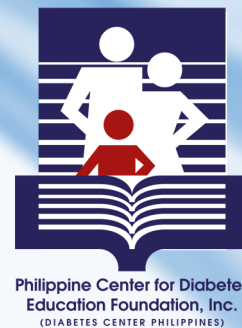


DIABETES LEADER 2015 Edition



The Official Newsletter of the Philippine Center for Diabetes Education Foundation, Inc.

DIABETES AWARENESS WEEK 2014 KICKS OFF!



Dr. Augusto D. Litonjua
President

DRIBBLE, DUNK, and DEFEND against Diabetes was the battle cry of the 2014 Diabetes Awareness Week or it was simply called Diabetes Awareness Week in 3D. The theme was related to the country's favourite past time, which is basketball. Diabetes Center Philippines spear headed this campaign and was tied up with three power house players –the Philippine Basketball Association (PBA), the biggest professional basketball league in Asia, Shoe Mart (SM), the largest mall chain in the country, and Philippine Daily Inquirer, the most popular newspaper in the country.

Early Diabetes Campaign started on April 2014 during the PBA All-Star Weekend. Several PBA players signed up in the commitment wall in its fight against Diabetes in two different places – at SM San Lazaro and SM Bicutan. To name some of the players who were in attendance- James Yap, Marc Pingris, Jimmy Alapag, Mark Cardona, Jayson Castro and many more. Also, there was a signing of a commitment contract during the half time break of the All Star games among Diabetes Center Philippines President Dr. Augusto D. Litonjua, PBA Chairman Ramon Segismundo and PBA Commissioner Chito Salud.

The Whole Month of July of packed with activities held in different places of the country namely Lipa, Batangas and Cabanatuan City. Last July 27 marked the finale of the 2014 Diabetes Awareness program at the Music Hall, SM Mall of Asia, Pasay City.

Keynote speakers were Diabetes Center Philippines President Dr. Augusto D. Litonjua, SM Prime President Mr. Hans Sy, PBA Commissioner Atty. Chito Salud, and PBA legend and Senator Robert Jaworski. All have expressed their concern in the advancement of health and wellness.

The first half of the event was started with a Zumba exercise to warm up the crowd. Again, three leading medical organizations joined this event with their presidents giving noteworthy messages – Dr. Cecilia A. Jimeno (Philippine Society of Endocrinology, Diabetes and Metabolism), Dr. Richard Elwyn V. Fernando (Diabetes Philippines), and Dr. Florence A. Santos (American Association of Clinical Endocrinologists – Philippine Chapter). The customary awarding of diabetic achievers were as follows: 1 Gold awardee, 7 silver awardees, and 43 bronze awardees. Also, announcement of 6 winners of the poster making contest by Diabetes Philippines. Basketball games and exhibiton skills were participated by PBA players who graced the event: Alvin Patrimonio, Rey Guevarra, JV Casio, and Ryan Arana.

The second half of the event was decorated by the traditional dance contest participated by the different diabetes clubs. The winner of this year came from Philippine General Hospital.

Celebrity guests were Mr. Chad Borja, Mr. Rannie Raymundo, Mr. Richard Reynoso, and Mr. Renz Verano, together known as the OPM Hitmen. They performed their original songs and wowed the crowd for several hours.

In sports language, this fight against diabetes can be succeeded with good teamwork. Diabetes Center Philippines partnered with several pharmaceutical companies and generous companies such as Abbott Diabetes Care, Abbott Nutrition International, Corbridge Group Phils., Eli-Lilly Phils., Inc., Johnson & Johnson-Lifescan, Inc., Kalbe International, LRI –Therapharma, Merck Serono, Natrapharm, Inc., Novartis Healthcare Phils. Inc., Novo Nordisk, Otsuka Phils. Pharmaceutical Inc., Sanofi Aventis Phils. Inc., Servier Phils. Inc., Takeda Pharmaceuticals Phils. Inc., Alaska Milk, Bench, Dona Maria Rice, GAOC, St. Giles Hotel, and PETNET Inc.

What's inside?

- **Innovations in Place for Intensive Training Course 2015**
- **NADE 2015: Making a Difference in Community Diabetes Care**
- **Camp Cope**
- **Diabetes Awareness Week**
- **Servier Lectures**
- **Activities for the Year 2015**

27th INTENSIVE TRAINING COURSE FOR DIABETES EDUCATORS

Tricia Marie P. Obrero, MD, FPCP, FSEDM
Regional Coordinator, Intensive Training Course

The Diabetes Center Philippines faculty packed their travel gear for the 27th Intensive Training Course for Diabetes Educators. This was held in the City of Golden Friendship, Cagayan de Oro City, last April 12 -14, 2015 at Mallberry Hotel. This is the first ever ITC to be held outside of Manila.

