



IDF-Europe

Newsletter IDF-Europe no.1

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A letter from the President:

Dear friends,

2002 has seen many changes and developments in the European region of IDF. Our annual meeting held in Limassol was very well attended by our Member Associations' delegates and proved a great success! IDF-Europe has also recently been involved in several highly publicized campaigns to raise public and political awareness about diabetes. The events and successes obtained at the European Parliament in Brussels and Strasbourg were just some of the highly successful enterprises that emphasized the importance of diabetes awareness. The member associations also did a wonderful job in organizing events for World Diabetes Day and publicizing the issue of diabetes at a national and international level. I would like to warmly thank all those involved in World Diabetes Day 2002, and especially all the diabetes member associations, hospitals, ministries of health, diabetologists, ophthalmologists and participants who contributed to making World Diabetes Day this year so successful.

I would also like to stress the importance of this new start for our Newsletter n°1 and thank all of you who are contributing to its success. Enjoy reading it!

In the name of IDF-Europe, I would like to wish you and your loved ones a happy and successful New Year 2003!

Prof. Massimo Massi-Benedetti
Chair IDF-Europe

IDF-Europe News

IDF-Europe Annual Meeting, 11-13 October 2002, Limassol, Cyprus

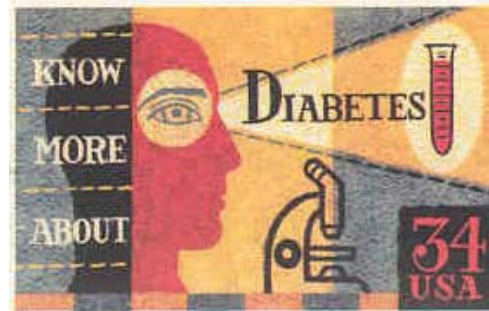


The meeting included different sessions over the 3 days that highlighted the role of European diabetes associations in the prevention and quality of care of diabetes, explored the human and social rights of diabetes, and explained the evolution of IDF-Europe within IDF Global. Several workshops were also held, including a diabetes awards ceremony where several diabetes associations and corporate partners were recognized for their support and contribution to the issue of diabetes. There were also two personal recognition awards given to Kurt Clemmensen for his services to IDF and to Professor Harry Keen for his longstanding commitment to diabetes in Europe. Changes in our statutes were accepted and we saw the election of our first President-elect: Dr.W.H.J.M.Wientjens of the Dutch Diabetes Association.

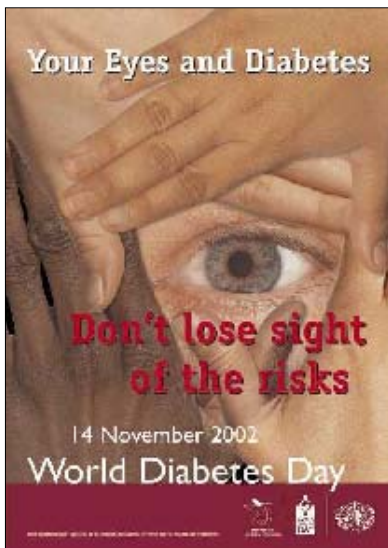


Diabetes stamps

Some countries have created stamps that underline the issue of diabetes, such as this stamp from USA. This is a simple but effective way of raising diabetes awareness on a national and international level. If your country has developed "diabetes stamps" or if you know of some, please scan them and send them to us, and we shall be pleased to put them on our website. Furthering this idea, we are looking into the possibilities of creating a European diabetes stamp contest. People with diabetes from Europe could be encouraged to create ideas for a "diabetes stamp". These would then be judged and the winner would have their idea placed on a stamp. Any ideas you have about this would be most welcome; please send your views to ponraed@idf-europe.org.



World Diabetes Day 14 November 2002



IDF-Europe organized two immensely successful events at the European Parliaments in Brussels and Strasbourg for World Diabetes Day. On 5th November 2002, MEP Mary Banotti and MEP John Bowis joined IDF-Europe in arranging a round table on diabetes in the European Parliament in Brussels. The roundtable, which highlighted the urgent need to address the 'diabetic timebomb' in Europe, was considered a great success by all participants: patients, doctors, scientists and politicians. As one of the main conclusions, the Members of the European Parliament present agreed to set up an informal diabetes working group to address issues related to diabetes in Europe and identify action. Prof. Massimo Massi-Benedetti, Chairman of IDF-Europe secured full support from the Federation to the activity of the newly formed working group.

