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Endocrinologists conference about diabetes and its' relevant questions

On 23-24 of November, in 2012, Lithuanian doctors endocrinologists and doctors from neighbour states came to Palanga, and discussed about diabetes, what to do to reduce its' complications, to keep better control and how to stop morbidity of this disease. This conference was the 28th in a row. Taking about history, diabetes is a treacherous and widely spreading disease. 25 years ago, there were 30 million people with diabetes, while nowadays, statistic shows, there are 366 million people with diabetes, in 2030 there will be about 552 million people with diabetes in the world. The number of affected people is growing every year.

During a conference called "Relevant diabetes questions" were represented 25 reports. Most of the speakers accented control of hypoglycemia and hyperglycemia situations, new technologies opportunities, treatment, life quality, complications, legislation. The president of LDA Mrs. Vida Augustinienė and other Lithuanian and foreign countries' scientists, doctors, nurses diabetologists have represented interesting and informative reports. After reports participants have been discussed a lot about different laws, their advantages and disadvantages, what needs to be changed. Unfortunately, diabetes is an incurable disease. Patients with type 1 diabetes will need to take insulin injections for the rest of their life. Patients with type 2 diabetes need to take medicaments. Last, but not least, there is no doubt, that a new methods of treatment will be discovered and it assist people with diabetes to recovery from this illness.

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Letter

There is a letter of LDA president Mrs. Vida Augustinienė there she shares her thoughts about new elected health minister intentions on private and public medical system. She gives her critical attitude to the government. The main point, that there is no long-term health system development policy in Lithuania, with patients' in the middle.

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Commemorated World Diabetes and United Nations' Day

On November 14, World Diabetes and United Nations Day commemorated all over Lithuania. World Diabetes Day is celebrated worldwide every November 14, since 1991, while in Lithuania LDA started commemorate this day in 1993. The global diabetes community, including International Diabetes Federation, health departments, civil society, individuals, people with diabetes and their relatives celebrating this day. The day aims are to increase an awareness of the effects of diabetes and its' complications, to inform society about diabetes reasons, features, prophylaxis and treatment.

In addition to this, there is given results of blood tests, which have been done in 2012. More than 7 thousand people took part in this trial. 8,9 percent of participants had bigger glucose concentration in their blood. 92 percent of this group of people were older than 45 years old. 69 percent of them had over—weight and 14 percent had people with diabetes in their family.

Conference “Diabetes Education and Prophylaxis“, dedicated to the World Diabetes and United Nations Day, organised by Lithuanian Diabetes Association on the 14th of November in Vilnius. Three hundred participants took part in this event. During conference a new film about diabetes called “Keiskime diabetą“ („Change Diabetes“) was presented. Doctors endocrinologists read reports about diabetes and encouraged patients to apply laboratory researches on their own. All volunteers were able to find out whether they are affected by diabetes and done variety of different tests.

At the end of this page there is given a photograph of participants in a conference “Diabetes education and prophylaxis” dedicated to the World Diabetes and United Nations’ Day.

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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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World Diabetes Day events in Lithuania

Alytus

The 14th of November Alytus diabetes club “Hope“ and Alytus youth club “We“ commemorated together. They invited everyone to take part in this event, called “United to fight against diabetes“. The main purpose was to enhance tolerance to another person.

Elektėnai

Elekėnai diabetes club commemorated World Diabetes Day too. Organizers shared information about diabetes, healthy diet, feet care. It was represented one of the oldest types of treatment— *ajurveda*.

Kaunas

Kaunas diabetes club “Aronija“ together with Lithuanian University of Health Sciences students organized an educational seminar “Diabetes education and prophylaxis“. Before a seminar all volunteers had an opportunity to do blood tests, tried on blood pressure and get doctors consultation.

Kelmė

Kelmė diabetes club “ABC“ organized a lecture “Whom care our health?“. Furthermore, participants have listened a lecture about diabetes and how to live with this disease.

Klaipėda

Klaipėda diabetes club “CD“ decided to organized commemorative event in shopping centre Akropolis. They invited to take part in educational event “Diabetes— silent and treacherous disease“. During event more than 370 residents have been done glucose concentration trials.

Lazdijai

Lazdijai region municipality organized an event “ Test your glucose level“ which was dedicated to the World Diabetes Day.

Pakruojis

Pakruojis diabetes club “Vita“ members gather together and commemorate World diabetes day. The president of LDA Mrs. Vida Augustinienė participated in this event.