There were a total of 42 participants (13 teams + Pharma team) coming from the different cities in Mindanao: Davao City, Valencia City in Bukidnon, Iligan City, Marawi City, General Santos City and Cagayan de Oro City. There were also participants from Quezon Province and Subic. It was definitely a lively and heterogenous group, headed by their class president Ms Nita A. Semprun, RND. After some debate brought about by the different terms of the pancreas in the various Filipino dialects spoken by the participants, the group finally decided their batch to be named LAPAY42.



When the participants were asked which of the activities were most challenging, on top of the list was the insulin injection workshop where they had to experience how it felt to do the injection. It was the first time for most of the participants did the injections ON THEMSELVES. The dieticians found meal planning for those with complications, especially renal complications, to be very challenging. It was, however, the complications workshop that was the biggest eye opener for the participants. Simulating a complication for the whole lunch break brought out a myriad of emotions, from initial excitement to a realization of difficulty and pain, anger, frustration and self pity. The outcome was a sincere compassion and empathy for patients and zeal to help them avoid complications.

The course ended on an inspiring note during graduation. The Guest Speaker, Dr Ma Leah Floirendo, PCP Northern Mindanao Chapter President relayed her personal experience as a relative of a diabetic, and as a daughter of a successful lifestyle advocate mother. She posed a challenge to the new educators to play an active role in the management of patients with diabetes. Dr. Carlo Garingarao, endocrinologist from Iligan City, was the class valedictorian. He accepted the challenge in behalf of the batch and encouraged the batch to establish education centers in their respective hospitals.

Northern Mindanao is grateful that PCDEF chose it to be a venue of this educational course. Prior to this, there was no active hospital based education center and this activity is a great step to correct that. Heretofore, we will be closer to that goal of more education centers to partner with the management of diabetes in this region. Thank you PCDEF and its generous faculty, and good luck to the new teams!



The course began with PCDEF President, Dr. Augusto Litonjua welcoming everyone and introducing everyone to PCDEF and its goals and mission. To set the stage for the training course, they were given a lecture on the Principles of Effective Teaching followed by a workshop on motivational Interviewing. This was then followed by the various modules dealing with diabetes: nature of disease, complications, management, nutrition, exercise, pharmacology of diabetes medications, diabetes in pregnancy, sex and diabetes and foot care in diabetes. Workshops on insulin injection, meal planning, blood glucose monitoring, basic wound care and complications were both challenging and enriching. The 3 days were truly intense, each day starting at 7:30 am with a mind jolting pre-test and ending with a post test just before dinner.



Come and join us!

The **28th**

INTENSIVE TRAINING COURSE for DIABETES EDUCATORS

Philippine Center for Diabetes Education Foundation, Inc.
City Garden Grand Hotel, Makati City

Philippine Center for Diabetes
Education Foundation, Inc.
(DIABETES CENTER PHILIPPINES)

DAY 1: NATURE OF DIABETES September 21, 2015 (MONDAY)

Time	Topic	Speaker/Facilitator
7:30-8:00	Pre-test	Ms. Erlinda B. Inocencio
8:00-8:15	Guidelines for ITC	Dr. Cynthia H. Manabat
8:15-9:30	Lecture: Introduction/ Objectives/ History of Diabetes Educational Clinics and Diabetes Center Philippines	Dr. Augusto D. Litonjua
	Diagnosis and Classification of DM/ Pathogenesis of Type 1 and Type 2 DM/DM Prevention	
9:30-10:00	Visit the Exhibits	
10:00-11:3	Lecture and Workshop: Motivational Interviewing	Dr. Maria Jocelyn C. Isidro
11:30-12:30	LUNCH	
12:30-1:00	Lunch lecture	LRI – THERAPHARMA
1:00-5:00	Diabetes Conversation Maps	Dr. Joy Arabelle C. Fontanilla
5:00 – 5:15	Post-Test/PM snack	Ms. Erlinda B. Inocencio

DAY 2: MEDICAL NUTRITION THERAPY, EXERCISE AND BLOOD GLUCOSE MONITORING September 22, 2015 (TUESDAY)

