

diabetes **WATCH** philippines

A Publication of the Diabetes Philippines

January to June 2018
Year MMXVIII, No. 1

A Home @
60

FEATURED ARTICLES /

- A New Home for Diabetes Philippines
- Stroke Prevention in Diabetes
- Breakfast Tips for Type 2 Diabetes
- Summer Diabetes Camp 2018



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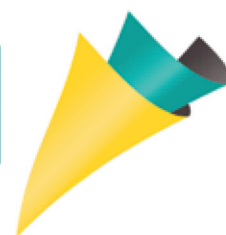


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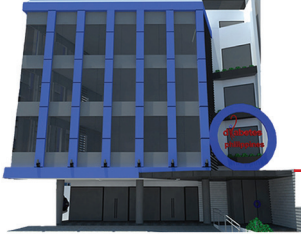
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SPECIAL FEATURES



7 A New Home for Diabetes Philippines

2018 was a banner year for Diabetes Philippines. This esteemed organization celebrated its Diamond Year AND inaugurated the place it can call its own.



15 Stroke Prevention in Diabetes

Diabetics are more prone to getting heart attacks and strokes. Learn the critical signs and symptoms of a stroke and how you can minimize your risk of getting this debilitating disease.



18 Breakfast Tips for Type 2 Diabetes

Easy, practical ways to maximize the most important meal of the day. A couple of interesting recipes follow. Try them out!!



20 Summer Diabetes Camp 2018

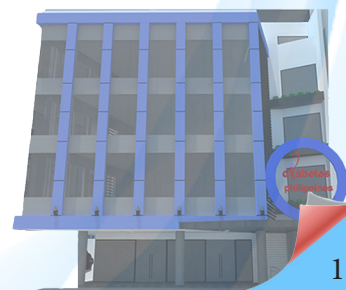
Vacation is always the best time for kids. Summer camp helps children with diabetes cope with their disease. Read how one patient now volunteers for this very special camp.

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OUR MISSION

To be the prime mover of effective prevention and excellent diabetes care in the Philippines.

OUR VISION

Better quality of life for Filipinos with diabetes.

OUR VALUES

INTEGRITY

Above all, the nobility of our purpose. We serve patients, pursue education and conduct research with zeal and without regard for personal gain. Honesty and transparency rule our behavior in relating with fellow members, partners, supporters and other stakeholders of our organization.

EXCELLENCE

Passionate workers, we expect from our selves only the best effort. We continuously upgrade our knowledge and skills, adopt ever-improving technologies, and expand the reach of our services to attain our vision. Our mentors, generous with their knowledge and time, model excellent leadership.

EXCELLENCE

We work as one for the common good, enjoying the camaraderie, observing respect and maintaining loyalty even in dissent. We partner with institutions and other specialties that aim for the same goal. Caring for everyone's well being, we make work pleasant for members and staff.

COMMITMENT

Persistent in our search for solutions to diabetes, we have selflessly devoted five decades to the improvement of diabetes care, education and research to prevent the onset of the disease in high risk individuals and the complications in those already afflicted by it. We take on responsibilities with diligence until their successful conclusion.



YOUR PRESIDENT SPEAKS

It gives me great pleasure to welcome all of you to this glorious and momentous day - the dedication and blessing of the building of Diabetes Philippines. This is not just a building of the Organization: it is the new home for all diabetes advocates all over the country. This is Your Home too.

It took 2 years for this building to finally be completed - but I know it took more than that for this dream to come true. This year, Diabetes Philippines will celebrate its 60th year. I want to believe that the dream of having its own home is as old as the existence of our organization.

There were many honorable past Presidents of DP who were truly instrumental in the fulfilment of this dream: and we are honored that some of them have joined us today - Dr. Augusto D. Litonjua, Dr. Tommy S. Ty Willing, Dr. Susan Yu-Gan, Dr. Editha A. Dalisay, Dr. Richard Elwyn V. Fernando and Dr. Rima T. Tan. They dreamed the dream, and they all contributed significantly towards the realization of this dream that became a reality. We want to sincerely thank all of them. Maraming maraming salamat po!

I am so fortunate and honored that the building was completed under my term of office and I want to thank all of you for being here today to witness the unfolding of a dream that came true. Our previous leaders started this and we pursued and completed this ambitious task. Thank you for your continuous support to DP. We are honored by your presence on this lovely day.

I want to thank my hardworking officers and Board of Trustees of DP - Dr. Grace K. de los Santos, Dr. Francis I. Pasaporte, Dr. Fatma I. Tiu, Dr. Marsha C. Tolentino, Dr. Maria Marci C. Cruz, Dr. Nines P. Bautista, Ms. Leyden V. Florido, Ms. Jennina A. Duatin, Ms. Marippee P. Genato, Ms. Evangeli A. De Jesus, our Immediate Past President Dr. Rima T. Tan, and our secretariat Ruth and Julie, for sharing with me the dedication and passion to achieve what seemed to be an impossible dream. Thank you for the hard work, for

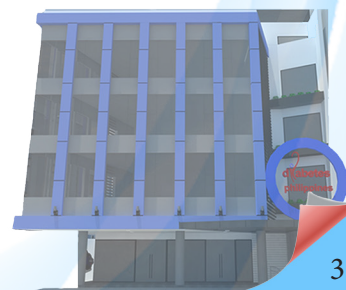
the inspiration, and for believing that together, we CAN do this. Not many medical organizations in the country have their own building. We take pride in being among the privileged few. Congratulations for a job well - done! I am so proud of all of you. I am very proud of our new home!

