



# DIABETES LEADER 2016 Edition



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

## DIABETES AWARENESS WEEK 2015 KICKS OFF!



**Dr. Augusto D. Litonjua**  
President

The culminating celebration of Diabetes Awareness Week (DAW) which we have been celebrating for the past 23 years went underway last Sunday, July 26 at the Activity Center of Festival Supermall in Alabang. It was probably one of the most successful DAW celebrations we've had. The Center partnered with Filinvest Supermall and the 3 major societies fighting against diabetes: The Philippine Society of Diabetes, Endocrinology & Metabolism (PSDEM), Diabetes Philippines (DP) and the American Association of Clinical Endocrinologists (AAACE Philippine Chapter).

We had our pharmaceutical partners also joining in the affair: Abbott Nutrition International, Bayer Philippines, Corbridge Phils., Inc., Eli-Lilly Philippines, Inc., Johnson and Johnson-Lifescan, Inc., Kalbe International (Diabetasol), LRI - Therapharma, Multicare Pharmaceuticals Phils., Inc., Natrapharm, Inc., Novartis Healthcare Phils., Inc., Novo Nordisk, Otsuka Pharmaceuticals, Inc., Sanofi Aventis Phils., Inc., and Servier Philippines, Inc.

The morning schedule - which was the more "serious" part of the day had the 4 presidents of the medical societies giving brief talks on the growing prevalence of diabetes and the ways to curb that growth. The Center also honored its "diabetes achievers" - 8 getting a gold citation for having 30 years of the disease without complications, 24 silver citation for a 20 year complication free life and 38 bronze citation for a 10 year complication free life.

Guest speaker was District Representative Hon. Roman T. Romulo accompanied by his wife, Mrs. Shalani Romulo. Also present in the event were former Secretary of Foreign Affairs, Mr. Alberto Romulo, Mrs. Rosie Lovely T. Romulo, Vice Chairperson of the Board of Trustees, Col. Andrew Nocon, Red Cross Vice Governor and Ms. Rose Nuqui, Vice President of Marketing & Exhibits of Festival Supermall. We also formally launched the website of the center headed by Dr. Princess Kanapi and yours truly. Col. Nocon was the one responsible for having the venue free for our event.

The afternoon schedule included games and various celebrity appearances from Ms. Mheg Imperial, Ms. Priscilla Meirelles and Mr. Patrick Garcia. Coordinators of DAW were Dr. Robert Michael Gan & Dr. Jose Carlos Miranda.

### What's inside?



- 29<sup>th</sup> Intensive Training Course
- NADE: Scaling New Heights in Diabetes Care
- Camp Cope
- Diabetes Awareness Week
- Servier Lectures
- Activities for the Year

# 28th INTENSIVE TRAINING COURSE FOR DIABETES EDUCATORS

Ayezl Embestro, MD, FPCP  
Endocrinology Fellow, MMC

The 5-day Intensive Training Course on diabetes is really an intensive training regarding diabetes, not just for me but I believe to all of us, the participants.

It gave us the whole picture regarding management of diabetes not just in 1 aspect but as a whole which includes both medical and non-medical (diet, exercise, self monitoring and even emotional).

The training provided us knowledge on how to approach difficult patients and their family members with diabetes and wholistic management of diabetes.



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





Come and join us!

The **29<sup>th</sup>**

# INTENSIVE TRAINING COURSE for DIABETES EDUCATORS

Philippine Center for Diabetes Education Foundation, Inc.  
August 22-26, 2016 | City Garden Grand Hotel, Makati City

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

## DAY 1: NATURE OF DIABETES August 22, 2016 (Monday)

Time	Topic	Speaker/Facilitator
7:30-8:00 AM	Pre-test	Ms. Erlinda B. Inocencio
8:00-8:15 AM	Guidelines for ITC	Dr. Cynthia H. Manabat
8:15-9:30 AM	Lecture: Introduction, Objectives, History of Diabetes Educational Clinics and Diabetes Center Philippines  Diagnosis & Classification of DM Pathophysiology of Type 1 and Type 2 DM/DM Prevention	Dr. Augusto D. Lifonjua
9:30-10:30 AM	Lecture: Effective Teaching Principles	Dr. Nemencio A. Nicodemus, Jr.
10:30-12:00 NN	Lecture: Medical Nutrition Therapy	Ms. Sanirose Orbeta
12:00-1:00 PM	LUNCH	
1:00-5:00 PM	Diabetes Conversation Maps	Dr. Joy Arabelle C. Fontanilla Lilly DEs (6 groups)
5:00 - 5:15 PM	Post-Test/PM snack	Ms. Erlinda B. Inocencio

