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Lithuanian Diabetes Association



ELI LILLY — the general sponsor.

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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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Children with diabetes needs in educational institutions

Children with diabetes most of their time spend not at home, but in educational institutions or with friends. The younger child is the more attention should be. Very important to have opportunity to check glucose concentration in Kindergarten, to get insulin injections, to have a snack there is necessary. In order to help those children is important to inform schoolmasters, canteen employees, psychologist and administration of Kindergarten about this disease and its' problems. Self—control, security— there are two main options for people with diabetes to feel satisfied. There must be established conditions for children to take care of themselves as well as possible, they should not hide drugs or blood glucose meter from other friends in a toilet. Unfortunately, in our society broadly exists an incorrect opinion that diabetes. People think diabetes is communicable disease. It is not true. Pedagogues have to inform other children about diabetes and explain features, complications and treatment. Sometimes, children start to manipulate disease. It means their do not attend lectures, do not do homework, even sometimes lie that they feel bad. If this happens, it is important to get psychologist consultation or talk with parents. In the table, given at the page 2, there is information about diabetes type 1 and diabetes type 2 control and recommendations, target indicators of trials.

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Letter

There is a letter of LDA president Mrs. Vida Augustinienė there she shares her thoughts about bedlam in health care discussions. She gives her critical attitude to the health minister manipulations. The greatest thinkers of the world are told: "Government has always tried to be stronger than nature". When the ministers' of health groundless visions and experiment to realize limited opportunities will be finished? European Patient's Forum is waiting for the answers of the health minister to their letter, why Lithuanian patient's organizations are left behind the debates and ministerial college, there are discussing about very important health questions.

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Respectable award to Mrs. Larisa Rarovskaja

On the 16th of February, 2013, during commemoration event called "February 16th —united nation march" Mrs. Larisa Rarovskaja get respectable award. Chairwoman of diabetes club "Diabetas ABC" was awarded for the many years active social activities and for the merits to Kelmė region. Award was given by the mayor of Kelmė region Mr. V. Andrulius.

“Thanks“ award to Mrs. Birutė Bartkevičiūtė

For chairwoman of Prienai and Birštonas diabetes club “Versmė“ Mrs. B. Bartkevičiūtė the 16th of February was a memorable day. She was nominated by the local people and got an award for the merits in health care fields. For more than 9 years she has been working successfully in club activities, collaborating with other diabetes clubs and taking part in various projects.

Meetings of the Board of European Patients‘ Forum

On the 26th of February and 9th of April the meetings of the board of European Patients‘ Forum (EPF) took place in Brussels (Belgium). On the 26th of February participants discussed about EPF 2014-2020 strategic action plan, new members election, preparation to the annual general conference, about EPF 10th year commemoration event in Dublin (Ireland), about health care differences in European region, and budget questions. On the 9th of April board meeting had an important quest— European commission health and consumer affairs general director of general directorate Mrs. P.T. Coggi. She shared information about relevant health questions.

On the 19th of April European patients‘ Academy on Therapeutic Innovation conference was organized in Rome, Italy. The first conference was called “EUPATI: A Vision for 2020“. The aims of this project—give information about all medical trials, drugs creation, development, organize educational seminars for patients and patients‘ organizations. In addition to this, target figure is to create educational course for patients‘ organizations, that that they could share information with local people, communicate with scientists and local government in solving questions relates to medical trials. On the 5th of September the first meeting of the project EUPATI took place in Frankfurt. During the meeting participants discussed about project and its‘ targets: how to educate people and involve them to the process of scientific trials. EUPATI project will be continued for the next 5 years. The main sponsor of this project is European commission together with European pharmacy companies association. To sum up, EUPATI is a project, providing tools and knowledge for their meaningful involvement in pharmaceutical innovation, safety of medicines and access to treatments. It will inform the lay and hard to reach patient community, raising public awareness of the development of new treatments.

Psychologist Mrs. L.Bratikaitė, members of LPOAT Mrs. V. Augustinienė and Mrs. L.Bužermanienė took part in the conference.

More information:

www.eu-patient.eu.

www.patientsacademy.eu.