Diabetes Philippines is a proud and active member of the IDF - the International Diabetes Federation. We are very privileged that the IDF has granted us permission to use the blue circle for our signage which is the symbol of the International Diabetes Federation. I am certain that we maybe among the 1st ones all over the world that was allowed use of this symbol for a building. We thank the IDF for this.

Today, we are very happy and proud to celebrate another milestone in the history of Diabetes Philippines. On this day, we open our doors to all of you as we continue pursuing and fulfilling our advocacies, our mission, our vision. Welcome to Your new home - Our Home. Welcome to the Home of Diabetes Philippines.

Mabuhay ang Diabetes Philippines!

Agnes T. Cruz, MD, MS, FPFP, FPSN
President
Diabetes Philippines, Inc.



From the EDITOR'S DESK



G

reetings!

January to June 2018 was a hectic time for Diabetes Philippines. A total of three workshops were conducted in the first half of the year, bringing the officers, board and staff of DP north to Baguio City in February, then to Legazpi City in June. All in all, 681 delegates attended these 3 workshops, fulfilling DP's advocacy of bringing diabetes awareness and education nationwide.

In mid-May, a special general membership meeting was called for the ratification of the amended constitution and by-laws of DP. And finally, last June 10 was the Blessing and Inauguration of the newly built DP building at Boni Avenue. Expectedly, there were so many details and finishing touches to be completed before opening its doors to DP's past leaders, members and ever-loyal pharma friends. That was truly a proud and memorable day for Diabetes Philippines!

Articles on Stroke Prevention and Healthy Breakfast Tips round out this issue for yet another chapter in the saga that is Diabetes Philippines!

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Printed by Lizamen Commercial Printing

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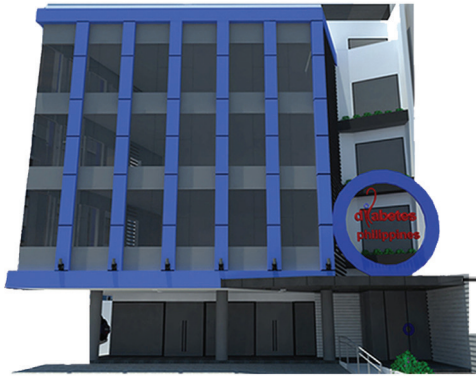
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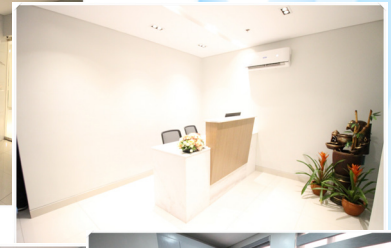




A New *Home* for Diabetes Philippines

Almost a decade after the lot was purchased for the express purpose of erecting its own edifice, Diabetes Philippines finally has a home. Situated at the cor. of Ligaya Street and Boni Avenue is the 4-storey building with a blue circle prominently displayed at its facade. This blue circle is the World Diabetes Day logo and has become the global symbol for diabetes. IDF welcomes the widespread use of the WDD logo to raise diabetes awareness and gladly gave DP permission for its use.

The ground floor will be leased out for commercial purposes while the upper floors will house the new DP headquarters. There is enough floor area for a conference room, board meeting room, administrative and office space, and several smaller multi-purpose rooms, which shall be utilized for the different advocacies of Diabetes Philippines. There is also enough storage space for the archived documents and other memorabilia accumulated in the 60 years existence of Diabetes Philippines.





To commemorate such a momentous affair, past presidents and other members and friends of Diabetes Philippines, were invited to the blessing and inauguration of the new building last June 10, 2019. Cutting of the ribbon was led by President Dr. Agnes Cruz and Past President Dr. Augusto D. Litonjua. Both Rev. Pastor Roy Derequito and Father Rolly De Leon officiated the blessing and started from the ground floor all the way to the rooftop. President Dr. Agnes Cruz welcomed one and all and a short program with remarks from past DP presidents recalled the history of how this new home came to be. Also present were heads and members of pharmaceutical companies whose support has been instrumental in shaping DP into what it has become- the leading advocate in diabetes awareness, education and treatment in the Philippines. The morning ended with a Filipino lunch buffet spread at the foyer outside the conference room. It was a red letter day in the long and illustrious history of Diabetes Philippines.





Making Life Sweet

*Excerpts from Hon. Alexandria P. Gonzales' remarks
delivered at the blessing*

My dear friends in the Diabetes Philippines, Incorporated:

This day is a very significant day for you, for today we gather in celebration of the blessing and inauguration of your very own facility. This building will now be your new and lasting home, a tribute to your commitment to your patients, your community, and the medical profession.