Time	Topic	Speaker/Facilitator
7:30-8:00	Pre-test	Ms. Erlinda B. Inocencio
8:00-9:00	Lecture: Effective Teaching Principles	Dr. Nemencio A. Nicodemus, Jr.
9:00-11:00	Lecture: Medical Nutrition Therapy	Ms. Ma. Imelda Q. Cardino
11:00-12:00	LUNCH	
12:00-12:30	Lunch lecture	NOVARTIS
12:30-2:00	Workshop: Meal Planning and Diet Computation	Ms. Ma. Imelda Q. Cardino
2:00-3:00	Workshop: Exercise	Dr. Maria Princess L. Kanapi
3:00-4:30	Lecture and workshop: Monitoring BG Control	Dr. Susan Yu - Gan
4:30-4:45	Post-test/PM snack	Ms. Erlinda B. Inocencio

DAY 3: OADs/INSULIN/INSULIN INJECTION September 23, 2015 (WEDNESDAY)

Time	Topic	Speaker/Facilitator
7:30-8:00	Pre-test	Ms. Erlinda B. Inocencio
8:00-9:30	Lecture: Oral Anti-diabetic Agents	Dr. Carolyn N. Montano
9:30-11:30	Lecture: Insulin Therapy	Dr. Cynthia H. Manabat
11:30-12:30	LUNCH	
12:30-1:00	Lunch lecture	SERVIER
1:00-1:30	Workshop: Setting up a Diabetes Educational Clinic	Dr. Cynthia H. Manabat
1:30-3:00	Lecture and Workshop: Insulin Injection	Dr. Mary Jane C. Gutierrez
3:00-4:00	Lecture: Complementary and Alternative Therapies for DM	Dr. Cecilia A. Jimeno
4:00-4:15	Post-test/PM snack	Ms. Erlinda B. Inocencio

DAY 4: ACUTE AND CHRONIC COMPLICATIONS September 24, 2015 (THURSDAY)

Time	Topic	Speaker/Facilitator
7:30-8:00	Pre-test	Ms. Erlinda B. Inocencio
8:00-9:00	Lecture: Acute Complications	Dr. Florence A. Santos
9:00-9:30	Workshop: Sick Day Guide	Dr. Florence A. Santos
9:30-10:30	Lecture: Chronic Microvascular Complications	Dr. Bien J. Matawaran
10:30-11:30	Lecture : Chronic Macrovascular Complications	Dr. Marie Yvette R. Amante
11:30-1:00	Workshop: Complications LUNCH	Dr. Jose Carlos S. Miranda
1:00-1:30	Lunch lecture	MULTICARE
1:30-4:30	Lecture and Workshop: Foot Assessment/ Foot Care/ Basic Wound Care	Dr. Pepito E. dela Pena
4:30-4:45	Post-test/PM snack	Ms. Erlinda B. Inocencio

DAY 5: PREGNANCY / SEX/ CHILDREN AND ADOLESCENTS September 25, 2015 (Friday)

Time	Topic	Speaker/Facilitator
7:30-8:00	Pre-test	Ms. Erlinda B. Inocencio
8:00-9:00	Lecture: Diabetes and Pregnancy	Dr. Maria Leonora D. Capellan
9:00-10:00	Lecture: Diabetes and Sexual Health	Dr. Jimmy B. Aragon
10:00-11:00	Lecture: Diabetes in Children and Adolescents	Dr. Sioksoan C. Cua
11:00-11:15	Evaluation	Ms. Erlinda B. Inocencio
11:15-12:00	LUNCH	
12:00-12:30	Lunch lecture	ELI-LILLY
12:30-5:30	Workshop: Practice Teaching	Dr. Joy Arabelle C. Fontanilla Dr. Ma. Cecilia G. Gonzales Dr. Gia D. Wassmer Ms. Ma. Imelda Q. Cardino Ms. Erlinda B. Inocencio
6:30 pm onwards	Graduation	All faculty and coordinators Pharmaceutical friends

Workshop

Diabetes Conversation Maps

The participants will facilitate a DCM.
Mentor: Dr. Joy Arabelle C. Fontanilla,
assisted by Lilly DEs

Flipchart: What is Diabetes?

Using PCDEF Flipchart, the participants will
teach "patient" Nature of DM, Diagnosis,
Complications.

Mentor: Dr. Ma. Cecilia G. Gonzales

BG monitoring

The participants will teach "patient" how
to use any of the BG meters
demonstrated during workshop.

Mentor: Dr. Gia Wassmer

Medical Nutrition therapy

The participants will teach "patient"
general nutrition guidelines OR meal
computation OR plate model.