Newspaper “Diabetes“

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

Chronicle of Lithuanian Diabetes Association

- **On the 14th of February, 2013** secretary of LDA Mrs. S.Kunecova took part in the Patients‘ Day commemoration, organized in the Ministry of Health of the Republic of Lithuania.

- **On the 15th of February**, the president of LDA Mrs. Vida Augustinienė participated in the meeting with the leaders of “Worwag Pharma GmbH&Co KG” and discussed collaboration questions.
- **On the 21 of February**, chairwoman of LPOAT Mrs. Vida Augustinienė met with representatives of UAB “Roche Lietuva” and discussed collaboration questions.
- **On the 22 of February**, chairwoman of LPOAT Mrs. Vida Augustinienė answered to the journalist questions of the portal www.15min.lt. The main questions were about the minister of health decision to finished LPOAT membership and participation in the SAM college and recoverable drugs commission.
- **On the 26th of February**, LPOAT applied in writing to the highest authorities: to the President of Lithuania, the chairman of the Parliament of Lithuania Mr. V.Gedvilas and Prime Minister Mr. A.Butkevičius regarding to the Health Minister Mr. V.A. Andriukaitis actions in health care system. Prime Minister has given the answer.
- **On the 26th of February**, applying for the actions of the Health Minister Mr. V.A. Andriukaitis sent to the President of European Patient’s Forum.
- **On the 26th-27th of February**, 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 the 28th of February**, chairwoman of LPOAT Mrs. Vida Augustinienė met with the nursing staff development and specialization centre workers. She discussed collaboration opportunities and about publishing an edition called “Nursing— science and practise“. Mrs. Vida Augustinienė was invited to become a member of journal editorial board.
- **On the 1 of March**, a journalist Mr. A.Brazauskas talked with chairwoman of LPOAT Mrs. Vida Augustinienė in radio news broadcast “Laisvoji banga“. Conversations was about a conflict between LPOAT and the Health Minister.
- **On the 6th of March**, the president of LDA Mrs. Vida Augustinienė took part in Vilkaviškis diabetes club “Insula“ reference meeting. She shared up-to-date information about diabetes, answered to questions and gave a warm thanks to the chairman of this organization for an active work.
- **On the 6th of March**, chairwoman of LPOAT Mrs. Vida Augustinienė participated in the “INIT TV“ television broadcasting “Nuomonė“. She answered questions about LPOAT slight and frame up from the Minister of Health.
- **On the 7th of March**, LPOAT board meeting took place. During this meeting members of this board discussed about organization plans due to the fact that patients’ could have available, on time and well prepared health care, also about patient’s right to choose medical institution and specialist, to get payment from Compulsory health insurance budget, in the medical institutions, chosen by the patient.
- **On the 8th of March**, chairwoman of LPOAT Mrs. Vida Augustinienė took part in the final results presentation called “Analysis about opportunities to create undesirable events and mistakes of treatment registration system“.
- **On the 12th of March**, the president of EPF Mr. A.Olouson with concern applied to the health minister Mr. V.P. Andriukaitis, in order to explain situation about LPOAT appeals. Till now EPF do not receive the answer.
- **On the 13th of March**, to the questions about health minister Mr. V.P Andriukaitis misbehavior with LPOAT and health reforms’ possible negative consequences to Lithuanian people answered Mrs. V.Augustinienė. Conversation organized by the journalist of publication “Vakarų Lietuvos medicina“.
- **On the 15th of March**, chairwoman of LPOAT Mrs. Vida Augustinienė and a members of this organization Mrs. O. Telyčėnienė and Mr.G.Paltanavičius participated in the discussion “Immune system diseases and working capacity“. Discussion held in the Parliament of the Republic of Lithuania.