For me, the timing of your building's blessing and inauguration could not have come at a most auspicious date. The 10th of June is the birthday of my late father-in-law, Senate President Neptali A. Gonzales, and the principal author of Republic Act 8191, which, among others, mandated the creation of the National Commission on Diabetes. Senate President Gonzales was a diabetic himself for a long time. He knew how the disease affects the life and well-being of people affected by it, thus his advocacy...

Our country has been tagged as one of the "hot spots" for diabetes in the West Pacific region. Statis-

tics from the World Health Organization would show that mortality due to this illness accounts for 6% in our country's proportional mortality. One out of five Filipinos is diabetic, and the number of young people affected is at least 9% of the population. Indeed, no one is spared from this diabetes. It affects people of all ages, from all walks of life or social status, and if left unchecked will lead to cardiovascular and neurological complications.

I am grateful that Diabetes Philippines, Inc. stands true and firm in the forefront of efforts in educating and reaching out to our people on the issue of diabetes... It is my hope that through the dedication of your home today, you will pursue with even greater zeal the mission and vision upon which the Diabetes Philippines has been established. Your toils and commitment will make life for the diabetic and non-diabetic alike more meaningful and complete.

Yes, let us make life sweet...but not diabetic.



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3. ACC/AHA Blood Cholesterol Guideline 2013

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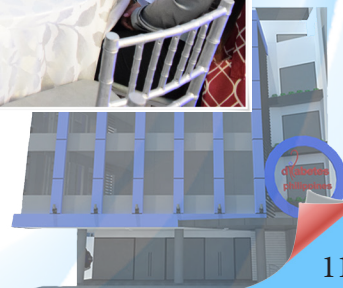
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2. Timmins P, et al. Clinica Pharmacol 2005; 44:721-729.

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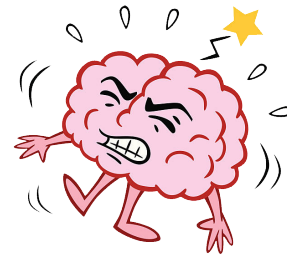
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Stroke Prevention in Diabetes

By: Marie Yvette R. Amante, MD



A stroke is a “brain attack”. It can happen to anyone at

any time. It occurs when blood flow to an area of brain is cut off.

According to the American Stroke Association, “A stroke is a disease that affects the arteries leading to and within the brain. It occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot (ischemic stroke) or bursts or ruptures (hemorrhagic stroke). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.”

The brain is an extremely complex organ that controls most body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function, that part of the body won't work as it should.

Strokes can happen suddenly and thus require immediate medical attention. Treatment within 60 minutes of the first symptoms often leads to a good prognosis.

If deprived of oxygen for more than a few minutes, brain cells begin to die. The longer the stroke lasts, the greater the damage to the brain.

SYMPTOMS OF STROKE

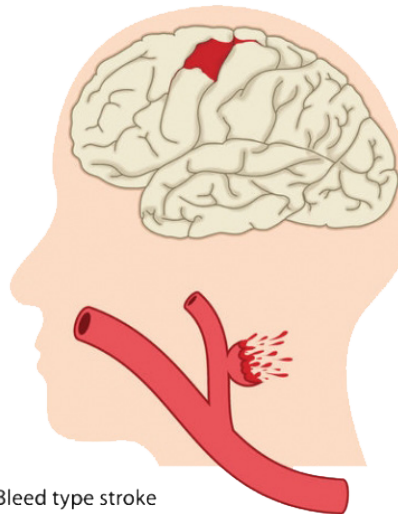
Sudden onset of any of the following warning signs of a stroke warrants emergency medical attention:

- Numbness or weakness in one leg, arm or side of the face.
- Difficulty walking or keeping balance or extreme dizziness.
- Confusion or difficulty talking or understanding others.
- Sudden and extremely severe headache.

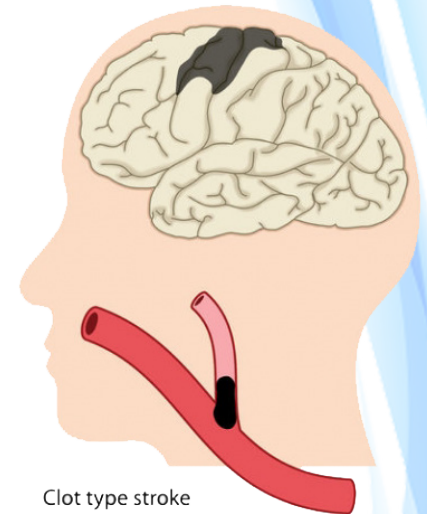
S - SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T - TIME: If you observe any of these signs, call for help immediately. Getting to a hospital rapidly will more likely lead to a better recovery.

Transient ischemic attacks (TIAs) are a form of mini-stroke. The symptoms are the same as a full-blown stroke, but they don't last as long- often only a few minutes to a few hours. TIAs are warning signs that a bigger stroke could follow.