Mentor: Ms. Imelda Cardino

Insulin injection Insulin injection technique

The participants will teach "patient" how
to inject insulin, or mix insulin or inject
using insulin pen/Byetta/Lyxumia pen.

Mentor: Ms. Erlinda B. Inocencio



Going the Extra Mile in Diabetes Care with NADE 2014

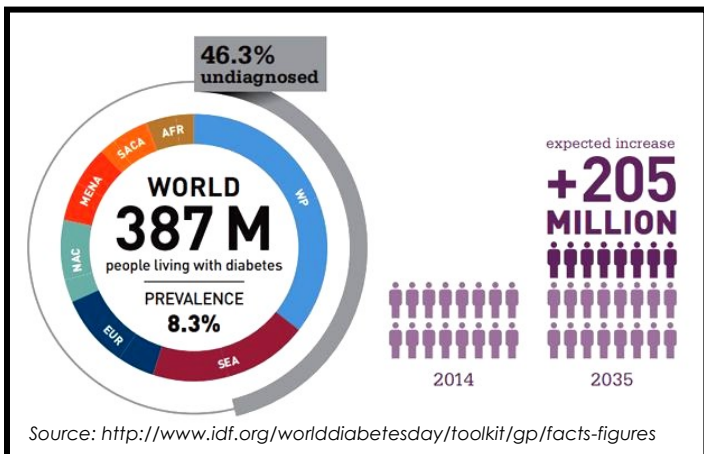
By: Joy Arabelle C. Fontanilla, MD, FACE, FPCP, FPCDE, FPSEM

Philippine Center for Diabetes Education Foundation, Inc.
(DIABETES CENTER PHILIPPINES)

People of excellence go the extra mile to do what's right.

~Joel Osteen

By International Diabetes Federation estimates, around 387 million people worldwide have diabetes. This number is expected to balloon to 592 million in the year 2035 if nothing is done about it.



About 77% of people with diabetes live in low- and middle-income countries like ours. And the cost of care puts a tremendous financial and societal burden in terms of days lost from work or school, loss of life and quality of life.

This burden of diabetes can be eased by empowering patients with the proper tools, knowledge and skills to care for themselves or their affected loved ones. Diabetes educators (DEs) (trained health care professionals such as nurses, dietitians and physicians) can teach patients to prevent and self-manage diabetes and its complications.

In this regard, the Philippine Center for Diabetes Education Foundation or Diabetes Center Philippines, holds an annual National Assembly of Diabetes Educators (NADE) to update DEs on the standards and trends in diabetes care.

The 20th NADE was held on November 11, 2014 at the EDSA Shangri-La Hotel in Mandaluyong. About two hundred participants from all over the country attended the meeting.

The theme for the conference was *Going the Extra Mile in Diabetes Care*. The morning symposia covered topics on strategies to achieve behavior change in patients as well as the latest guidelines in nutrition therapy and management of cholesterol and blood pressure.

Be a person of excellence and do the right thing. Go the extra mile and support the Diabetes Center Philippines to defeat diabetes!

The afternoon symposia covered issues on the science and psychology of compassion, new insulin delivery devices, workplace wellness, the best electronic resources for diabetes care as well as the lessons from the Diabetes, Attitudes, Wishes and Needs studies.



During the event, Diabetes Center President Dr. Augusto D. Litonjua, Dr. Cynthia Halili-Manabat and Dr. Tommy Ty Willing also swore in the new batch of Associate Diabetes Educators.

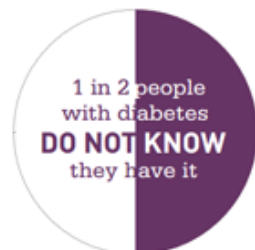
This year, NADE is slated for Wednesday, November 11, 2015 at EDSA Shangri-La Hotel with the theme **Unraveling the Secrets to Healthy Living and Diabetes**. All interested parties are invited to come.

For inquiries and pledges of support, please contact the secretariat at (02) 892-1064; 888-8999 loc. 2287 or email diabetes.center@yahoo.com.

Did you know that?
Every 7 seconds, one person dies from diabetes.



i / 12
people with **DIABETES**



1 healthcare in 9 IS SPENT ON DIABETES

In 2014 diabetes expenditure reached US\$612 billion

Source: <http://www.idf.org/worlddiabetesday/toolkit/gp/facts-figures>

20th National Assembly of Diabetes Educators (NADE)

“Going the Extra Mile in Diabetes Care”

November 11, 2014
EDSA Shangri-La Hotel

Plenary Lectures:

Effective Strategies for Behavior Change

Speaker: Ma. Teresa Plata-Que, MD

The 2013 ADA Nutrition Position Statement

Speaker: Imelda Cardino, RND

Induction of New Associate Diabetes Educators

Speaker: Dr. Augusto D. Litonjua; Dr. Tommy Ty Willing and Dr. Cynthia Halili-Manabat

ATP IV Lipid Management Guidelines – Must We Abandon Cholesterol Targets?

