-2013. The main goals of this prevention company:

1. Each Government must introduce programmes and implements of diabetes care and prophylaxis effectively.
2. Each person with diabetes has to be educated how to control a disease better.
3. Each person has to recognize the symptoms of diabetes type 1 and 2 and know how to avoid complications.
4. World Diabetes Day has to be celebrated in all countries.

In addition to this, this article gives information about diabetes type 1 and type 2, gestational diabetes. The main symptoms of diabetes are given too and a group of risks which can spread diabetes type 2. Because diabetes is a difficult disease and if actions would not be taken diabetes will be wide-spread disease. Statistic shows that today there are 366 million people with diabetes, in the 2030 there will be about 552 million people with diabetes, and 500 million people live with a huge risk to ill. In comparison with Lithuania: in China there are 92 million people with diabetes, in India — 50 million, and in Lithuania— 81 thousand. International diabetes federation made the last counts: 378 billion JAV dollars had been spent to diabetes and they are claimed that 490 billion JAV dollars will be spent in 2030.

Moreover, diabetes has a close relation with other diseases, climate changes, psychological state, other zymotic diseases, poverty. At the end of the article there is a list of what we have to do in fight with diabetes.

## The results of blood trials done in 2011

In 2011, blood glucose trials were made to about 6, 86 thousand people. The results you can see in a picture given at the end of the page 4.

### Letter

There is a letter of LDA president Mrs. Vida Augustinienė, where she shares her thoughts on diabetes meaning and other people reaction to the World Diabetes Day. Because this “Diabetes” number is the last this year, Mrs. Vida Augustinienė says greetings to upcoming Holy Christmas and New Year.

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#### LDA is a member of International Diabetes Federation (IDF)

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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#### Chronicle of Lithuanian Diabetes Association

- **On 17-23, 24-30 August.** LDA diabetes educational camp took place in Pervalka. This camp has been organized for people, affected by type 1 diabetes. Chairperson of the camp was nurse-diabetologist Mrs. Aldona Danylienė. Her husband dr. Vytautas Danyla and assistant Inga Jokubauskaitė, who is a 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 21 and 28 August.** LDA president Mrs. Vida Augustinienė visited the campers. On the 21 of August Mrs. B. Pscheidi from Germany visited campers and talked about new technologies using in Germany. Doctor endocrinology Mrs. L.Krova presented an educational programme and rehabilitation opportunities in the sanatorium of Kačerginė, “Žibutė”.
- **On 22 August.** The chairwoman of LPOAT Mrs. Vida Augustinienė together with the representatives of the “Health Forum” discussed collaboration opportunities. LPOAT invited to become a member of this association.
- **On 25-26 August.** LDA organized a jamboree up for children, young people and their family members in the sanatorium of Kačerginė, “Žibutė”. The main sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- **On 27 August.** The president of LDA Mrs. Vida Augustinienė met with a president of NDF (National Diabetics Federation) Mrs. L.Petkevičienė. They discussed about collaboration opportunities, in order to help people with diabetes to eat well.
- **On 30 August.** The chairwoman of LPOAT Mrs. Vida Augustinienė answered to the journalists of TV3 questions. All questions were about patient’s rights and opportunities to get a professional care.

- **On 30 August, 10 and 25 October.** 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 a member of this commission Mrs. Vida Augustinienė participated in this event.
- **On 31 August.** Educational seminar called “Life without feeling age” was organized by LDA in Vilnius. The main sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour. After a seminar, a council of LDA met together and discussed their future plans: republican sports competition, preparation to the World Diabetes Day and other current questions.
- **On 5-7 September.** Lithuanian emergency medical service doctors’ games were organized in Kaunas. In the opening ceremony the chairwoman of LPOAT Mrs. Vida Augustinienė said a warm speech.
- **On 12-14 September.** The meetings of the board of 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 15 September.** LDA and diabetes club “Rokiškis” organized the republican sports competition “Diabetes—not an obstacle to do sports”. The main sponsor— The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.
- **On 19-21 September.** The first conference about health inequality in the new entered countries to the European Union was organized in Sophia, Bulgaria. A conference called “Politics formers and patients— creation of changes”. During a conference a resolution has been admitted. Conference was organized by National Patients’ Organization. The chairwoman of LPOAT Mrs. Vida Augustinienė participated in this event.
- **On 21-23 September.** International Diabetes Federation (TDF) organized an annual meeting and a conference of the European Region called “We are stronger together”. Conference took place in Lisbon, Portugal. Representative of LDA— Mrs. Vida Augustinienė.
- **On 25 September.** Marijampolė diabetes club “Diabetes ABC” organized an educational seminar. The president of LDA Mrs. Vida Augustinienė read a paper “Disabled people with diabetes rights and social needs”.
- **On 26 September.** LPOAT meeting. A new member was accepted. LPOAT became a member of the “Health Forum”.
- **On 28-29 September.** Mrs. Aldona Danylienė participated in the European nurse-diabetologist conference, which was organized in Berlin, Germany.
- **On 30 September.** TDF European Region symposium organized in Berlin, Germany. On the 1-5<sup>th</sup> of October the 48<sup>th</sup> annual conference organized by European Diabetes studies association. LDA representatives: the president Mrs. Vida Augustinienė and nurse-diabetologist Mrs. Aldona Danylienė. On the 2 of October, the meeting of TDF took place. The diabetes plan for a period 2011-2012 was represented. During the meeting participants discussed about collaboration opportunities, World Diabetes Day and World diabetes congress which will take place in Melbourne, Australia in 2013.
- **On 11 October.** College session organized in the Ministry of health of the Republic of Lithuania. In this session participants discussed about health care institutions financial results and incomes from the compulsory health insurance funds and their resort. The president of LDA and a member of this college Mrs. Vida Augustinienė took part in this event.