Bleed type stroke



Clot type stroke

Use **FAST** to Remember the Warning Signs of a Stroke:

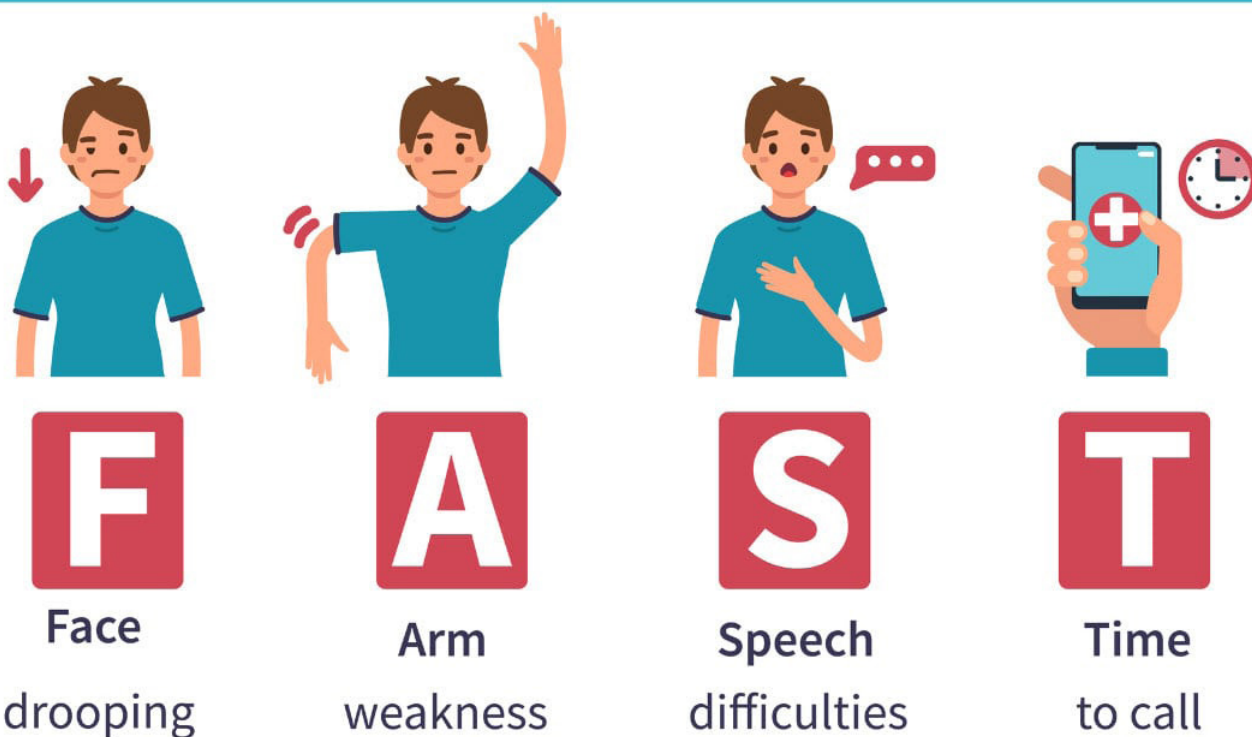
F - FACE: Ask the person to smile. Does one side of the face droop?

A - ARMS: Ask the person to raise both arms. Does one arm drift downward?

When someone has had symptoms of a stroke or a TIA, it is important to consult a doctor who will then gather more information, get a thorough medical history, do a physical exam and neurological exam and make a diagnosis. If warranted, additional blood tests and a CT scan or MRI may be ordered.

STROKE SYMPTOMS

Remember, recognize and act fast



Why are people with diabetes at risk for stroke?

A person with diabetes is at higher risk than others for stroke and other cardiovascular disease. As with many of the health problems associated with diabetes, high blood glucose is a contributory risk factor. Persistently elevated blood sugars contribute to the buildup of plaque in blood vessels. Plaque— a collection of cholesterol, calcium, cellular waste and protein— sticks to the walls of blood vessels and can interfere with blood flow. This impaired blood flow can lead to a stroke.

Treatment of stroke

The most promising treatment for ischemic stroke is the FDA-approved clot-busting drug tPA (tissue

plasminogen activator), which must be administered within a three-hour window from the onset of symptoms to work best. Administering tPA or other clot-dissolving agents is complex and is done through an intravenous (IV) line in the arm by hospital personnel. If given promptly, tPA can significantly reduce the effects of stroke and reduce permanent disability. Generally, only 3-5 percent of those who suffer a stroke reach the hospital in time to be considered for this treatment.

For hemorrhagic stroke (specifically for a subarachnoid hemorrhage), surgical treatment is often recommended to either place a metal clip at the base, called the neck, of the aneurysm or to remove the abnormal vessels comprising an arteriovenous malformation (AVM).

Endovascular procedures are less invasive and involve the use of a catheter introduced through a major artery in the leg or arm, guided to the aneurysm or AVM where it deposits a mechanical agent, such as a coil, to prevent rupture.

Preventing Stroke

Talk to your doctor and follow these guidelines:

1. Control blood pressure (hypertension). High blood pressure is a major stroke risk factor if left untreated. Take your BP medicines and keep your blood pressure normal to prevent a stroke.
2. Identify atrial fibrillation (Afib). Afib is an abnormal heart-beat that can increase stroke risk by 500 percent. Afib can

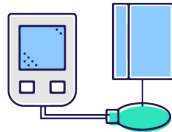


cause blood to pool in the heart and may form a clot and cause a stroke. Preventing the blood clot will prevent a stroke.

