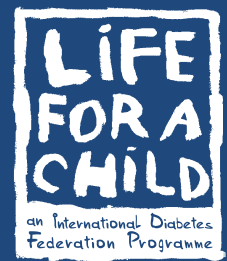


LIFE FOR A CHILD WITH DIABETES

the International Diabetes Federation's child supporting programme



Update n° 31 | February 2017 | BOLIVIA

Laura (type 1 diabetes) and her family in Bolivia



No child should die of diabetes



International Diabetes Federation

in partnership with



diabetes nsw & act

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The IDF Life for a Child Programme would like to thank its major donors:



TRIVIDIA HEALTH.



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BOLIVIA

Katie Souris, a post graduate student from the USA, visited the LFAC supported center in Bolivia to look at the challenges facing young people with diabetes, and investigate the possibilities of peer support.

Katie was struck by the resilience shown in the young people she met. The cover picture shows the temporary home of two sisters with type 1 diabetes. Temporary, because the family has to move once the sheep eat all the available food. Laura, wearing the rainbow hat, front right, herds the sheep every day.

Katie also described some heart-rending stories: Carlos, a 24-year-old who dreams of being a high school teacher. He has not only lost all of his teeth, but has also undergone cataract surgery. Cecilia was diagnosed age 8, is now 14 and completely blind.



Katie, bottom left, and one of the families

MAKING DREAMS COME TRUE IN THE DEMOCRATIC REPUBLIC OF CONGO

For many years, citizens in the Democratic Republic of Congo have been forced to live with the challenges of political instability and intermittent civil war. Accessing essential diabetes care can be very difficult and 'extras' such as kids' camps are usually beyond the wildest dreams of young people living with diabetes.

In 1999, Alfred Kakisingi co-founded the Association des Diabétiques du Congo, where he and his colleagues work tirelessly to provide young people with the insulin, tools and education they need.

LFAC recently worked with Mr Kakisingi to make the dream of a camp a reality for 30 young people with diabetes. The campers visited three lakes in the area - Lake Vert, Lac Noir and Kivu Lake - and received much-needed education on how to manage diabetes.

These excursions are a perfect way for campers to meet others living with diabetes, feel less isolated, and learn about diabetes management in a safe and inclusive environment. "The excursion has been a wonderful experience for both the youth and the trainers," said Alfred.



Happy Campers



Graham (back middle) with children and health professionals at NICH

PARTNERS IN PAKISTAN

LFAC supports over 750 children in Pakistan across three diabetes centers. The centers are doing excellent work, projecting care, not only in Karachi, a mega-city with a population approaching 20 million, but across the country.

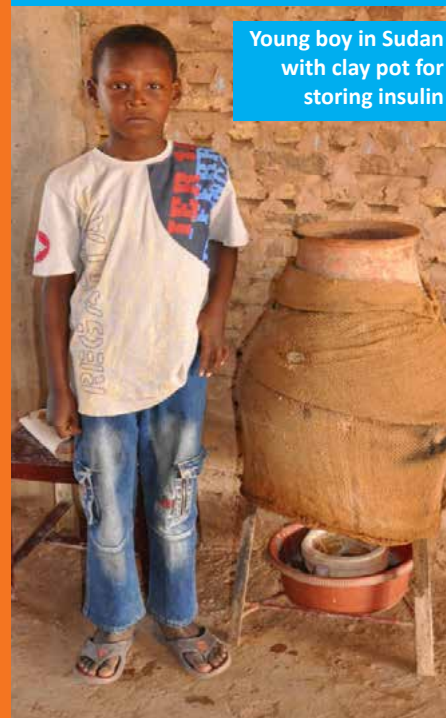
LFAC is committed to working with the centers to share information, collaborate and improve care for young people living with diabetes.

As part of this commitment, LFAC Education Manager Angie Middlehurst was a member of the faculty at a workshop marking the inauguration of the Pakistan Society for Paediatric Endocrine Society. Dr Graham Ogle recently visited the National Institute of Child Health in Karachi (NICH) to meet with some of the children we support, and the doctors caring for them. In mid-2016, Graham spoke at a conference to mark the 20th anniversary of the Baqai Institute of Diabetes and Endocrinology.

KEEPING INSULIN COOL

Imagine not having a refrigerator to store insulin! This is the situation for many young people in less-resourced countries. Clay pots are often used as an alternative to refrigeration.

No one really knew how efficient these alternative methods were so LFAC conducted a study to find out. Thirteen devices including clay pots, a goat skin, a vegetable gourd, a bucket filled with wet sand and commercially manufactured cooling wallets were compared.



Young boy in Sudan with clay pot for storing insulin



LFAC Steering Committee: Prof Martin Silink (Chair), Sturt Eastwood (Co-Chair and CEO, Diabetes NSW), Dr Shaukat Sadikot (President, IDF), Dr Nam Cho (President-Elect, IDF), Dr Ragnar Hanås (Department of Pediatrics, Uddevalla Hospital, Sweden), Dr. Graham Ogle (General Manager, IDF LFAC).

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