Speaker: Joy Arabelle C. Fontanilla, MD

New Hypertension Guidance in JNC 8 - Was it Worth the Wait?

Speaker: Rafael R. Castillo, MD

LRI Lunch Symposium: What is Type 2 Diabetes? The Role of Vildagliptin

Speaker: Augusto D. Litonjua, MD

The Science and Psychology of Compassion

Speaker: Antonio T. Fernando III, MD

Update on Insulin Delivery Devices

Speaker: Jimmy B. Aragon, MD

Workplace Wellness – Making the Office More Diabetes-Friendly

Speaker: Marie Yvette R. Amante, MD

The Diabetes Attitudes, Wishes and Needs (DAWN) Studies: What Have We Learned?

Speaker: Jocelyn Capuli-Isidro, MD

Best Apps and Resources For Diabetes Self-Care

Speaker: Cecille R. dela Paz, MD



NADE ORGANIZING COMMITTEE

Augusto D. Litonjua, MD
Overall Adviser

Joy Arabelle Castillo-Fontanilla, MD
Chairperson, 2013 National Assembly of Diabetes Educators
Co-Chair, Training Programs, PCDEF, Inc.

Cynthia H. Manabat, MD
Chair, Training Programs, PCDEF, Inc.

Erlinda B. Inocencio
Executive Officer, PCDEF, Inc.

What's for 2015?

This year, NADE is slated for Wednesday, November 11, 2015 at EDSA Shangri-La Hotel with the theme **Unraveling the Secrets to Healthy Living and Diabetes**. All interested parties are invited to come.

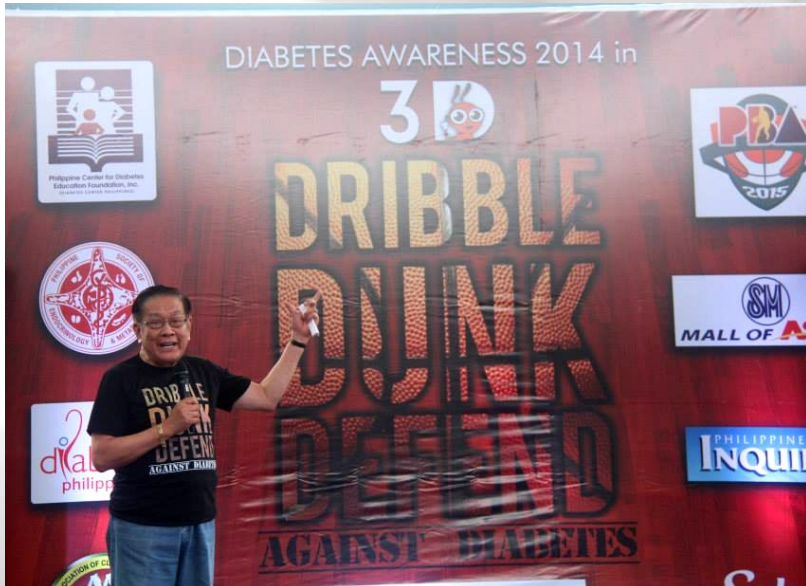
For inquiries and pledges of support, please contact the secretariat at (02) 892-1064; 888-8999 loc. 2287 or email diabetes.center@yahoo.com.

PRELIMINARY TOPICS:

- ◆ *Healthy Eating to Prevent Diabetes Starts With Breakfast*
- ◆ *Diabetic Renal Diet – What is There Left to Eat?*
- ◆ *Effective Tactics in Group Education*
- ◆ *Proven Strategies for Smoking Cessation*
- ◆ *Pros and Cons of Old and New Ways to Measure Glycemia*
- ◆ *The Metabolic Workout – Exercises to Keep Fit and Lose Weight*
- ◆ *What You Should Know About the New Antidiabetic Meds on the Block*
- ◆ *How to Raise your Patient's EQ (and yours, too)*
- ◆ *Motivational Interviewing to Prompt Behavior Change*

Diabetes Awareness Week 2014

SM Mall of Asia Pasay City



Dribble, Dunk, Defend against DIABETES

Cabanatuan City



Lipa, Batangas



Diabetes Awareness Week 2015

STOP DIABETES

ARE YOU READY FOR THE CHALLENGE?