Panevėžys

Diabetes club “Hope“ has organized an educational seminar. Participants get all up to date information about diabetes, diet and treatment.

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There is a social advertisement of World diabetes Day.

More information: www.worlddiabetesday.org

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Prienai

Prienai municipality public health office together with diabetes club “Versmė“ commemorated World diabetes day. The day aim was to do glucose blood tests for free. Moreover, participants gave information about diet and physical activity. People with diabetes had an opportunity to know more which type of products are very essential and useful, reduce glucose lever. Long list of medical plants were given, such as bilberries, nettles, mint, black currant, stevia.

Rokiškis

Rokiškis diabetes club organized a competition dedicated to the World diabetes day. Volunteers could tested the strength and took part in competition called “Healthy and delicious people with diabetes food“.

Tauragė

Tauragė diabetes club “Insula“ invited to commemorate World Diabetes Day. During informative educational seminar “Diabetes self-control and complications“ people deeped their knowledge about disease.

Šiauliai

Šiauliai diabetes club “Destiny“, people with diabetes, their relatives gathered together to commemorate World Diabetes Day. Lectures talked about breathing benefits, healthy eating and its’ importance, complications and how psychologically adapt.

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LPOAT COUNCIL OF REPRESENTATIVES OF PATIENTS’ ORGANIZATIONS OF LITHUANIA

2013-01-30. Nr. 13-06

V.P. Andriukaitis
Minister of Health



Due to implementation of health policy

Council of Representatives of Patients' Organizations of Lithuania aim— high quality, focus on the patients and an equal health care system in Lithuania. Mission—unite and strengthen one patients' voice and faith for better health service and care policy.

Council of Representatives of Patients' Organizations Of Lithuania (LPOAT) is a full member of International Alliance of Patients' organization since 2005 May 9 and European patients' forum member since 2007 June 9. For the present, LPOAT unites 30 organizations. About 20 thousand members represent the interest of more than 1 million people affected by different hard diseases.

More information: www.pacienturyba.lt

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Started action “The right to choose“ for the patients' rights and freedom in choosing medical institution

On the 7th of February in Lithuania Parliament was organized round table discussion called “Public health in Lithuania— between reforms and experiments“. During discussion a new action “The right to choose“ was started. The aim of it is to safeguard and protect patients' rights. The action is initiated by LPOAT, together with Lithuania Republic Liberalų Sąjūdis political leader Mr. Eligijus Masiulis. The chairwomen of LPOAT Mrs. Vida Augustinienė expressed her opinion on this question. “Reforms in this sectors should be created that patient's get treatment, trials and recommendations as quit as possible. This is the main thing, when people are face to face with disease. Nowadays situation seems to be in a risk, that fundamental rights are in a threat, that is why we started this action“,— claimed Mrs. Vida Augustinienė. Liberalų Sąjūdis agreed with this idea and supported it. “Each citizen has an freely opportunity to choose how to take care of our health, which doctor is better and finally, which medical institution - private or public to choose. “This action is already supported by family clinics, country doctors' society, private health care association, organization “Transparency International“.

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The chairwoman of Raseiniai diabetes club “Diabetes” Mrs. Janina Tautkienė shared her poems with readers.

Kaisiadorys diabetes club “Destiny“ congratulates the chairman of this club Mr. Antanas Zakarauskas (75 years) and the member of this club Mrs. Aldona Birbienė with birthdays and send warm greetings. Vilkaviškis diabetes club “Insula“ sends joyful birthday greeting to Mr. Juozas Jonušaitis (80 years).

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Chronicle of Lithuanian Diabetes Association

- **On 8 November, 2012.** Jonava diabetes club “Ramunė“ (“Marguerite“) celebrated its' 20th anniversary and World diabetes day.
- **On 13 November.** The president of LDA Mrs. Vida Augustinienė participated on the TV broadcasting “Good morning, Lithuania”. She was talking about diabetes current issues.
- **On 14 November.** The Republic Conference “Diabetes education and prophylaxis” was organized in Vilnius and dedicated to the 14th of November: World Diabetes Day. Events dedicated to this day were organized all over Lithuania by diabetes clubs. The president of LDA Mrs. Vida Augustinienė met with the participants from three diabetes clubs: Vilnius Antakalnis clinic diabetes club “Beta“, Pakruojis— “Vita“ and Jonava— “Ramunė“.
- **On 16-17 November.** Germany diabetes federation congress took place in Berlin. LDA president Mrs. Vida Augustinienė red a paper on the item “International perspective: diabetes education in Lithuania“.