- **On 20 October.** LSMU (Lithuania University of Health Sciences) organized a presentation of the postage stamp, dedicated to a famous diabetologist Mr. O.Minkovski, which took place in Museum of the History of Lithuania Medicine and Pharmacy. The president of LDA Mrs. Vida Augustinienė together with LSMU and representatives of EASD participated in this event.
- **On 27 October.** Pasvalys diabetes club “Health” celebrated its‘ 20<sup>th</sup> anniversary.
- **On 27 October.** Lithuanian nurse-diabetologists conference took place in Kaunas. The president of LDA Mrs. Vida Augustinienė read a paper about LDA.
- **On 8 November.** Jonava diabetes club “Ramunė” celebrated its‘ 20<sup>th</sup> anniversary and World Diabetes Day. The president of LDA Mrs. Vida Augustinienė gave a warm welcome to participants.
- **On 14 November.** World Diabetes Day. Events dedicated to this day will be organized all over Lithuania. A conference “Diabetes control and prophylaxis” will be taken place in Vilnius.

### **Newspaper “Diabetes“**

LDA reminds of subscribing newspaper “Diabetes“ for the year 2013.

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#### **Oskar Minkowski - Founder of experimental diabetology**

On October 20, Lithuania Post released a new stamp dedicated to the founder of experimental diabetology Oskar Minkowski. Not everyone knows that this famous scientist was born in Kaunas, Lithuania. The experiments conducted by this world famous physician gave basis for discovery and synthesis of insulin.

Since 1992, patients suffering from diabetes have been given insulin therapy that has saved millions of lives. In 2012, the insulin therapy has celebrated its 90<sup>th</sup> anniversary.

During a conference, dedicated to the World Diabetes Day, a new postage stamp was represented. Mr. V.Butrimas and Mrs. L.Butrimienė are the authors of this stamp.

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#### **The Ministry of health of the Republic of Lithuania Order**

“The provision of services for people with diabetes”

At the end of this page there is given an advertisement. Lithuanians are being invited to a conference (“Diabetes control and prophylaxis”) dedicated to the World Diabetes and United Nations’ Day.

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## **Diabetic polyneuropathy and pain treatment actualities according to Mr. Doc. Dr. Kęstutis Petrikonis.**

This article gives information about DN (diabetic neuropathy) and SDPN (symmetric distal polyneuropathy). Author mentions the main symptoms and treatment, different forms of DN. A big attention is shown to treatment. Different stages of DN require different treatment. For instance, water procedures are effective, vitamins and other drugs. It is mentioned that usually, most people with DN are at the age of 65 and older with not only CD but also other diseases.

Source: Petrikonis K. "*Skausmo medicina*" ("Pain Medicine"), 2012; 31 (1):37-40.

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#### **Modern technologies in a diabetic foot cabinet**

A members of "Rotary" club gave a helpful present to Plungė diabetes club. Modern technologies from Germany, which cost about 45 thousand, had been located in clinics "Inesa".

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#### **European Patient's Forum**

EPF was founded in 2003 to become the collective patients' voice at EU level, manifesting the solidarity, power and unity of the EU patients' movement. EPF currently represent 55 patients' organizations and estimated 150 million patients across the 27 Member States throughout Europe. EPF's vision is high quality, patient-centred, equitable healthcare for all patients throughout the European Union.

Lithuania is a member of EPF from 2007m. LDA President Mrs. Vida Augustinienė became a member of the EPF board in 2009 and represents patients during board meetings. On the 13<sup>th</sup> of September the meetings of the board of 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. After that, a short meeting of supporters was organized.

The first conference about health inequality in the new entered countries to the European Union was organized in Sophia, Bulgaria. A conference called "Politics formers and patients— creation of changes". During a conference a resolution has been admitted. The main target for 2020 year is "Together for help" strategy. The chairwoman of LPOAT Mrs. Vida Augustinienė participated in this event. The next conference will be held in Warsaw, Poland.