26.JULY.15

FESTIVAL SUPERMALL

FESTIVAL SUPERMALL, ALABANG

Abbott Nutrition International • Bayer Philippines Inc • Corbridge Group Phils., Inc. •
 Eli-Lilly (Philippines), Inc. • Johnson & Johnson - Lifescan, Inc. • Kalbe International (Diabetasol) •
 LRI - Therapharma • Multicare Pharmaceuticals Phils., Inc. • Natrapharm Patriot •
 Novartis Healthcare Phils., Inc. • Novo Nordisk • Otsuka Philippines Pharmaceutical, Inc. •
 Sanofi - Aventis Phils, Inc. • Servier Philippines, Inc.

The Philippine Center for Diabetes Education Foundation, Inc. will once again celebrate for its 23rd year the Diabetes Awareness Week. Diabetes mellitus in the Philippines poses a great threat to our country's health. The number is still increasing, the complications keep on coming, it is now being seen in younger Filipinos, and the burden is getting heavier specially the cost of treatment. It is a daunting task but the Diabetes Center is kept on fighting against all odds.

For the past years we have been creating awareness of the disease: its nature, its complications, and its treatment. We believe that we had made a big impact but to sustain it is a different matter. This is the reason we have to keep on creating awareness on Diabetes. It may be the key to

prevent it from affecting us Filipinos. We must now focus on prevention and that is the challenge that we are up to right now. Stop Diabetes! Are we all ready for the challenge?

If you are, then join us as we celebrate the Diabetes Awareness Week this July 2015. We will have a purpose filled activity on July 26, 2015 at Festival Supermall in Alabang. Be there.



Spread the word.
Invite everyone.
Let us all take this challenge.
STOP DIABETES!

CAMP COPE GOES FIESTA

Children Overcoming Diabetes Problems Everywhere

I-PUSH mo yan!

By: Team Ati-Atihan, Camp Cope 2015

When my senior told me that I will be the ones joining Camp COPE with her, I don't really have an idea what sort of activities will be doing. After having been informed, my thoughts were: Where is Camp COPE? Is it a place like the Camp Bulatukan which is a camping place for boy scouts and girl scouts in North Cotabato 2 hours away from Davao City where I reside. I had a bit of Camp COPE when our secretary told me what it is and NOT where it is. It is a yearly activity for children with diabetes. I thought this would really be a different experience then.

As a first year on second month of fellowship here in Manila, I realized that in this field I have chosen, patients are really our best teachers. I will never forget the kid in my team who taught me how to differentiate intermediate and regular insulin. He asked me **"Doc, ano po unahin ko yung malinaw po ba o yung malabo?"** at that time I was pushed to read the label of the vial. What he meant: malabo = is the intermediate insulin and malinaw = is the regular insulin.



During my residency training, I just ordered those types of insulin but I really don't know how they look like (a week after Camp COPE, we had our annually conducted lectures on insulin to nurses, Thank God my knowledge was reinforced).

Honestly, I have been a sister to my cousins and 3 nieces but have never been a mother to anyone. Camp Cope pushed me to be a mother to my team mates during their activities especially in their final performance during their graduation night. As a mother, you won't let them lose especially if you see them so competitive and determined to win. They didn't allow their condition to be a hindrance to their short and long term goals in life. There, I realize that we should continue to be a doctor who treats and a mother who uplifts more their self- esteem.

I admire the kids I met and mingled with during the camp because they showed me that they could take care of themselves without their parents. It never occurred to me before that a kid could really inject insulin on their own. Insulin injection is already part of their daily living at young age and for me makes them really children overcoming diabetes problems not only everywhere but every single day lived and given by the Almighty.



The Learnings of Old Campers and How Camp Cope Shaped Them to Become Better...

By Team Panagbenga (Camp'15)

We've compiled all the ideas we have as an old camper and we came up with a long list. Surely, we learned a lot. From CBG management to avoiding complications, all the lectures we've heard are instilled in our minds. Diabetic Management, yes you can say that we're already experts, all thanks to CAMP COPE. But staying here for 4 days made us look at Diabetes deeper and better. Seeing everyone, we all look like normal children, we play, smile and laugh. But when injection time comes, one would know we are not just normal kids, we are special.