## DAY 2: MEDICAL NUTRITION THERAPY, EXERCISE AND BLOOD GLUCOSE MONITORING August 23, 2016 (Tuesday)

Time	Topic	Speaker/Facilitator
7:30-8:00 AM	Pre-test	Ms. Erlinda B. Inocencio
8:00-10:00 AM	Lecture and Workshop: Motivational Interviewing	Dr. Maria Jocelyn C. Isidro
10:00-10:30 AM	AM SNACK	
10:30-12:30 PM	Lecture: Oral Antidiabetic Agents	Dr. Carolyn N. Montano
12:30-2:00 PM	WORKING LUNCH	
2:00-3:00 PM	Lecture: Monitoring BG Control	Dr. Susan Yu Gan
3:00-4:30 PM	Workshop: Monitoring BG Control	Ms. Erlinda B. Inocencio BG Meter Pharmas
4:30-5:30 PM	Workshop: Exercise	Dr. Maria Princess L. Kanapi
5:30-5:45 PM	Post-test/PM snack	Ms. Erlinda B. Inocencio

## DAY 3: OADs, INJECTABLES, INSULIN INJECTION August 24, 2016 (Wednesday)

Time	Topic	Speaker/Facilitator
7:30-8:00 AM	Pre-test	Ms. Erlinda B. Inocencio
8:00-10:00 AM	Workshop: Meal Planning and Diet Computation	Ms. Celeste Tanchoco
10:00-12:00 NN	Lecture: Insulin Therapy	Dr. Cynthia H. Manabat
12:00-1:00 PM	LUNCH	
1:00-2:00 PM	GLP-1 R Agonists	Dr. Cecilia A. Jimeno
2:00-5:00 PM	Lecture and Workshop: Insulin and GLP-1R agonists Injection	Dr. Gia Wassmer Insulin / GLP-1R Agonists Companies Nurse Des
5:00-5:15 PM	Post-test/PM snack	Ms. Erlinda B. Inocencio

## DAY 4: ACUTE AND CHRONIC COMPLICATIONS August 25, 2016 (Thursday)

Time	Topic	Speaker/Facilitator
7:30-8:00 AM	Pre-test	Ms. Erlinda B. Inocencio
8:00-9:00 AM	Lecture: Acute Complications	Dr. Florence A. Santos
9:00-9:30 AM	Workshop: Sick Day Guide	Dr. Florence A. Santos
9:30-10:30 AM	Lecture: Chronic Microvascular Complications	Dr. Bien J. Matawaran
10:30-11:30 AM	Lecture: Chronic Macrovascular Complications	Dr. Marie Yvette R. Amante
11:30-1:30 AM	Workshop: Complications LUNCH	Dr. Jose Carlos Miranda
1:30-4:30 AM	Lecture and Workshop: Foot Assessment, Foot Care, Basic Wound Care	Dr. Pepito E. dela Pena
4:30-5:00 AM	Workshop: Setting Up A Diabetes Educational Clinic	Dr. Cynthia H. Manabat
5:00-5:15 AM	Post test/PM snack	Ms. Erlinda B. Inocencio