On the 21<sup>th</sup> -23<sup>th</sup> of September the International Diabetes Federation (TDF) organized an annual meeting and a conference of the European Region called "We are stronger together". Conference took place in Lisbon, Portugal. Mrs. Vida Augustinienė represented LDA in this event. A new president of TDF Mr. M. Hirst congratulated participants and began meeting. During a session many important questions were being discussed. Participants had an opportunity to take a look with Portugal diabetes association (the oldest diabetes organization in the world). Also has shown situation in Portugal, treatment perspectives, and how business depression influenced

health sectors. Work groups discussed on these topics: “Life with diabetes”, “Support and politics”, “From diabetes treatment to care—cross the rivers”, “Membership questions”.

On the 28<sup>th</sup> -29<sup>th</sup> of September nurse-diabetologist Mrs. Aldona Danylienė participated in the conference organized by the Federation of European Nurses in diabetes (FEND) which took place in Berlin, Germany. On the 1-5<sup>th</sup> of October the 48<sup>th</sup> annual conference was organized by European Association for the study of Diabetes (EASD). About 18 thousand participants took part in this conference: scientists, doctors, nurses, students, patients, journalists and so on. There were 6 subjects in this conference: diabetes genetics, diabetes prognoses and prevention, diabetes and immunology, lipid metabolism, diabetes in young age and finally diabetes complications. Informational stand represented Mrs. Vida Augustiniene together with Mrs. Aldona Danyliene.

More information you can find:

[www.eu-patient.eu](http://www.eu-patient.eu)

[www.idf.org](http://www.idf.org)

[www.easd.org](http://www.easd.org)

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### **LDA diabetes educational summer camps**

In 2012 LDA organized four 7 days long diabetes educational camps which took place in Pervalka. This camp has been organized for adults and children, affected by type 1 and 2 diabetes. Chairperson of the camp was nurse diabetologist Mrs. Aldona Danylienė. Dr. Vytautas Danyla and assistant Inga Jokubauskaitė, who is a member of Plungė diabetes club, helped her. In this camps participated 15 children and teenagers and 45 adult from all over Lithuania. Everybody carefully controlled the amount of glucose in the blood. The results of glycated hemoglobin in the blood were different. They are given in the table.

HbA1c	Children and youth (%)	Adults with diabetes type 1 (%)	Adults with diabetes type 2 (%)
HbA1c <6%	0	10	13
HbA1c > 6 % < 7 %	7	10	47
HbA1c > 7 < 8 %	31	60	23
HbA1c > 8 %	62	20	17

To sum up, the educational camps were very useful to the participants. Professional team and destiny friends helped participants to become more self-confident.

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### **Diabetes—not a reason to refuse sport activities**

On the 15<sup>th</sup> of September LDA organized sport competition called “Diabetes—not a reason to refuse sport activities”. Nine teams took part in competition. The President of LDA Mrs. Vida Augustinienė gave a warm welcome, wished victories and to be in a good mood. After sport contest everybody visited Rokiškis palace museum.

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### **International diabetes camp in Slovenia**

In this article Gintarė Nefaitė shared her impressions and wonderful time spent in Slovenia. On the 13-20<sup>th</sup> of July she participated in the International diabetes camp together with other young people with diabetes from Sweden, Netherlands and Great Britain.

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### **“Glucose concentration has to be good”**

On the 25-26<sup>th</sup> of August a meeting called “Glucose concentration has to be good” took place in Kačerginė. Event was organized by LDA. Weekend spend in Kačerginė went by very quickly. The members of this camp thanked a lot for the President of LDA Mrs. Vida Augustinienė.

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### **“Diabetes—lifelong friend”**

LDA diabetes educational camp took place in Pervalka. This camp has been organized for adults, affected by diabetes type 1. Chairperson of the camp was nurse diabetologist Mrs. Aldona Danylienė. Dr. Vytautas Danyla and assistant Inga Jokubauskaitė helped her. This camp was a great chance for people who have diabetes many years. Because diabetes is a lifelong friend and we have to strike up a friendship.

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### **Creative**

There is given a few verses of Panevėžys diabetes club “Hope” member Mrs. B. Senulytė-Skripskienė.

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On the 11<sup>th</sup> of August the members of Telšiai diabetes club “Destiny” spend together. A meeting place was near a lake of Lūkštas. Meanwhile, Joniškis diabetes club invited to a traditional event “Be together”.

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### **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.

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### **Drag plants for people with diabetes**

This article written by Dr. R.Samuolienė gives information about effective diabetes treatment with drag plants.

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### **Because of diabetes I can not to do...Or maybe I can?**

Many patients talking about diabetes, that this is a reason to refuse many good things in life: sport, eating in a restaurants, work specific job. It is not true and this article written by doctor endocrinology Mrs. E.Danytė explains what is important in order to live normal life.

## **Pages 27-32**

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