One line that caught me and my attention was "GOD gave you diabetes because you can live with it and you're special". A realization I've come up during hard times when I feel like giving up. But yes, God gave us diabetes because we're strong and special, modern superheroes indeed. Also, we proved that we can still enjoy life despite having diabetes.



Insights of a FIRST TIMER.

By Team Panagbenga (Camp'15)

Our group both had new and old campers. We asked one another and talked about our experiences, learnings, expectations and other ideas. Mimi, the only first timer in the group told us that she had fun instantly even on the first day. She learned for the first time how to socialize with people and even told us that she learned for the first time how to make friends.

One thing she also enjoyed was the food. When it came to friends, Mimi can't adapt easily, but here in Camp Cope, she overcame the fear of socializing. She appreciated the care and love given by the doctors and staff. With this, she is sure to come back and join again to enjoy. We're trying to help her to be friendly and make her realize that she's not alone, we are all diabetics and we're here to learn, from the doctors and from ourselves. She may have experienced frequent hypos, she still managed to join the activities. Her insights and ideas were ours too when we joined the camp for the first time. She also said that she'd apply at home what she learned in the camp. Rest assured, her smiles and laughter proved that our stay in Camp Cope would be memorable for her especially as a first timer.



TEAM PAHIYAS, Camp 2015

Dito sa camp cope, natutunan namin kung paano namin aala-gaan ng tama ang aming mga sarili sa pamamagitan ng tamang pagdidisiplina. Natutunan din namin kung paano kontrolin ang aming blood sugar. Natutunan din po namin ang tamang gagawin tuwing hyperglycemia at hypoglycemia. Natutunan namin na pigilan ang sarili namin sa mga bawal. Dito kami natuto na makisalamuha sa iba na hindi lang pala kami ang may ganitong sakit.

Natutunan namin na tanggapin ang aming sakit. Dito namin natutunan na magkaisa para manalo sa mga laro at kahit na matalo ay masaya parin kami, basta't ginawa namin ang aming best. Para sa amin, sa Camp Cope, hindi ka nagiisa dahil sama sama nating lalabanan ang ating sakit na diabetes. Narealize namin na hindi hadlang ang diabetes sa mga gusto naming gawin at pangarap namin sa buhay.



Unforgettable Experience

Francis Anne G. Portugal, 16 of Team Maskara

I was diagnosed with diabetes when I was 11. For me it was a very big adjustment of trying to get rid of the foods I usually eat. I doubted my abilities to do things because I know I'm sick. Camp COPE came and taught me how to embrace the changes in me and live with life's sweet tricks.

The first time I joined the camp was on year 2014 with its theme: "Camp COPE goes Hawaiian", at first I was not excited to join the camp. I thought it would only be a 4-day camp that would teach us boring lectures about the camper's condition, and then we need to deal with strict doctors, nurses and dietitians. What made me join again in this year's camp with theme: "Camp COPE goes Fiesta" is that I was wrong with my impressions during the previous camp. I was given an opportunity to meet new friends, ate's and kuya's.

In the camp, we were taught on how to handle ourselves in every situation we may encounter as a diabetic. Everything that I've learned helped me become a more responsible enough and mature person acting towards my own health condition. Indeed, it was a camp full of learning and fun. One thing that I realized in joining the camp for two consecutive years is that **"Being diabetic, doesn't make a person weak."** Diabetes is a blessing in disguise given by God to unique people like me in order for me to be a better person, cause He knows that I can handle this and this would teach me a great lesson in life.

We're stronger than Diabetes!



Servier Lectures (1992 - 2014)



From L-R: Dr. Richard Elwyn Fernando (DPI President), Dr. Cynthia Manabat (Medical Bureau Coordinator, DCP), Ms. Marian Andaluz (Corporate Relations Manager, Servier), Prof. Stephen Colagiuri & Dr. Augusto D. Litonjua (Founding President, DCP)

The Servier Lecture Series

A service to diabetes education organized by Diabetes Center Philippines, Diabetes Philippines and Servier Philippines

The 23rd Servier Lecture entitled “**Recent Outcomes Trials in Type 2 Diabetes: Their Impact to Disease Management Today**” was held on 11 November 2014 at the EDSA Shangri-La Hotel with **Prof. Stephen COLAGIURI**, Chair of the International Diabetes Federation Clinical Guidelines Taskforce, as its distinguished speaker.

Prof. Colagiuri reviewed the outcomes trials around type 2 diabetes and how results from them influenced the treatment guidelines today. With these new data and insights, plus the availability of different therapeutic options, clinicians face the challenge of choosing suitable therapeutic options based on the best available evidence while considering the importance of individualized care.