## DAY 5: PREGNANCY / SEX / CHILDREN AND ADOLESCENTS August 26, 2016 (Friday)

Time	Topic	Speaker/Facilitator
7:30-8:00 AM	Pre-test	Ms. Erlinda B. Inocencio
8:00-9:00 AM	Lecture: Diabetes and Pregnancy	Dr. Maria Leonora D. Capellan
9:00-10:00 AM	Lecture: Diabetes and Sexual Health	Dr. Jimmy B. Aragon
10:00-11:00 AM	Lecture: Diabetes in Children and Adolescents	Dr. Sioksoan C. Cua
11:00-11:15 AM	Evaluation of the course	Ms. Erlinda B. Inocencio
11:15-12:30 PM	LUNCH	
12:30-4:15 PM	Workshop: Practice Teaching	Dr. Joy Arabelle C. Fontanilla Dr. Ma. Cecilia G. Gonzales Dr. Gia D. Wassmer Ms. Ivy Ramallosa Ms. Erlinda B. Inocencio
6:00 PM	Graduation	All faculty and coordinators Pharmaceutical friends

## Workshop

**DCM DIABETES CONVERSATION MAPS**  
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 D. Wassmer

**MNT MEDICAL NUTRITION THERAPY**  
The Participants Will Teach "Patient" General Nutrition Guidelines OR Meal Computation OR Plate Model.  
Mentor: Ivy Ramallosa

**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



# Unraveling the Secrets to Healthy Living and Diabetes with NADE 2015

By Joy Arabelle C. Fontanilla, MD, FACE, FPCP, FPCDE, FPSEDM  
(Chair, National Assembly of Diabetes Educators)

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

*The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.*

*These six will gladly you attend  
If only you are willing  
Your mind they'll ease  
Your will they'll mend  
And charge you not a shilling.*

*~Nursery rhyme quoted by Wayne Fields,  
"What the River Knows", 1990*

Last year, 5 million people died from diabetes. Contrast that to the 1.5 million who died from HIV/AIDS or the 1.5 million from tuberculosis. By International Diabetes Federation estimates, in 2015, around 415 million people worldwide had diabetes. This number is expected to skyrocket to 642 million in the year 2040 if nothing is done about it.



Source <http://www.diabetesatlas.org/>

Diabetes can lead to complications such as eye disease, heart disorders, pregnancy problems, nerve damage, kidney injury and others. Thankfully, these complications are preventable through good control of blood sugar, blood pressure and cholesterol levels along with development of healthy lifestyle habits.

Diabetes self-care can be challenging. This can be eased, however 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 21<sup>st</sup> NADE was held on November 11, 2015 at the EDSA Shangri-La Hotel in Mandaluyong. Over two hundred participants from all over the country attended the meeting.



The theme for the conference was **Unraveling the Secrets to Healthy Living and Diabetes**. The morning symposia covered topics on healthy eating to prevent diabetes, diets for kidney disease patients, group education tactics and smoking cessation strategies.

One of the day's highlights was a lecture-demo by celebrity coaches Jimbo Saret and his wife, Toni, of the metabolic workout – a 4-minute exercise workout to help people keep fit and lose weight. The afternoon symposia also tackled issues on new ways to measure blood sugar, behavior therapy for weight loss, raising the emotional quotient of patients and healthcare providers, and updates on the new anti-diabetes medications.

This year, NADE is slated for Wednesday, November 9, 2016 at EDSA Shangri-La Hotel with the theme **Scaling New Heights in Diabetes Care**. During the event, Diabetes Center President Dr. Augusto D. Litonjua, Training Chair Dr. Cynthia Hallili-Manabat, Board Director Dr. Tommy Ty Willing, and Executive Director Ms. Erlinda Inocencio also swear in a new batch of Associate Diabetes Educators.



*Help us spread the word that diabetes and its complications can be averted.  
Support the Diabetes Center Philippines and let us all reach new heights in caring for people with diabetes!*