Chair of the European Parliament's Health Intergroup, MEP Heidi Hautala confirmed that diabetes should be back on the European public health agenda. The event was supported by the European Association for the Study of Diabetes (EASD), the World Health Organisation (WHO) and the Federation of European Nurses in Diabetes (FEND).

At the European Parliament in Strasbourg, IDF-Europe offered free blood glucose tests and eye examinations from 19-21 November 2002. It was a tremendous achievement, with 636 blood glucose tests and 190 eye examinations given. Among those tested were the President of the European Commission Romano Prodi (see picture), the President of the European Parliament Pat Cox, and the European Health and Consumer Protection Commissioner David Byrne. David Byrne also made a statement warning of an alarming rise in diabetes in the European Union. "The estimated prevalence of diabetes has increased by nearly 20% over the past decade. This represents a major public health challenge for the EU and its Member States. The new EU public health action programme for 2003-2008 will enhance the ability to track and analyse disease trends. The Commission will play a positive role in helping Member States analyse why this alarming rise in diabetes has occurred, and how it can be addressed".





IDF-Europe Regional News

Eastern European Countries



◆ To celebrate World Diabetes Day, the **Azerbaijan Diabetes Society (ADS)** convened a national conference entitled “Diabetes and the Eyes.” The conference was organized together with scientific societies of endocrinologists and ophthalmologists, the State Committee for Women’s Issues and the Diabetes League. The main goal of the conference was to draw the attention of the mass media and the government to the increasing problem of diabetes. The participants agreed to provide co-operation between governmental, non-governmental and scientific structures to meet the needs of people with diabetes.

◆ The **Diabetes Association of the Republic of Kazakhstan (DARK)** held a conference on retinopathy in Astana, the capital of Kazakhstan as part of World Diabetes Day. Over 300 healthcare professionals from Kazakhstan, Russia, Uzbekistan and Kirghizia attended the conference.



◆ The **Georgian Diabetes Federation**, as part of World Diabetes Day, organized blood checks and consultations in four main Endocrinological centres of Tbilisi. They also arranged a meeting to discuss the issue of diabetes awareness with the Public Health Minister, Members of Parliament and Pharmaceutical Company Representatives. The meeting was broadcast on three national television programmes. Furthermore, the founder of the Georgian Diabetes Federation Professor Ramaz Kurashvili was awarded with the State Order of Honour for his long dedication to diabetes in Georgia.

Western European Countries

◆ Due to the increasing prevalence of diabetes worldwide, **Diabetes UK** has compiled, with the help of the Wellcome Trust, the first-ever publishing of a new review of research into diabetes in the UK. ***Current and Future Research on Diabetes in the UK*** looks at all research on the condition. This is in terms of identifying research opportunities in diabetes ranging from molecular genetics and cell biology, including stem cells, to patient self-management and health services research. The review is intended as an aid to the development of future research into the condition. Other funders of research into diabetes plus academic and clinical groups should also find the review of interest.

For more information visit www.doh.gov.uk/nsf/diabetes/research

◆ The **Icelandic Diabetes Association**, in partnership with **The Danish Diabetes Association**, have started a campaign to find people in Iceland who are unaware that they have diabetes. Posters and booklets about diabetes and its risk factors were distributed to all GP’s and drugstores in Iceland. To raise further awareness, members of the Icelandic Diabetes Association participated in several radio programmes about diabetes.

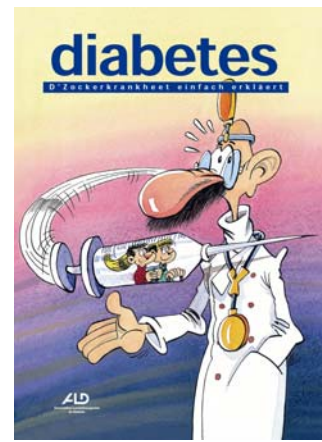


◆ **The Luxemburg Diabetes Association** organized 2 national conferences for World Diabetes Day. One conference focused on eye complications related to diabetes, and the other highlighted the project DIABETES 8000. As part of this project, a male member of the association who has type 1 diabetes is talked about his preparation to climb the Cho Oyu (8201m) in 2004. He has previously reached the top of Mount Mc Kinley (6193m) in Alaska. (see photo)

The association was also involved in the publication of a new book on diabetes. The association has produced this together with a famous cartoonist (see picture). The book covers all aspects of Type 1 diabetes and its treatment, and it has been illustrated with funny cartoons and comments in German.