3. Stop smoking. Smoking doubles the risk of stroke. It damages blood vessel walls, speeds up artery clogging, raises blood pressure and makes the heart work harder.
4. Control alcohol use. Alcohol use has been linked to stroke in many studies. Most doctors recommend not drinking or drinking only in moderation- no more than two drinks each day.
5. Know cholesterol levels. High cholesterol levels can clog arteries and cause a stroke, therefore should be treated.
6. Control diabetes. Many people with diabetes have

health problems that are also stroke risk factors. Sugar levels should be well-controlled.

7. Manage exercise/diet. Excess weight strains the circulatory system. Exercise five times a week. Maintain a diet low in calories, salt, saturated and trans fats and cholesterol. Eat five servings of fruits and vegetables daily.
8. Treat circulation problems. Fatty deposits can block arteries carrying blood to the brain and lead to a stroke. Other problems such as sickle cell disease and severe anemia should be treated.



Transient Ischemic Attack (TIA)

A TIA is a temporary episode of stroke-like symptoms that can last a few minutes to 24 hours but usually causes no permanent damage or disability. TIA and stroke symptoms are the same. Recognizing and treating a TIA can reduce stroke risk. Up to 40 percent of people who experience a TIA may have a stroke.



*References:
National Stroke Association,
American Stroke Association*

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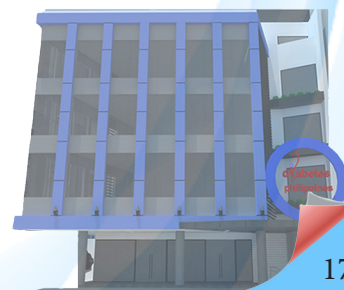
LEARN THE WARNING SIGNS AND ACT FAST



B E F A S T

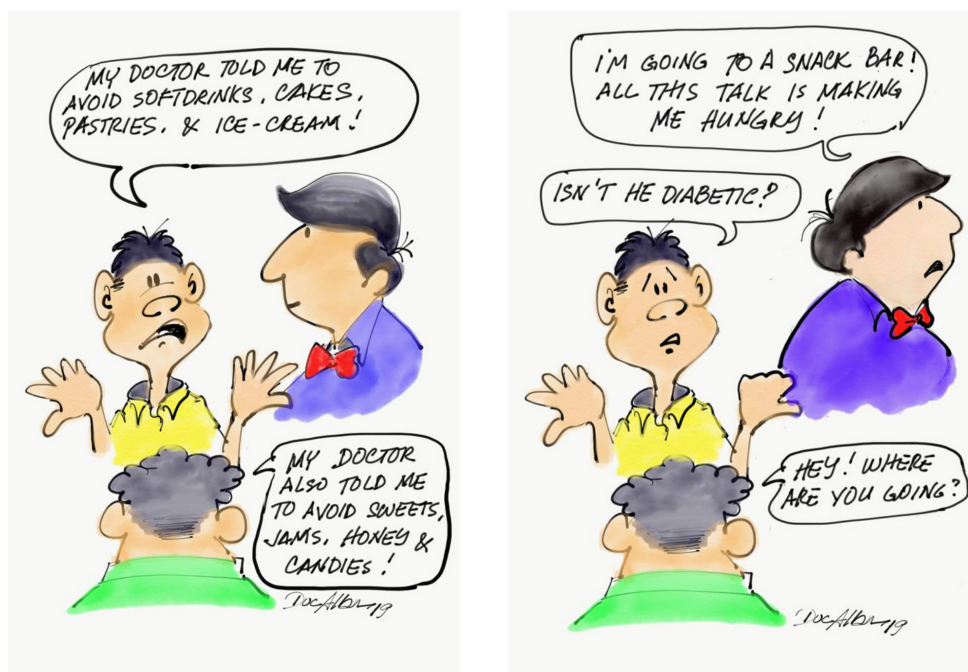


BALANCE LOSS OF BALANCE, HEADACHE OR DIZZINESS
EYES BLURRED VISION
FACE ONE SIDE OF THE FACE IS DROOPING
ARMS ARM OR LEG WEAKNESS
SPEECH SPEECH DIFFICULTY
TIME TIME TO CALL FOR AMBULANCE IMMEDIATELY



THE LIGHTER SIDE OF DIABETES

By: Allan S. Hernandez, MD



Breakfast *Tips* for Type 2 Diabetes

By: Maria Raquel M. Pasimio, MD



Breakfast is the most important meal of the day. Some helpful tips when preparing a healthy breakfast:

- Observe portion sizes and consider using the "Plate Method" by filling half your plate with nonstarchy vegetables, one-fourth with protein, and the remainder with starch. You may add a serving of fruit and dairy products to complete your meal.
- Select healthy fats (like olive or canola oils) and lean meats (examples include skinless chicken or turkey bacon or eggs).
- Use low-fat dairy foods (such as nonfat milk, low-fat or fat-free yogurt) with one serving of fruit for sweetness, or choose those that use non-sugar sweeteners and low-fat cheeses.
- You can still get your coffee fix by drinking regular coffee and using low fat or nonfat milk and a sugar substitute, if desired. Definitely steer clear of fat-and-sugar-laden coffee drinks.