- **On the 15th of March**, on the LNK broadcast “We—Europe“ talked Mrs. Vida Augustinienė. Topic of this broadcast was “Let’s fight for human rights“.
- **On the 19th of March**. In the nursing staff development and specialization centre was organized a magazine “Nursing— Science and practise“ editorial board session. Session attended by Mrs. Vida Augustinienė. She also was invited to become a member of this board.
- **On the 20^h of March**. Member of PSDT Mrs. Vida Augustinienė participated at the session of the Council of the Compulsory Health Insurance.
- **On the 22^h of March**, health minister Mr. V.A. Andriukaitis invited patient’s organizations to create patients’ organization forum. LPOAT has declared, that they did not accept it.
- **On the 26^h of March**, LPOAT have written a letter, which was signed by 24 organizations. The main question was the minister of health decision to finished LPOAT membership and participation in the SAM college and recoverable drugs commission. The answer is not given yet.
- **On the 3 of April**, chairwoman of LPOAT Mrs. Vida Augustinienė talked with journalist of “Lithuanian new“ about a conflict with health minister.
- **On the 4th of April**, chairwoman of LPOAT Mrs. Vida Augustinienė given an interview to the International patients’ organizations alliance, to be precise news portal. More information: www.patientsorganizations.org.
- **On the 5th of April**, in the Parliament of the Republic of Lithuania was organized an annual conference called “Meaning of compulsory health insurance, representing the public interest: between state regulation and competition“. Conference was arranged by national health insurance fund. Chairwoman of LPOAT Mrs. Vida Augustinienė and a member of the board Mrs. U.Šakūnienė took part in this event.
- **On the 8-9th of April**, the meetings of the board of European Patients’ Forum (EPF) took place in Brussels (Belgium). Participants disputed about an annual general conference, about EPF 10th year commemoration event in Dublin (Ireland) and other relevant questions. Mrs. V. Augustinienė, who is a member of this board, participated in these meetings.
- **On the 11th of April**, students from M. Romeris University had a lecture with chairwoman of LPOAT Mrs. Vida Augustinienė. They have heard useful information about non-governmental organizations, their work in health system and successful collaboration with international organizations.
- **On the 17th of April**, chairwoman of LPOAT Mrs. V. Augustinienė met with the Assistant of the Prime Minister Mr. A.Vinkus and talked about relevant questions to patients’.
- **On the 18-20th of April**, in Rome, Italy working groups were solving drugs creation and their development questions. The first conference “EUPATI: A Vision for 2020“ has successfully passed. Chairwoman of LPOAT Mrs. V. Augustinienė and her colleague Mrs. L. Bužermanienė participated in these events.
- **On the 22th of April**, chairwoman of LPOAT Mrs. V. Augustinienė, member of Parliament of the Republic of Lithuania Mr. E. Masiulis and Šalčininkai region municipality hospital director Mr. Z. Semenovičius took part in LRT TV broadcast “Įžvalgos“. They were talking about future plans in health reforms.
- **On the 23th of April**, in the Ministry of health of the Republic of Lithuania took place a session of the Council of the Compulsory Health Insurance. The chairwoman of LPOAT and the member of this commission Mrs. Vida Augustinienė participated in this event. At the meeting participant discussed relevant questions.
- **On the 23th of April**, Kačerginė health spa for children “Žibutė“ has opened “Kitchen for kids“. In this kitchen children with diabetes are going to prepare food and various dishes. In the opening celebration LDA president Mrs. V. Augustinienė send warm greetings.
- **On the 24th of April**, National date protection organized a conference due to regulation of personal ID in medical documents. Chairwoman of LPOAT Mrs. V. Augustinienė pronounced her opinion.