# 21<sup>st</sup> National Assembly of Diabetes Educators Unraveling the Secrets to Healthy Living & Diabetes

November 11, 2015

Garden Ballroom, EDSA Shangri-La Hotel, Mandaluyong City

## PLENARY LECTURES

### **Healthy Eating to Prevent Diabetes Starts With Breakfast**

Speaker: Sanirose S. Orbeta, RND

### **Diabetic Renal Diet – What Is There Left to Eat?**

Speaker: Socorro T. Balderamos, RND

### **Effective Tactics in Group Education**

Speaker: Nemuel S. Fajutagana, MD

### **Proven Strategies for Smoking Cessation**

Speaker: Lenora Cañizares-Fernandez, MD

### **Addressing Barriers in Achieving Optimal Glycemic Control**

Speaker: Joy Arabelle C. Fontanilla, MD

### **Pros and Cons of Old and New Ways to Measure Glycemia**

Speaker: Jimmy B. Aragon, MD

### **The Metabolic Workout:**

#### **Exercises to Keep Fit and Lose Weight**

Speaker: Coach Jose Jimbo M. Saret

### **Behavior Therapy for Weight Loss (Secrets to Thinking Thin)**

Speaker: Joy Arabelle C. Fontanilla, MD

### **Managing Type 2 DM Early and Effectively**

Speaker: Joy Arabelle C. Fontanilla, MD

### **Beyond Physician Expertise: The Hard Case for Soft Skills**

Speaker: Edgardo Juan L. Tolentino, Jr., MD

### **What You Should Know About the New Antidiabetic Meds on the Block**

Speaker: Nestor Eric R. Laplano, MD

## What's for 2016?

This year, NADE is slated for Wednesday, November 9, 2016 at EDSA Shangri-La Hotel with the theme **SCALING NEW HEIGHTS IN DIABETES CARE**. All interested parties are invited to come.

For inquiries and pledges of support, please contact the secretariat Ms. Ella Babasanta-Respicio at (02) 892-1064; 888-8999 loc. 2287 or email us at [diabetes.center@yahoo.com](mailto:diabetes.center@yahoo.com).



### **NADE ORGANIZING COMMITTEE**

**Augusto D. Litonjua, MD**  
Overall Adviser

**Joy Arabelle Castillo-Fontanilla, MD**  
Chairperson, 2015 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.

## PRELIMINARY TOPICS:

- ◆ *New ADA recommendations for obesity management to treat type 2 diabetes*
- ◆ *Diet strategies to optimize sports performance with diabetes*
- ◆ *Effective approaches to educating adult and pediatric learners*
- ◆ *Diabetes and pregnancy: updates on oral antihyperglycemic and insulin therapy*
- ◆ *Wound care dos and don'ts*
- ◆ *Novel insights in diabetic foot care*
- ◆ *How to engage the challenging diabetes patient*
- ◆ *Male sexual and urologic health: how to keep them up*

# Diabetes Awareness Week 2015

## Festival Supermall, Alabang



# Are you ready for the challenge?



# Festival Supermall, Alabang



# Diabetes Awareness Week 2016

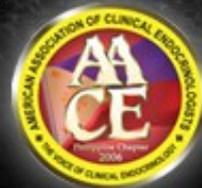
Be AWARE... Be EMPOWERED – BEAT DIABETES!

## BEAT DIABETES WITH A KNOCKOUT PUNCH



JULY 24, 2016

2ND FLOOR (ACTIVITY CENTER), FESTIVAL SUPERMALL  
FILINVEST, ALABANG, MUNTINLUPA CITY



The Philippine Center for Diabetes Education Foundation, Inc. will once again celebrate for its 24<sup>th</sup> 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 we should try to BEAT diabetes this time with a KNOCKOUT punch!

If you are, then join us as we celebrate the Diabetes Awareness Week this July 2016. We will have a purpose filled activity on July 24, 2016 at Festival Supermall in Alabang.

Like our motto, this week intends to make us **AWARE** of the consequences of diabetes so that we may be **EMPOWERED** to **BEAT DIABETES!**

**Be there. Spread the word.  
Invite everyone. Let us BEAT Diabetes!**



# CAMP COPE AROUND THE GLOBE

Children Overcoming Diabetes Problems Everywhere

*Hello po!*

*Ang una ko pong impression ay para po akong nahihiya at natatakot. Pero ang saya po pala. Marami po akong natutunan kahit unang araw pa lang po. Marami akong nalaman sa mga Ate at Kuya ditto sa camping. Nalaman ko rin pong mag adjust ng insulin at napakasaya pala sumama sa camp cope dahil marami ka ring makikilalang kaibigan. At nalaman mo rin na hindi lang ako o ikaw ang batang may diabetes. Salamat dahil nakasama kami ditto sa camping ng batang may sakit na diabetes. BEAT DIABETES!*