To get more breakfast ideas and make sure you are eating the right

QUICK BREAKFAST IDEAS

You don't have to go without a healthy breakfast in the morning, even if time is tight. According to the American Diabetes Association, here are some ways you can start your day out with a quick, nutritious meal that will keep you energized throughout the morning. To make breakfast at home, keep your kitchen stocked with some healthy staples. Pick a few foods that you like from the list below and keep them on hand.

Fruits

- Fresh fruit — whole fruit like apples, banana, oranges, clementines, pears, nectarines and peaches are easy to grab and go.
- Frozen fruit — keep a bag or two in your freezer to use in smoothies or to mix with light yogurt.
- Canned fruit — try individual-sized cups of mandarin oranges, peaches or fruit cocktail (canned in juice, not syrup)
- Dried fruit — raisins, dried cranberries, etc. are great in oatmeal or mixed with nuts

Whole Grains



- Quick oats — in single-serving packs or a bulk container (quick oats can be ready in less than 2 minutes)
- 100% whole wheat bread or English muffins
- Unsweetened whole grain or bran cereal



Nuts

• Unsalted nuts — try dry roasted walnuts, pecans, almonds, peanuts or a mix

- Peanut butter and/or almond butter — nut butters will keep you feeling full from the combination of protein and fat

Eggs and Dairy



- Eggs or egg substitute — they cook quickly and can be ready in a matter of minutes
- Skim or 1% milk — soy-milk or almond milk are also good options, especially for those with lactose intolerance
- Light/non-fat yogurt (regular or Greek) — plain is best. Flavored varieties will have more carbohydrate
- Cottage cheese — try 1% or 2% low-fat cottage cheese to cut back on the calories

Vegetables

- Frozen peppers and onions — you can add these to egg sandwiches, wraps or omelets
- Fresh tomatoes — these also go well with egg sandwiches or cut them up with cottage cheese

BREAKFAST RECIPES

1. Egg-White Omelet with Spinach, Feta and Herbs

Ingredients:

2 large egg whites
1 teaspoon chopped fresh parsley
1/8 teaspoon salt
1/4 cup chopped spinach
1/8 teaspoon pepper
1 tablespoon crumbled feta
1/4 teaspoon dried Italian seasoning

Instructions:

1. Whisk egg whites with salt, pepper, Italian seasoning and parsley.
2. Pour into a nonstick pan over medium heat.
3. Top with spinach.
4. Sprinkle with feta.
5. Fold over and serve.



Nutritional Information:

Calories:	69
Fat:	2g
Saturated Fat:	1g
Protein:	10g
Carbohydrate:	3 g
Fiber:	1 g
Cholesterol:	8 mg
Sodium:	418mg

* reprinted from www.diabetes.org

2. *Banana Breakfast Smoothie*

Ingredients:

1/2 cup 1% low fat milk
1/8 teaspoon ground nutmeg
1/2 cup crushed ice
1 frozen sliced ripe banana
1 tablespoon honey
1 cup plain 2% reduced fat yogurt



Instructions:

1. Combine first 5 ingredients in a blender. Process for 2 minutes or until smooth.
2. Add yogurt. Process just until blended. Serve immediately.

Yield: 2 servings
(serving size: 1 cup)

Nutritional Information:

Calories:	212
Fat:	3.6g
Saturated Fat:	2.5g
Protein:	14.2g
Carbohydrate:	34.2g
Fiber:	2 g
Cholesterol:	9mg
Sodium:	75mg
Calcium:	200mg

Summer Diabetes Camp 2018

By: Francesca Isabel Villanueva, CSP-PASP

As soon as school ends, parents and children think of summer vacations, sports training camps, summer classes for art, reading, music, and so much more. Digital cameras are out, the camera app on phones are used 24/7. Facebook and Instagram are suddenly flooded with hashtags, such as #summervacation #summergoals #explore #discover #adventuregoals #vacationmode.

Fun Diabetes Fact: There are summer camps for people with Type 1 Diabetes.

Another Fun Diabetes Fact: There are 3 known summer camps in the Luzon area; at least 1 summer camp in the Visayas area; and at least 1 summer camp in the Mindanao area. Some have it annually, some have it every other year.

I have attended one of these diabetes camps since 2005. Most of the diabetes camps accept children till the age of 18 years old only. But some accept type 1 campers above the age limit, if it is their first time attending.

Diabetes camps mainly focus on the important areas of diabetes management, specifically MEDICATION-NUTRITION-EXERCISE. But what is a summer camp without the fun and excitement one feels when they are with people who share the same condition. A place where you are with people who understand you and with people who can help you. These diabetes camps also come equipped with doctors (Diabetologist or Endocrinologist or Pediatric Endocrinologist), diabetes educators, and nutritionist-dietitians. Some camps also involve young adults living with type 1 diabetes to act as their



role models during their stay there. Now that I am 24 years old, I have become a volunteer for the camp that has helped me immensely with my diabetes management.

