



IDF-Europe

Newsletter IDF-Europe no.3

July 2003

IDF- Europe, Avenue Emile De Mot, 19, B-1000 Brussels, Belgium
Tel 32-2-537 1889 Fax 32-2-537 1981 www.idf-europe.org

Dear friends,

It is with great pleasure that I present you with the third IDF European newsletter, just before our European Annual General Assembly and the IDF Paris 2003 congress meeting. As I shall soon be leaving the Chair of the European region, I am proud to underline all the numerous activities that we have been developing together during these last six years.

IDF-Europe is now a recognised organization and the main contact organization/people to speak to when politicians, officials and people need to discuss the issue of people with diabetes in Europe. A lot of work has been done at the EU level: diabetes having been reintroduced as a priority in EU research, the EU diabetes working group at the European Parliament, the awareness raising events last November with Romano Prodi, Pat Cox, David Byrne and a number of Members of the European Parliament in Brussels and Strasbourg. The EU diabetes working group is going well and it should have an exiting future ahead.

We have improved our communications with you, our members, the people with diabetes and the stakeholders. We now have a website and a good newsletter. Please check our website at:
<http://www.idf.org/home/index.cfm?unode=3B96FA5A-C026-2FD3-872815EAD5BCE726> .

We are starting to revive some National Diabetes Plans in Europe with the help of our member associations, under the idea of the St Vincent Declaration and we now have an SVD manager to help us enclose this dimension in all our activities. We also now have meetings inside our region: the recent meetings are discussed in this newsletter and are just some examples of the vitality of our organization in various geographic areas. You will find more detailed information on this past year's activities in our yearly report which will soon be available on our website.

We started 6 years ago with a budget of 10,000 USD, and we now have a self-supported budget of over 350,000 euros and have developed strong and close relationships with more Corporate Partners and sponsors every year. This is not to forget mentioning the generous donations from some of our member associations.

Even if a lot still needs to be done, a lot of good things have been accomplished. Thank you for your past support. Enjoy reading our newsletter and I look forward to seeing you in Paris soon.

Prof. Massimo Massi-Benedetti
Chair IDF-Europe

IDF-Europe Regional News



➤ IDF-Europe Communications Task Force Meeting, 12 July, Zagreb, Croatia

The objective of the meeting was to discuss ways of improving communication within the European Region of IDF. This focused especially on web communication, and the policy and future development of the IDF-Europe website was reviewed. It was important to establish the audience of the website, since this provides a context for further development of the site. Therefore it was decided that an easy-to-complete form will be implemented which will give visitors an



opportunity to provide information as to which audience/group they belong to. It was also agreed that possibilities would be considered in providing centralized functionality within the site, such as a calendar of events and access to an online payment system. The issue of the translation of the website was also considered.

➤ **EU MEDA Programme Meeting, 24-25 May, Catania, Sicily**

IDF-Europe organized a Mediterranean meeting on the EU MEDA programme on 24-25 May that brought together some 20 representatives of 15 different associations representing 14 countries/regions. The meeting took place in Catania, Sicily. The workshop was organized in close cooperation with the IDF African Region and the IDF EMME Region (Eastern Mediterranean and Middle East). The meeting focused on 'MEDA', a programme launched by the European Union for the implementation of the Euro-Mediterranean Partnership. The main objective of the workshop was to explore opportunities for a diabetes project under the MEDA programme and to find agreement on a common project theme among the participants. Overall, this MEDA workshop aimed to be a 'model' for exploring opportunities in similar EU programmes focusing on other parts of the world, e.g. Africa or Central and Eastern Europe. The workshop concluded with a strong and positive agreement on a common approach: participants agreed that cooperation and coordination with a leading role for IDF Europe would increase the chance of success with the MEDA programme.



➤ **1st EEC Meeting, 6-8 June, St Petersburg, Russia**

On the 6-8 June, the first Eastern European Countries meeting of the diabetes associations of Azerbaijan, Belarus, Georgia, Kazakhstan, Kyrgyzstan, Russia and the Ukraine was held in St Petersburg. The objective was to devise means of implementing national diabetes programmes and events similar to the initiatives undertaken at EU level. Due to joint actions of the Eastern European

diabetes associations and the board of the IDF European Region it was possible to convince the Inter-parliamentary Assembly of the CIS to make diabetes one of its priorities. The President of the Inter-parliamentary Assembly of Member Nations of the Commonwealth of Independent States (IPA) is going to visit the European Parliament to discuss the issue of diabetes and to determine concrete and feasible means of helping people with diabetes in Eastern European countries. A successful IDF-Europe Board meeting was also held in St Petersburg.