*- Team America*

**Together we can beat Diabetes!**



*My First Impression in Camp Cope*

*As we know, camping is fun to do. You can experience new things and also meet new friends. So when my doctor ask me if I want to join the camp, I immediately say yes. Because I want to learn more about diabetes and to meet new friends. I also want to know the doctors and staff in the camp.*

*And now that we experience the camp, and be campers, I can say that it was really fun because of the games that we play. I also learn about team work, trusting to each other and always support your team even if you lost or win in any game that you join. We wish that we can join again coz it was really fun, exciting, educational and memorable.*

*- Team Europe*

*Masaya at madami pa kaming natutunan dito s camp cope. Madaming activities at games tungkol sa diabetes.*

*Maraming maraming salamat po kasi isa po ako sa napili para makasama ulit dito. Sobrang saya ko po, mas marami pa po akong natutunan kung pano pangalagaan ang aking sakit. Sobrang enjoy po tlaga! Maraming salamat po!*

*- Team Asia*



*"CAMP COPE", kapag ikaw ay isang batang may diabetes, ikaw ay sumasaya at na e e-xcite kapag nalaman mong makakasama ka.*

*Marami sa grupo naming ang nakaulit na sa pagsama sa camp cope. At marami rin ang naglo-look forward na maisama pa sila sa susunod na mga taon ng successful na programang ito. Ngunit, ano nga ba ang mga expectations at first impression naming sa camp cope?*

*Marami ang nagsabi sa grupo naming na noong una ay natuwa sila na makakasama sila sa camp cope. Ne excite raw sila dahil nakikihalubilo sila sa mga bagong kakilala na may diabetes din. Hindi lang mga kapwa may diabetes ang makakasama nila, kundi pati mga doctors, nurses, dieticians at diabetes educators na makakatulong sa kamila.*

*Ang first impressions at expectations ng bawat isa sa camp cope ay nahigitan pa dahil sa tulong na nabigay ng camp cope.*

*- Team Africa*

# Camp COPE adventure

**Rhoda Zyra M. Padilla, MD, FPCP**  
**Endocrinology Fellow, MMC**

In Pediatrics, we have always been taught that the child is not just a small adult. I have experienced this first hand during our Camp COPE activity held last April 14-17, 2016 at the Tagaytay Haven. It was attended by children with Type 1 diabetes mellitus and health care providers helping them manage their diabetes, namely: doctors, dietician and diabetes nurse educators under the guidance of the Philippine Center for Diabetes Education Foundation (PCDEF).

It was a very structured activity, 3 days full of learning, fun, and camaraderie. We started with our groupings in a three-dimensional art museum in Cavite. As if giving us a hint on the different perspective we will have after a few days. I saw my group and we were Team Europe. I would say, I would summarize my experience with 3D's.

## **Dealing with Diabetes**

Through the eyes of these children, years younger than us, we have learned first-hand how difficult it is for a young mind to know, comprehend and grasp the idea of handling diabetes. But as they are able to accept and embrace their situation, they find strength and hope in the people around them, be it their own families, their attending doctors, and more so in the other children who are sharing their same experience. They were intent on listening to each lecture, fully participating in each game or activity. I was amazed by how they taught us things not learned in any medical book.

## **Dancing with Diabetes**

While dealing with diabetes at a young age is a challenge, these kids still know how to enjoy life despite the difficulties. Another lesson learned from their simple innocence or questions asked during activities. Even their competitive spirit during the performances or cheers each time our team is called. They taught me how it is like to remain as a child while handling a heavy burden. Carefree and trusting, always looking at the bright side of things.

## **Dedication to Survive with Diabetes**

The culmination of the event ended with a graduation ceremony. Here we got to meet their parents, and award those who shined brighter than the rest. We saw where they get their inspiration from to survive diabetes. Some wishing to help their families, some to eventually find a cure for type 1 diabetes mellitus, others hoping to help other children with the same condition, a few just hoping to live long to enjoy life. Truly, a child is not just a small adult. They open our minds to the impossible. They challenge us to maintain having the heart of a child.