RAINBOW CAMP is the annual summer camp hosted by the Rainbow Camp Foundation, Inc. This is a 5-day and 4-night camp, held at Jardin ni Lola, Mabiga, Hermosa, Bataan. Every year they have different themes prepared. This year it was a Coachella-themed camp; thus Rainbow Camp transformed into CAMPCHELLA 2018. Take a peek at the 5 days spent at Jardin ni Lola, with the children with Type 1 and the volunteers of the Rainbow Camp Foundation Inc., which includes peer counselors in training, diabetes educators, nutritionist-dietitians, and doctors.



DAY 1

DAY 2



** Going to the campsite for our Camp-out experience and setting up the tents where we all will be sleeping in for one night.*



**Each group is setting up and decorating their Tee-pee-styled tents to be shown on the last night of camp.*

Some of the old campers, discussing what they remember about Type of Insulin, On-set-Peak-Duration of Insulin, Hypoglycemia, and the Complications to their fellow Type 1's.



**Illustration by Dr. Dennis De Leon on what it feels when a person with diabetes' blood sugar levels are in-range or out-of-range.*

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DAY 3

**As a form of physical activity, the campers were tasked to clean the Jardin ni Lola.*



**The nutritionist-dietitians, who are diabetes educators as well, are talking about the different food choices and servings.*



**After playing the Numbers game as an icebreaker. Punishment was powder on the face.*



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ON THE MOVE

62nd Diabetes Workshop and 27th Diabetes Forum

Notre Dame De Chartres Hospital, Baguio City
February 1, 2018 (Thursday)

Diabetes Philippines goes to Baguio!

A full day of lectures to the 160 attendees was conducted by Diabetes Philippines, spearheaded by Dr. Francis I. Pasaporte, Workshop Chairperson, and supported by DP President, Dr. Agnes T. Cruz with the rest of the Board of Directors.

Playing host was the local DP Baguio chapter, lead by the President, Dr. Dwight C. Black.





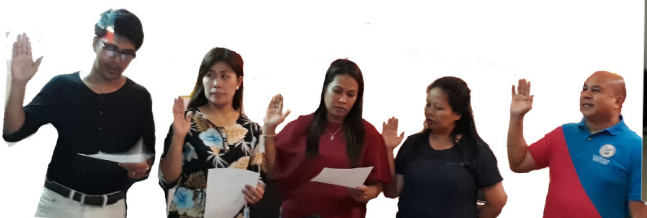
Baguio Lay Forum

Notre Dame De Chartres Hospital,
Baguio City
February 2, 2018 (Friday)



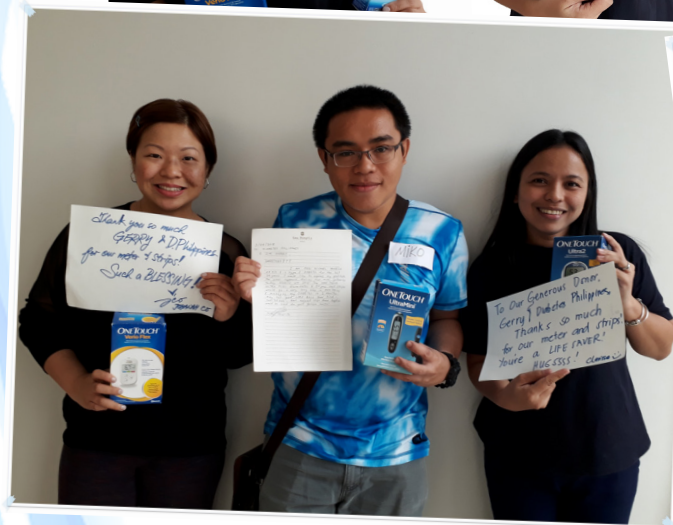
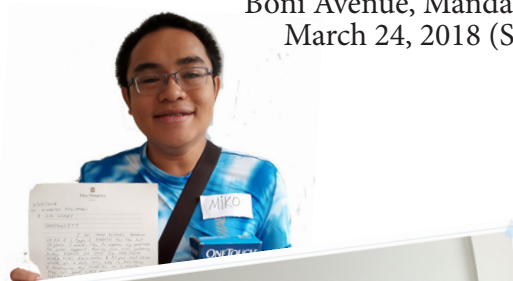
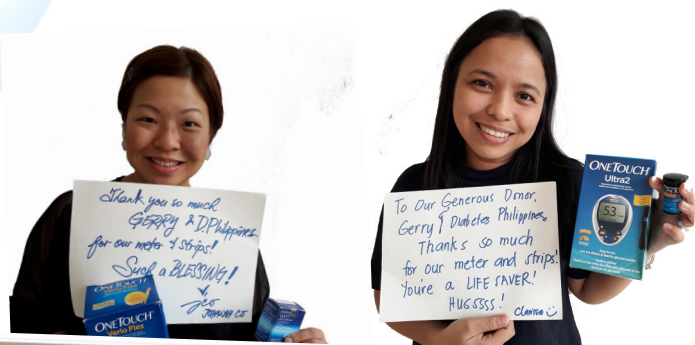
Masbate Oath Taking

Greenview Hotel, Masbate City
February 23, 2018 (Friday)