- **On 19 November.** 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 23-24 November.** Educational Conference called "Most relevant endocrinology questions" for doctors endocrinologists took place in Palanga. The president of LDA Mrs. Vida Augustinienė represented the notice "Lithuanian Diabetes Association updates"
- **On 29-30 November.** Association "Health forum" organized a conference "Health for 2020 we are creating today" in Vilnius. The Council of Representatives of Patients' Organizations of Lithuania is a member of this association also. Session "Noncommunicable diseases and healthy obsolescence" started with discussion. Experts discussed about health care specialists', patients', public health offices' and non-governmental organizations' contribution to the NCD prophylaxis and control. LDA president Mrs. Vida Augustinienė participated in discussion.

More information: www.sveikatosforumas.lt

- **On 3 December.** The session organized by the diseases, drugs and medical aids compensation 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 4 December.** The chairwoman of Council of the Representatives of Patients' Organizations and the member of the Board Mrs. V. Augustinienė took part at the session of the Board of the Compulsory Health Insurance at the Ministry of Health.
- **On 6 December.** A conference "Improving public health by strengthening persons' and public health care institutions' collaboration in a primary health care level". The President of LDA Mrs. V. Augustinienė participated in this conference.
- **On 7 December.** Lithuania Multiple Sclerosis Union conference took place in the Parliament of the Republic of Lithuania. Chairwoman of LPOAT Mrs. Vida Augustinienė together with the members Mrs. O. Telyčėnienė and Mr. G. Paltanavičius took part in conference.
- **On 10 January, 2013.** Vilnius emergency medical service celebrated its' 110th anniversary. Warm greeting speech said the President of LDA Mrs. Vida Augustinienė.
- To the radio, news, and TV journalists questions about the reforms of the health minister on the private medicine answered and patients' position expressed LPOAT council members. There is the list of broadcasts:

1. On the 15th of January Mrs. U. Šakūnienė participated in "Lietuvos rytas" TV live broadcast "Lietuva tiesiogiai".
2. On the 16th of January Mrs. V. Augustinienė talked by a phone in LRT radio broadcast "Laisvoji banga"
3. On the 16th of January Mrs. E. Kvedaraitė participated in LRT broadcast "Teisė žinoti".
4. On the 17th of January Mrs. V. Augustinienė participated in LRT broadcast "Savaitė"
5. On the 21th of January Mrs. V. Augustinienė gave an interview for a magazine "Šeiminkė".
6. On the 28th of January Mrs. V. Augustinienė gave an interview for a newspaper "Atgimimas" and magazine "Veidas".
7. On the 30th of January Mrs. V. Augustinienė participated in LRT radio broadcast "Tarp Rytų ir Vakarų".
8. On the 31th of January Mrs. V. Augustinienė, U. Šakūnienė, Mr. G. Žyžys, Mrs. L. Kazlauskienė participated in LRT TV broadcast "Tautos aikštė".
9. On the 5th of February Mrs. V. Augustinienė talked in Lithuanian radio broadcast "Litas prie lito"
10. On the 7th of February Mrs. V. Augustinienė took part in info news broadcast "Info diena".
11. On the 11th of February Mrs. V. Augustinienė gave an interview to Panevėžys daily newspaper "Panevėžio balsas".
12. On the 13th of February Mrs. V. Augustinienė answered to the questions by TV3 broadcast "Akistata".