**My First CAMP COPE Adventure**  
**Gelinmae Malaza, MD, FPCP**  
**Endocrinology Fellow, UST Hospital**

Camp COPE was meant for the campers, the Type 1 DM kids, to further improve their knowledge of the disease and establish the correct practices that they should imbibe. It stems from the realization that these kids will have to deal with diabetes for the rest of their lives; that they'd have to deal with daily CBG monitoring and multiple insulin injections along with other issues an adolescent or adult would face. Teaching and inculcating in them the right attitude is crucial since it will determine their degree of self-sufficiency, being able to actively participate in the care of their selves as they grow older.

But apart from the established goals of the event, the staff, who were supposed to just teach and watch over the campers and ensure their safety, gained a lot more. Values like equality, cooperation, courage, and perseverance were evident in every activity. And seeing the casual looks on the kids' faces as they themselves prick their fingers for CBG monitoring or inject insulin as ordinary as tying shoelaces made us realize how much braver they are than most adults. It is inspiring how they are able to find joy everyday despite the challenges they face. It made us reexamine our own lives and see things from a different perspective, just as simple as being appreciative that a new day has arrived.

Adults are supposed to be the ones whom kids draw inspiration from. But on those 4 days, the kids taught us that indeed, life is not a problem to be solved but a gift to be cherished; that no matter how bad the situation may be, there's always something to be happy for.



Sa una, wala kaming ekspektasyon kung ano ang Camp Cope. Ang tanging alam lang namin ay mga batang may Type 1 diabetes. Unang araw pa lamang ay nag-enjoy na kami lalo pa sa mga sumunod na araw. Kami ay loboys na namangha sa mga batang kinakitaan naming ng katatagan sa kanilang paglalakbay. Ni walang bakas ng kalungkutan, takot at kaba sa kabila ng pagkakaroon ng sakit na diabetes. Sila ay punung-puno ng saya at pag-asa. Sapat ang kanilang kaalaman ukol sa diabetes sa murang edad pa lamang. Saludo kami sa mga bata ng Camp Cope. Hanggang sa muli mga kaibigan!

**Team Africa Staff**  
**Dr. Anton Faltado of PGH,**  
**Dr. Joanna Dy & Dr. Genevieve Sia of The Medical City**  
**Nurse Lei Jacinto, Dietitian Lea Escabarte**



*MY Experience at CAMP COPE*  
*Erva Magbanua, MD, FPCP*  
*Endocrinology Fellow, Chinese General Hospital*

I was one of the fellows-in-training who joined CAMP COPE. I prepared a lecture on diabetes overview keeping in mind that I would be speaking in front of children with type 1 diabetes mellitus. At first, I was worried because I may not be an efficient teacher. I made sure my slides were concise but entertaining.

But when I saw the group of children, I wondered how could kids as young as 8 years old understand their condition. These little kids were too young and innocent. If I were in their shoes, would I be as cheerful as them? Would I be eager to prick my own fingers to check my blood sugar? Would I be brave to inject myself with insulin? Would I be keen on watching what I eat? Would I still have energy to play with other kids?

To my surprise, during the lecture, I discovered how knowledgeable these kids were about diabetes. They volunteered to answer questions. They knew the signs and symptoms of diabetes, the acute and chronic complications of diabetes and what hypoglycemia or DKA is. They didn't have to read an article on DKA or hypoglycemia to tell me what it is... they have experienced it!

During mealtime, they knew how to check their blood sugars. They were not afraid to inject insulin on their own. They knew how to dispose the needles and lancets! We were just there to supervise them. How I wished our adult patients were as brave as these kids. I prayed my own patients were as enthusiastic and eager to learn and live. During the activities, the kids didn't look fragile. They were active. They smiled, giggled and laughed. They sang and danced. Some were timid and shy at first but eventually were not afraid to show their talents. They encouraged and praised each other. They were smart, creative, and full of life and ambitions.