Type 1 Diabetes Meeting

Diabetes Philippines, Inc. Building -
Boni Avenue, Mandaluyong City
March 24, 2018 (Saturday)



Sugar Sweetend Beverage Meeting with Hon. Estrellita B. Suansing

UP Town Center, Quezon City
April 6, 2018 (Friday)



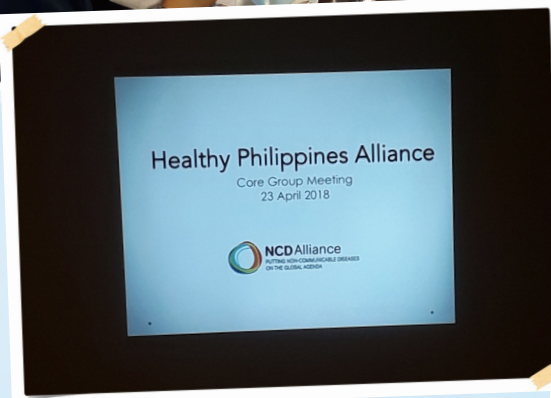
63rd Diabetes Workshop and 28th Diabetes Forum

Casablanca Convention Center,
Legazpi City
April 12, 2018 (Thursday)



Legazpi Lay Forum

Casablanca Convention Center,
Legazpi City
April 13, 2018 (Friday)



Healthy Philippines Alliance - NCD Meeting

Cafe via Mare, Timog Avenue Branch
April 23, 2018 (Monday)



DP @ PCP Fellowship Night

SMX, Mall of Asia, Pasay City
May 2, 2018 (Wednesday)



DP Special Members Meeting

SMX, Mall of Asia, Pasay City
May 2, 2018 (Wednesday)

diabetes
philippines

MEMBERS' MEETING
May 02, 2018



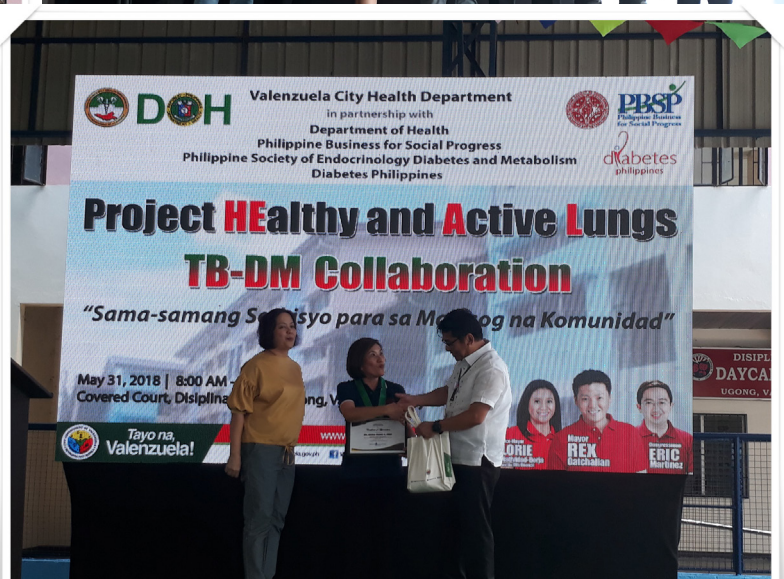
FITFIL Challenge

EDSA Shangri-la Plaza Hotel,
Mandaluyong City
May 22, 2018 (Tuesday)



Project HEAL (Healthy and Active Lungs) Kick-off Activity

Covered Court, Disiplina Village,
Ligona Valenzuela City
May 31, 2018 (Tuesday)





Diabetes Philippines, Inc. Building Blessing

Diabetes Philippines, Inc. Boni Bldg,
Mandaluyong City
June 10, 2018 (Sunday)



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64th Diabetes Workshop and 29th Diabetes Forum

Malberry Suite, Cagayan De Oro
June 14, 2018 (Thursday)



Summer brought the DP Board down south to Mindanao for another workshop and forum.

This time 414 delegates attended the workshop at the Mallberry Suites in Cagayan de Oro City. This is probably the largest delegation DP has seen for its workshops and the secretariat rose to the challenge and managed to register all participants in an orderly, non-riotous manner.

Lectures focused on diabetes, its pathophysiology, complications and management.

Discussion on diabetes self management was rounded up with a session on medical nutrition therapy. This, along with the hands-on demo for insulin injection techniques and glucose monitoring devices supervised by diabetes educators, had the most impact on the participants.

It was truly a time well spent by the DP officers and board of directors conducting another workshop full of learning and fun!

Kudos to our host, Dr. Jerome Basang, DP Cagayan de Oro Chapter President, and the rest of the members whose presence, time and energy were invaluable in making this activity a success.



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1. The ADVANCE Collaborative group. *N Engl J Med* 2008; 358: 2560-2572. 2. Perkovic V et al. *kidney Int.* 2013 Jan. Advance Online Publication. 3. Turnbull FM et al. *Diabetologia* (2009) 52: 2288-2298. 4. Sawada F et al. *Metabolism Clinical and Experimental* 57 (2008) 1038-1045

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Further information available upon request.

