



PROGRAM UPDATE ³⁴

Your generosity in action

Country focus: UZBEKISTAN



Olma, Uzbekistan.

Life for a Child supports over 400 young people in Uzbekistan.

"I don't like it, its hard work" Akbar age 12. Summed up in an honest and simple way, this is how he feels about having diabetes. Akbar was speaking to a room of 40 doctors and nurses at a training workshop in Uzbekistan.

Life for a Child Education Director, Angie, asked Akbar's mother how she felt when her son was diagnosed two years ago. "I was shocked." She held her son's hand tightly and was close to tears, noticeably grief-stricken.



Akbar tells his story

The voice of the patient and parent can, unintentionally, often be forgotten on busy clinic days. The workshop was an opportunity for families supported by the program to explain the emotional impact of diabetes to the health professionals caring for them.

Saffiya is 15 years old, and along with having type 1 diabetes, she has sensorineural deafness. Saffiya's mother said that the diabetes diagnosis was 'a terrible shock to the entire family'. Angie asked Saffiya's mother if she would like to send a message to the health professionals in the audience.

Emotionally she exclaimed,

"To you, we are one of many... to us, diabetes is our life".



Saffiya and her mum

Focus on Ethiopia

Along with Dr. Graham Ogle, long-time supporters of the program, Professors Fran and Neal Kaufman, undertook a review of the services and supplies available to young people living with diabetes in Ethiopia. Travelling to hospitals and health centres around the country, they met some amazing people and heard both upsetting and heart-warming stories. Fran and Neal wrote a fascinating trip report detailing their journey, you can read it by visiting the news page of our website - bit.ly/2LfvgH1.



Self-Monitoring of Blood Glucose



"Physical pain can deter self-monitoring blood glucose, and this is more problematic in countries where modern multi depth lancets are not always available, and 'old fashioned' lancets, or injection needles are used for finger pricking."

Just one of the findings from a new review written by Life for a Child and published by The Lancet Diabetes and Endocrinology. The review looks at a range of factors including, cost, availability, technological trends, and non-financial barriers and recommends policy and practical changes to improve access to these essential supplies worldwide.

Aadita - Newly Diagnosed

"Today it was a very hard day for our team, as Aadita, a 14-month old girl was admitted at our clinic. Both her parents are very poor and uneducated, and the family lives in a remote, rural area of Rajasthan. They don't have electricity in their village and no good roads to connect their village to nearby towns and cities. Our team educated the whole family, including the grandparents, about insulin injection technique and blood glucose monitoring, hypoglycaemia and general management of type 1 diabetes." Dr. Ramchandani, India.

Life is going to be harder for this young family from now on. However, thanks to your donations, Dr. Ramchandani and his team were able to supply Aadita's family with supplies and education, and the family will return to the clinic regularly for follow up.



Aadita and her mother

Insulin for Syria

Young people living with diabetes in Syria are desperate. The war has forced many health centres to shut down, insulin distribution centres have been destroyed and the price of insulin (even if it can be found) is now so high that most families can't afford it - especially those who have been forced out of their homes.

Life for a Child has been working with partners, the Syrian American Medical Society and Direct Relief to deliver 15,500 vials of insulin to more than 700 children and young people.



Life for a Child supplies being unloaded



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