These kids were amazing. They didn't lose hope despite their disease. They didn't give up but remained positive. I thought I would be the one teaching them but they turned out to be the ones teaching me instead. Their stories and life experiences were truly inspiring. And I pray they would grow up healthy and fulfill their aspirations and dreams.



*My Camp COPE Experience*

*As an adult endocrinology fellow, being exposed to type 1 pediatric diabetic patients is not that often. The 3-day camp, we became their buddy, their doctors, and eventually their ate/kuya.*

*The activity aims to equip campers basic knowledge on how to deal with common challenges faced in controlling diabetes and reinforce self management education.*

*Ayezl Embestro, MD, FPCP*  
*Endocrinology Fellow, MMC*





L to R: Dr. Tommy Ty-Willing (DCP Trustee), Dr. Rima Tan (DPI President), Dr. Augusto D. Litonjua (DCP Founder), Prof. Davide Carvalho, Dr. Cynthia Manabat (DCP Trustee), & Mr. Patrick Tete (Servier Philippines Managing Director)

## Servier Lectures (1992 - 2015)

**2015** **"Preventing Diabetic Complications: A Sulfonylurea Perspective"**  
Prof. Davide Carvalho

- 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 Haeften
- 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

## The Servier Lecture Series: Over Two Decades of Partnership in Diabetes Care

For 24 years now, the partnership between the Diabetes Center Philippines (DCP), Diabetes Philippines Inc. (DPI) and Servier Philippines, have provided updates in the management of diabetes through the annual Servier Lecture Series.

Each year, a diabetes expert is invited to talk about recent and notable information about diabetes. This is held as a culmination activity of the National Assembly of Diabetes Educators (NADE), on the eve of the Annual Convention of Diabetes Philippines.

The 24<sup>th</sup> Servier Lecture was held on the night of November 11, 2015, with Prof. Davide Carvalho of the Department of Endocrinology, Diabetes and Metabolism Hospital de S. João, Faculty of Medicine, University of Porto in Portugal. Prof Carvalho gave a lecture entitled **"Preventing Diabetic Complications: A Sulfonylurea Perspective"**.

The 25<sup>th</sup> Servier Lecture is scheduled on 9 November 2016, Wednesday, at the EDSA Shangri-La Hotel.