For more information about these projects visit www.ald.lu

◆ A special committee entitled **DiabetItalia** composed of 9 diabetologists of different ages, regions and positions in Italy was established in September 2002. The committee's purpose is to develop public awareness of diabetes in Italy, and one of its first main projects was World Diabetes Day. Two workshops were organized which effectively emphasised the need for greater public awareness of diabetes in Italy, and also stressed the importance for public intervention to reduce the burden of diabetes and prevent a 21st century epidemic of diabetes. Many other World Diabetes Day events took place all over Italy, but the event that perhaps generated the highest enthusiasm was organised on 17 November. Over 170 Italian diabetes centres took part in a national diabetes awareness campaign. A remarkable 30,000 blood glucose tests were performed, while hundreds of patients with previously unknown diabetes were discovered.



◆ The **AMD** has decided to implement an educational grant of 30.000 Euros in order to let some foreign diabetologists spend an internship period in Italian Diabetes Units. AMD is seriously concerned in increasing cultural and scientific exchange about health delivery care systems and their organization.

◆ The **Fundación para la Diabetes** organized a meeting on 19 October in Madrid that addressed the need for better relationships among the diabetes associations in Spain. Entitled CLAVE 2002, it was organized in partnership with the FED.

For more information visit the newly developed association website, www.fundaciondiabetes.org

◆ **InfoDiabâ** distributed 20,000 free copies of their association bulletin, 'Boletín InfoDiab n° 16' to diabetes organizations all over Spain in November. The issue gave information about World Diabetes Day 2002 and encouraged the associations to get involved in the event.

◆ The **Cyprus Diabetic Association** organized its 11th International Camp for Young People with Diabetes in Ayia Napa, Cyprus from 5-12 July 2002. It was a great success with children enjoying many different activities such as scuba diving, snorkeling and abseiling. For more information on summer camps in Cyprus and if your association is interested in participating in the creation of a European summer camp in 2003, please e-mail econstan2@cytanet.com.cy .





Central European Countries



◆ The first **IDF-Europe Central European Countries Sub-regional Meeting** was held in Cluj-Napoca, Romania, on 17 November 2002. The meeting was organized as part of the policy of IDF-Europe to facilitate the sub-regional initiatives in order to improve the life of people with diabetes. A Romanian-Hungarian Working Group was established to promote common programmes relating to diabetes and metabolic syndrome in Romania and Hungary.

Participants of the IDF-Europe Central European Countries Sub regional meeting

Two initiatives of the Working Group were proposed:

1. The screening of metabolic syndrome will be included in centres in Budapest, Hungary, and Saty-Mare, Romania.
2. Hungary will participate in the EPIDIAM Programme (Epidemics of Diabetes) which Romania has been involved in since 2000.

◆ The **Slovenian Diabetic Association** was involved in several radio programmes about diabetes on World Diabetes Day which were broadcast on 5 national radio stations. They also organized a diabetes awareness ceremony in Novo Mesto, a town in the southern part of Slovenia. The Minister of Health of Slovenia attended the meeting, which helped publicise the event to an even greater level.

◆ The **Croatian Diabetes Association** has recently published a new magazine entitled “Diabetes-Sweet Life.” The magazine is aimed towards people with diabetes and contains information on leading a healthy active life. Short summaries in English are provided for some of the articles.

The association organized a round table talk about the Croatian National Diabetes Programme on World Diabetes Day. The National Diabetes programme has been in existence for almost 40 years, but this year the emphasis was placed on the issue of diabetic retinopathy and eye complications.

For more information, visit our website at: www.idf-europe.org

If you have any diabetes related news that you would like to share with the rest of IDF-Europe, please send us the information either by e-mail to ponraed@idf-europe.org or fax +00 32 2 537 1981 and we shall be pleased to include it in our next newsletters.

Newsletter Editor: Victoria Rugg