➤ **Forthcoming Regional Events**

A successful 1st meeting of the **European Union Diabetes Working Group** was held in Strasbourg last April. The second meeting will be held in Strasbourg on 2 September 2003, tackling the issue of diabetes and discrimination. A report on discrimination for people with diabetes in Europe will be presented by Dr Tony O' Sullivan. Participants will also take a look at the EU Commission anti-discrimination laws and will see if further proposals can be made. The following meeting will be held in



the Brussels EU Parliament on the week of 5 November 2003, on the occasion of World Diabetes Day and will deal with the issue of diabetes in Enlargement countries. The event will also include an exhibition and a reception at the parliament.

The next **IDF Europe Annual General Assembly** will take place on 24 August from 9.30 to 12.00 in the Paris Palais des Congrès. For more information please check our website or contact our Brussels office on info@idf-europe.org

IDF-Europe Association News

◆ **The Belarus Diabetes Association** recently took part in a large festival in one of the oldest cities of Belarus - Nesvizh. Young representatives from the Association performed a presentation of the 'History of Diabetes Diagnostics and Treatment: from Middle Ages to the Present.' There was also a 'diabetic kitchen' where members of the Association prepared diabetic dishes for the general public. A seminar on "Diabetic nephropathy: pathogenesis, early diagnostic and monitoring" for endocrinologists, nephrologists and general practitioners was also recently held in Minsk.

◆ **The Cyprus Diabetic Association** recently held its 11th International Camp for Young People with Diabetes at Ayia Napa, Cyprus during the month of July. Children with diabetes aged between 15-18 years took part and participated in a range of activities, including swimming, scuba diving and water sports, plus trips to museums and archaeological sites. The President of the Turkish Cyprus Diabetic Association visited the camp, which was organized by the Greek Cyprus Diabetic Association. For more information on the camp please contact Mrs Loulla Constantinidou at econstan2@cytanet.com.cy



◆ **The Dutch Diabetes Association (DDA)** recently organized a huge four-day walking event called the "Nijmeegse vierdaagse". Over 44,000 participants from more than 60 different countries could choose to walk a distance of 30, 40 or 50 km per day for four days in a row.

In December 2002 the DDA started the promotion of the walking activity. Fifty people received a training schedule for 7 months with a total walking distance of 600 kilometres. Besides training, they also received a broad range of information about extreme exertion and the possible consequences for the "tuning" of the

treatment for the diabetes.

Only five people didn't finish on the fourth day. Huge blisters were the main reason for the involuntary ending of the event. Altogether, forty-five people with diabetes crossed the finish line, wearing a T-shirt with the text: "I run on insulin". Impressive and certainly a statement that people with diabetes can do anything!

◆ **The Georgian Diabetes Association** held its first 3-day course on diabetes and its complications for diabetes nurses on June 13-15. Although diabetes nurses do not exist as such in Georgia, the course showed how important it is for training in this area. The course received high evaluation by students and medical college representatives and it was decided that it would be given to 2-3 graduate students, twice a year. In July, approximately 1,200 physicians were registered for the Kobuleti Education course. One day was completely dedicated to diabetes and around 150 physicians attended the lectures. The day focusing on diabetes education day received one of the highest grades (physicians were tested before and after the lectures).



The first website in Georgian about diabetes and its late and early complications, prevention, diagnosis and treatment has recently been launched. Many aspects of life with diabetes are discussed, including healthy eating, physical activity, and products used in diabetes. The website is www.diabet.ge. The site is sponsored by Novo Nordisk, Solvay Pharma, Servier Lab. Aventis and Berlin-Chemie. Finally, a new version of Diabetes Magazine (in Georgian) is being published. If you would like to receive this, please contact diabet@access.sanet.ge

◆ **The Hellenic Diabetes Federation (HDF)** will hold its annual summer camp for children and adolescents with diabetes on 4-20 August 2003, at Mt. Pentelikon in Attica, 25 km from Athens. The camp will consist of 60 campers aged 7 to 15 from all over Greece and 10 camp leaders along with specialist diabetes nurses and doctor as staff. The camp is organized by the Panhellenic Association against Juvenile Diabetes (PEAND) of Athens in association with the Childrens Hospital "P & A Kyriakou". In addition, an annual gathering of young people with diabetes from all over Greece will take place on October 5, 2003 at the city of Vouliagmeni in the suburbs of Athens. During the meeting, round table discussions with diabetes specialists will be held in addition to athletic games for the children and other social events for the families.