- **On the 26th of April**, in the broadcast “New of the day“, dedicated to medical workers, talked chairwoman of LPOAT Mrs. V. Augustinienė. She shared her thoughts about thanksgiving to doctors.
- **On the 29th of April**, LDA president Mrs. V. Augustinienė met with representatives of “Sonofi-Aventis Lietuva“ and “Gintarinė vaistinė“. In addition to this, they discussed about collaboration opportunities.
- **On the 30th of April**, on the general meeting of LPOAT, members were confirmed annual and financial reports of 2012 and the plan for 2013. Participants disputed about misbehaviour of Mr. G. Žižis. Finally, discussion came to an end with dispute about health minister Mr. V.P. Andriukaitis actions.
- **On the 3 of May**, Lithuanian nurses-diabetologists association, who is a member of LDA, final conference took place in Kaunas. Mrs. V. Bulikaitė was re-elected to a position of chairwoman of this association. LDA president Mrs. Vida Augustinienė gave a warm welcome and read a report.
- **On the 7th of May**, director of national health insurance fund Mr. A. Sasnauskas, a member of Parliament of the Republic of Lithuania Mrs. A. Bylotaitė and chairwoman of LPOAT Mrs. V. Augustinienė participated in LRT radio broadcast “Dienos tema“. Discussion was about Lithuanian health care system and economic recession. It is mentioned that in the World health organizations’ meeting Lithuanian health care system shown as an example for other European countries.
- **On the 14th of May**, LDA together with Šakiai region people with diabetes club “Linelis“ 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 the 15th of May**, “Europe week“ discussion called “Private and public medicine: from confrontation to partnership“ was organized in the Parliament of Lithuania European information office. Report “The right to choose“ read chairwoman of LPOAT Mrs. Vida Augustinienė.

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Family doctor: more competence, more motivation

From the first of March, 2013, the competence of family doctors was increased. It means that from now on they have a right to prescribe more laboratory tests than they ever could. It should be noted, that this decision is one of the measures to strengthen institutions of families’ doctors. Changes are beneficial, because more than 78, 8% of people (2,35mln.) visit family doctors every 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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How should be afforded a free doctor or dentist help?

Who and where we could get free doctor or dentist help? How much we have to pay for this favour? Who has a right to a free prosthesis? What size of queue exists in order to get to a doctor? To the most common questions answered head of resident service department Mrs. L. Vitkauskienė.

Your most precious asset is health

This short article gives information about Pasvalys people with diabetes club “Health“. They have not only commemorated the World health day, but also have organized goodness campaign. Support successfully achieved people who need help.

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School of healthy lifestyle opened in the sanatorium of Kačerginè— “Žibutè“.

On the picture, given at the end of the page there is an opening moment. The president of LDA Mr. V. Augustinienè is cutting the opening strip. “Žibutè“ shows special attention to children with diabetes, and who has overweight. On the 23th of April, the first school of healthy lifestyle in Lithuania was opened. This successful idea came from Germany, and this idea came true with workers and sponsors financial help.

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Plungè diabetes club celebrated Sunday after Easter. Traditionally, they gather together and pleasantly communicated with each other.

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This is information about health passport “DIABETES“. Instruction how to fill up a form is given here. Volunteers can get this passport in LDA, diabetes clubs.

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The role of the patient's in diabetes care

Diabetes is different from other diseases, because the main role is given to the patient. Only patient, on his own, can reach good results in treatment process. If he is not able to take care of himself, other efforts will not give a result. In this article you can find useful information about HbA1c trials, recoverable insulin, insulin pumps, diagnostic strips.

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The Ministry of Health of the Republic of Lithuania

Order

“Due to the orthopaedic technical implements, which are recoverable from Compulsory health insurance fund budget and the list of basic costs confirmation“

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Here is given a table with a comprehensive list, which explains how orthopaedic technical implements are compensated.

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Here is a table “People with diabetes type 1 and type 2 control“. In addition to this, all target indexes and suggestions, how often is advisable to do various trials, is recommended in the table.

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Health is nature's gift to us

Article is prepared by dr. Mr. R. Samuolienė. Here is a picture of tea “GlucosCare“. The instruction, how often is recommended to drink tea and what benefits we get author gives in this article.

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What you should know about glucose control and insulin therapy

Millions of people suffer from diabetes, use insulin, drugs every day. Those people have to study all their life, be motivated and interested in this disease. In one word, have to be strong enough. 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. In this article is given explanation of insulin and different type of insulin. Furthermore, the main objects, which should be known in order to keep a good glucose concentration.

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Ozone salve, otherwise called ozonized or ozonated oil, has been used to kill infection and oxygenate tissues. Ozonides, the active component in ozonated oil, have been excellent for reliably cleaning up infection where other compounds fail. About the benefits of ozonated olive, especially in diabetes treatment, you can find in this article.

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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.

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