- **On 17 January.** Mr. prof. J. Pundzius, the chairman of the National Health Council at the Parliament of the Republic of Lithuania, read a paper on the item “Healthy aging — new challenge to Lithuania“. The Chairwoman of LPOAT Mrs. V.Augustinienė took part in this event, which was organized in the Parliament of the Republic of Lithuania plenary session.
- **On the 24 January.** LPOAT board meeting discussed about reforms and potential consequences of health minister Mr. V. Andriukaitis. The board decided to appeal to the health committee with regarding to include LPOAT to the National Health Council. The other relevant questions were discussed too.
- **On the 25 January.** A member of the Parliament of the Republic of Lithuania Mr. A.Kubilius invited members of patients’ organizations to a meeting. The aim of meeting was to take an interest in reforms and potential consequences of health minister.
- **On the 4 February.** Minister of Health Mr. Vytenis Povilas Andriukaitis invited the Council of LPOAT to become familiar with XVI government health program. Unfortunately, minister did not present a program.
- **On the 5 February.** The Chairwoman of LPOAT Mrs. V.Augustinienė met with the leaders of “Health Forum“ and discussed relevant questions to both organizations.
- **On the 6 February.** The Chairwoman of LPOAT Mrs. V.Augustinienė participated in press—conference called “How much money we have to pay for Mr. V. Andriukaitis confusion?“ organized by LPOAT.
- **On the 7 February.** Lithuania Parliament Liberalai Sąjūdis organized round table discussion called “Public health in Lithuania— between reforms and experiments“. The Chairwoman of LPOAT Mrs. V.Augustinienė was invited to represent an item “What influences the quality of health service: what do patients’ want?“. Other members of LPOAT Mrs. U.Šakūnienė, L.Kazlauskienė, J.Sadauskaitė, G.Kliučinskienė took part in this event.
- **On the 8 February.** The Chairwoman of LPOAT Mrs. V.Augustinienė met with the Assistant of the Prime Minister Mr. A.Vinkus and talked about health politics questions.
- **On the 13 February.** The delegates of LPOAT Mrs. U.Šakūnienė, Mrs. J.Sadauskaitė, Mrs. V.Valeikienė, Mr. G.Paltanavičius, Mrs. A.Danylienė and Mrs. V.Augustinienė met with Assistants of the Prime Minister Mr. A.Vinkus, Mrs. A.Urbonienė, Mr. V.Švoba and Assistant of the President of Lithuania Mrs. A.Mečėjienė and discussed about health politics implementation. Meeting took place in the palace of Government of the Republic of Lithuania.

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Minister of Health of the Republic of Lithuania

Order

“Due to reimbursed medical supplies tariff confirmation“

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Children’s’ diabetes: psychological and cognitive features

This article is written by doctor endocrinologist Mrs. L.Orlovskaja. International diabetes treatment recommendations claimed that psychology is the main factor in treatment process. That is why all team (doctors, social workers, family members, psychologists) must do everything possible that children with diabetes feel better. Usually, there are ten main psychological problems, related to diabetes: depression, worries, deny the disease, difficulties in trying to adapt, problems due to appearance, eating habits, and weight control, communication problems, stress, fear of needles, fear of hypoglycemia situations, sexual dysfunction. Moreover, people with diabetes passed through four stages: shock, aggression, conciliation, reorientation. How much time people need to accept the fact, no one knows. It depends on the person. It could take a weeks, months, or even years to accept with the diagnosis. Statistics shows, that people with diabetes have more psychological problems than healthy people. In comparison, girls encounter problems more frequently than boys. However, family has an important role in childrens’ life. And it helps to reach better results in treatment process.

About osteoporosis

Doctor endocrinologist Mrs. J. Kulbokienė prepared an article about osteoporosis. To start with, it is claimed that this disease is up to date society health problem. Author shared her experience with the readers and gave a few different cases of people with osteoporosis and their empathy.

In a few words, osteoporosis is a disease of bones that leads to an increased risk of fracture. Osteoporosis may arise at any age and affect men and women equally, but most common in women after menopause. It is said that osteoporosis is a women disease.

Furthermore, there are no symptoms in the early stages of osteoporosis. Many times, people have a fracture before learning that they have the disease. The risk of osteoporosis fractures can be increased with lifestyle changes, such as lack of physical activities, smoking, drinking alcohol. Osteoporotic fractures occur in situations where healthy people would not normally break a bone. All in all, author underlined that the most important thing to these patients is outside help.

Newspaper "Diabetes"

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

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A visit to a doctor: does a request for payment is legal?

Sometimes patients do not know, when they have to pay for a visit to a doctor or not. Kaunas Territorial Patients' Fund manager Mr. Kazimieras Varžgalis answered to the questions on this item.

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Shove Tuesday celebration in Plateliai

Chairwomen of Plungė Diabetes club Mrs. Aldona Danylienė prepared an article about memorable Shove Tuesday celebration in Plateliai. According to the old traditions, people were learning to knit, hunting away winter in a hope to welcome spring as quick as possible. Participants had an opportunity to visit mask display.

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PRO MEMORIA

Elena Mickevičienė

Lilly Karn

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Changes of treatment diabetes type 2

In this article there is given information about diabetes type 2, written by doctor endocrinology Mrs. Vaiva Šarkovienė. First of all, writer gave useful statistical information, facts and numbers. Further, author gave short description about treatment with drugs and different types of insulin. She explained when insulin therapies are necessary and inevitable. Finally, if you treat diabetes in a suitable way, you will avoid complications and keep good health.

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