◆ **Help people with diabetes in Angola.** The Portuguese Diabetic Association has informed us of the problems in Angola. Angola has been devastated by war and its consequences. One of these consequences facing people with diabetes is the lack of medical supplies and education services, as well as late or often missed diagnosis of diabetes in the first place. The Protective Institute of Diabetics in Angola (IPDA) has recently been formed to help people with diabetes in Angola. The IPDA welcomes the support of other diabetes associations around the world to help the diabetes community of Angola. **For more information** please contact diabetes@apdp.pt



◆ **The Israel Diabetes Association** held its annual fundraising day on June 3. Many hundreds of schoolchildren went door to door for a fundraising campaign bearing the slogan of "Diabetes is not a preordained future". The slogan was volunteered by the "Zur Hachmon" Advertising Agency, which also helped to produce posters, T-shirts for the fundraising children and other advertising means. The Association has also acquired a "Diabetes Van" designated to conduct diagnostic tests among the population, particularly in remote areas far away from city centres. The van is equipped with the most up-to-date instruments and a professional team conducting tests and

offering consultations free of charge.

On June 2, a special issue of the Association's journal was published in the *Ma'ariv* newspaper as an insert for the newspaper's subscribers throughout Israel. Also that day a special television programme where diabetes experts responded to viewers' questions was broadcast live on all cable channels. Moreover, activities involving the Association's van were also held throughout Israel. The Diabetes Fair has already become a tradition on the fundraising day. Pharmaceutical and auxiliary medical equipment companies, food companies and companies presenting accessories and instruments geared to enhance quality of life participated in the fair. Top experts on diabetes gave lectures and pedicurists gave free foot treatments to the participants.



◆ **The Diabetes Association of the Republic of Kazakhstan (DARK)** organized a round table discussion with the title 'We are Together Against Diabetes-Prevention of Diabetes and its Complications-our Priority' in June 2003. The representatives of the city authorities, healthcare departments and people with diabetes and their relatives discussed studies of people with diabetes. On 24 - 26th July, DARK conducted their third 'Open Kazakhstan Diabetes Sports Festival', where sportsmen with diabetes from Kazakhstan took part, as well as a team from Uzbekistan. The overall champions were sportsmen from North Kazakhstan, East Kazakhstan and Semipalatinsk.



◆ **The Lithuanian Diabetes Association** recently organized the fourth meeting of the Baltic Diabetes Associations 'Together we are Stronger' on 6-7 June. The main topics of the meeting were discussing the activities of all the associations over the last few years, the status of National Diabetes Programmes, diabetes awareness, insulin and drug availability and the involvement of the local authorities and governments.



◆ **The Maltese Diabetes Association**, with the support of the Ministry of Health and HSBC Cares for Children Fund, has recently held its annual summer camp for children with diabetes. The camp was held at Mount St. Joseph Retreat House in Mosta, Malta on 7-11 July. The attendance for this camp was highly successful and over sixty children, aged between 5-17 years took part. The camp included educational programmes, workshops, as well as recreational activities such as football, swimming and sailing. The camp was supervised on a 24-hour basis by volunteers, including diabetes specialists.

◆ The Portuguese Health Minister has accepted the proposition of the **Portuguese Diabetic Association** to increase the financial support for self-control material for people with diabetes. Until now, people with diabetes paid 25% of the standard price, and after a new deal with the pharmaceutical industry they now pay 15%. A National Committee composed of the Health Minister, the Portuguese Diabetic Association and the Portuguese Society of Diabetologists has also been formed to evaluate the needs of Portuguese people with diabetes.



◆ **The Slovenian Diabetes Association (SLODA)** organized a sports and recreation meeting for people with diabetes and their families in Hrastnik, in the central part of Slovenia on 31 May this year. It was held under the patronage of the president of Slovenia Mr. Janez Drnovšek and Health Minister Professor Dr. Dušan Keber. Overall, there were nearly 1,200 participants competing in 11 sports.

◆ **The Ukrainian Diabetes Federation** is organizing for the first time in the history of the IDF a superb sport event: a bicycle trip for people with diabetes to travel from Kiev to Paris in time for the IDF Congress this August! Countries visited are: Ukraine, Slovakia, Austria, Germany and France between 11 and 29 August. For more information, support and sponsoring contact Valentina Ocheretenko at ocheret@i.com.ua to

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 info@idf-europe.org or fax + 32 2 537 1981 and we shall be pleased to include it in our next newsletters.

Pascal Onraed
Regional manager

Victoria Rugg
Newsletter Editor