# GLICLAZIDE

## DIAMICRON® MR 60

Scored Tablets

## SHARE THE GIFTS



**Up to 2 tablets at breakfast**  
in most patients



1. The ADVANCE Collaborative group. *N Eng 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.

**COMPOSITION:** Diamicron MR 60 mg, modified release tablet containing 60 mg of gliclazide, contains lactose as an excipient. **INDICATION:** Non-insulin-dependent diabetes (type 2) in adults, in association with dietary measures and with exercise, when these measures alone are not sufficient. **DOSAGE AND ADMINISTRATION:** One half to 2 tablets per day i.e. from 30 to 120 mg taken orally as a single intake at breakfast time, including in elderly patients and those with mild to moderate renal insufficiency with careful patient monitoring. One tablet of Diamicron MR 60 mg is equivalent to 2 tablets of Diamicron MR 30 mg. The breakability of Diamicron MR 60 mg enables flexibility of dosing to be achieved. In patients at risk of hypoglycemia, daily starting dose of 30 mg is recommended. Combination with other antidiabetics: Diamicron MR 60 mg can be given in combination with biguanides, alpha glucosidase inhibitors or insulin (under close medical supervision). **CONTRAINDICATIONS:** Hypersensitivity to gliclazide or to any of the excipients, other sulfonylurea or sulphonamides; type 1 diabetes; diabetic pre-coma and coma, diabetic ketoacidosis; severe renal or hepatic insufficiency (in these cases the use of insulin is recommended); treatment with miconazole (see interactions section); lactation (see fertility, pregnancy and lactation section). **WARNINGS:** Hypoglycemia may occur with all sulfonylurea drugs, in cases of accidental overdose, when calorie or glucose intake is deficient, following prolonged or strenuous exercise, and in patients with severe hepatic or renal impairment. Hospitalization and glucose administration for several days may be necessary. Patient should be informed of the importance of following dietary advice, of taking regular exercise, and of regular monitoring of blood glucose levels. To be prescribed only in patients with regular food intake. Use with caution in patients with G6PD-deficiency. Excipient: contains lactose. **INTERACTIONS:** Risk of hypoglycemia - contraindicated: miconazole; not recommended: phenylbutazone; alcohol; use with caution: other antidiabetic agents, beta-blockers, fluconazole, ACE inhibitors (captopril, enalapril), H2-receptor antagonists, MAOIs, sulfonamides, clarithromycin, NSAIDs. Risk of hyperglycemia - not recommended: danazol; use with caution: chlorpromazine at high doses; glucocorticoids; ritodrine; salbutamol; terbutaline; Potentiation of anticoagulant therapy (e.g. warfarin), adjustment of the anticoagulant may be necessary. **FERTILITY, PREGNANCY AND BREASTFEEDING:** Pregnancy: Change to insulin before a pregnancy is attempted, or as soon as pregnancy is discovered. Lactation: Contraindicated. **DRIVING & USE OF MACHINES:** Possible symptoms of hypoglycemia to be taken into account especially at the beginning of the treatment. **UNDESIRABLE EFFECTS:** Hypoglycemia, abdominal pain, nausea, vomiting, dyspepsia, diarrhea, constipation. Rare: changes in hematology generally reversible (anemia, leukopenia, thrombocytopenia, granulocytopenia). Raised hepatic enzymes levels (AST, ALT, alkaline phosphatase), hepatitis (isolated reports). If cholestatic jaundice: discontinuation of treatment. Transient visual disturbances at start of treatment. More rarely: rash, pruritus, urticaria, angioedema, erythema, maculopapular rashes, bullous reactions such as Stevens-Johnson syndrome and toxic epidermal necrolysis, and exceptionally, drug rash with eosinophilia and systemic symptoms (DRESS). As for other sulfonylureas: observed cases of erythrocytopenia, agranulocytosis, hemolytic anemia, pancytopenia, allergic vasculitis, hyponatremia, elevated liver enzymes, impairment of liver function (cholestasis, jaundice) and hepatitis which led to life-threatening liver failure in isolated cases. **OVERDOSE:** Possible severe hypoglycemia requiring urgent IV glucose, immediate hospitalization and monitoring. **PROPERTIES:** Diamicron MR 60 mg is a sulfonylurea reducing blood glucose levels by stimulating insulin secretion from beta cells in the islets of Langerhans, thereby restoring the first peak of insulin secretion and increasing the second phase of insulin secretion in response to a meal or intake of glucose. Independent hemovascular properties. **PRESENTATION:** Box of 60 tablets of Diamicron MR 60 mg in blister. Servier Philippines, Inc. #2 Orion Cor. Mercedes Sts., Bel-Air Village, Makati City. [www.servier.com](http://www.servier.com)

Further information available upon request.



# BEAT DIABETES WITH A KNOCKOUT PUNCH

JULY 24, 2016

2ND FLOOR (ACTIVITY CENTER), FESTIVAL SUPERMALL  
FILINVEST, ALABANG, MUNTINLUPA CITY

*Activities for the*



*Year 2016*



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## Philippine Center for Diabetes Education Foundation, Inc.

### 2016 Calendar of Activities

- CAMP COPE** (*C*hildren *Q*vercoming *D*iabetes *P*roblems *E*verywhere)  
"Camp Cope Goes Around the World"  
Tagaytay Haven Ulat Rd., Tagaytay City  
April 14 - 17, 2016
- DIABETES AWARENESS WEEK (DAW)**  
"Diabetes KNOCK OUT!!"  
Activity Center, Festival Supermall, Filinvest, Muntinlupa City  
July 24, 2016
- INTENSIVE TRAINING COURSE FOR DIABETES EDUCATORS (ITC)**  
City Garden GRAND Hotel, Makati City  
August 22 - 26, 2016
- NATIONAL ASSEMBLY FOR DIABETES EDUCATORS (NADE)**  
"Scaling New Heights in Diabetes Care"  
EDSA Shangri-La Hotel, Mandaluyong City  
November 9, 2016