The Servier Lecture Series is an annual event hosted by the Diabetes Center Philippines, Diabetes Philippines and Servier Philippines. An authority in the field of diabetes is invited each year to deliver recent and notable events in diabetes.

2014	“Recent Outcomes Trials in Type 2 Diabetes: Their Impact to Disease Management Today” Prof. Stephen Colagiuri
2013	What matters in ADVANCE and ADVANCE-ON? Prof. Pavel Hamet
2012	“Glucose Variability and Diabetic Complications” Prof. Antonio Ceriello
2011	“Metabolic memory - the bitter legacy of hyperglycemia” Prof. Merlin Thomas
2010	“Diabetes and Infections” Prof. Clive Stewart Cockram
2009	“Microalbuminuria 2009” Prof. Giancarlo Viberti
2008	“Preventing Diabetes Complications: Blood Glucose Control and Beyond” Prof. Richard O’Brien
2007	“THE FATTY LIVER: Implications for the Pathophysiology and Treatment of Type 2 Diabetes” Prof. Hannele Yki-Järvinen
2006	“Who Killed the b-cell?” Prof. Ricardo E. Fernando
2005	“b-Cell Function, b-Cell Mass and Type 2 Diabetes” Prof. Erol Cerasi
2004	“Type 2 Diabetes and Vascular Disease: A Deadly Combination” Prof. Marja Riita Taskinen
2003	“The Future Impact of Diabetes” Prof. Martin Silink
2002	“Diabetes 2002: Winds of Change” Prof. Augusto D. Litonjua
2001	“Redefining Treatment Strategies for Type 2 Diabetes 2001” Prof. Eberhard Standl
2000	“Diabetes in the Year 2000” Prof. Philip Raskin
1999	“The Many Faces of Type 2 Diabetes” Prof. Harold E. Lebovitz
1998	“Diabetes and Obesity – the Link” Prof. Ian Caterson
1997	“Diabetes Complications: The Beginning of the End” Prof. Harry Keen
1996	“What is Diabetes Anyway?” Prof. Philip Home
1995	“The Physiology of Insulin Release” Prof. Simon van Haefen
1994	“Recent Trends in the Diagnosis, Management and Prevention of Type 2 Diabetes” Prof. David Lauj
1993	“Diabetes Mellitus – 2000: From Genes to Beans” Prof. Ronald Arky
1992	“New Approaches to the Management of Diabetes Mellitus” Prof. John Turtle

Give your patients the gift of



Effectively control their
blood glucose levels¹

Protect their kidneys²

Protect their heart³

Encourage compliance
with least hypoglycemia⁴
and cost

2 tablets at breakfast

in most patients



Protective dose as seen in ADVANCE
70% of patients were on 120mg of DIAMICRON MR

References: ¹Zoungas S, Chalmers J, Kengne AP, Zoungas S et al. Diabetes Res Clin Pract. 2010;89(2):126-133. ²Perkovic V et al. Kidney Int. 2013;83(3):517-523. ³CONTROL Group. Turnbull FM, Abraira C, Anderson RJ, et al. Diabetologia. 2009; 52: 2288-2298. ⁴Al Sifri S et al. Int J Clin Pract. 2011;65(11):1132-1140.

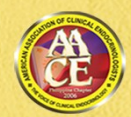
Full prescribing information available upon request



No. 2 Orion corner Mercedes Streets, Bel-Air Village, Makati City 1209. www.servier.com



diabetes
philippines



*Activities for the
Year 2015*

26.JULY.15



FESTIVAL SUPERMALL, ALABANG



Philippine Center for Diabetes
Education Foundation, Inc.
(DIABETES CENTER PHILIPPINES)

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diabetes.center@yahoo.com |
<http://www.facebook.com/diabcenterRP>

April 12 – 14, 2015

27th Intensive Training Course for Diabetes Educators
Mallberry Suites, Cagayan de Oro City

April 30 – May 03, 2015

20th Camp Cope
(Children Overcoming Diabetes Problems Everywhere)
Tagaytay Haven Ulat, Tagaytay City

July 26, 2015

23rd Diabetes Awareness Week Celebration
Festival Supermall, Filinvest, Alabang, Muntinlupa City

September 21-25, 2015

28th Intensive Training Course for Diabetes Educators
City Garden Grand Hotel, Makati City

November 11, 2015

21st National Assembly for Diabetes Educators
Edsa Shangri-La Hotel, Mandaluyong City