



DIABETES LEADER 2017 Edition



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

DIABETES BEATEN WITH A KNOCKOUT PUNCH



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 24 at the Activity Center of Festival Supermall in Alabang. The Center partnered again with Filinvest Supermall and the 3 major societies fighting against diabetes: The Philippine Society of Diabetes, Endocrinology & Metabolism (PSDEM), Diabetes Philippines (DP) and the Philippine Chapter of the American Association of Clinical Endocrinologists (AACE Philippines).

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, MedChoice Pharmaceuticals Phils., Inc., Multicare Pharmaceuticals Phils., Inc., Nestle Health Science, Novartis Healthcare Phils., Inc., Novo Nordisk, Otsuka Pharmaceuticals, Inc., Sanofi Aventis Phils., Inc., and Servier Philippines, Inc.

The morning schedule - which was hosted by some of our Endocrine Fellows, namely: Dr. Andres Ebison, Jr., Dr. Milldeanna De Guzman & Dr. Beinjerinck Ivan Cudal 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 whys to curb that growth. The Center also honored its "diabetes achievers" - 2 getting a gold citation for having 30 years of the disease without complications, 9 for the silver citation for a 20 year complication free life and 14 for a 10 year complication free life.



Former President Fidel Valdez Ramos

Our Guest speaker was none other than Former President Fidel Valdez Ramos accompanied by his wife, Mrs. Amelita M. Ramos who is the Chairmain of the Center. Also present in the event were Col. Andrew Nocon, Red Cross Vice Governor with his wife, Ms. Rose Nuqui, Vice President of Marketing & Exhibits of Festival Supermall and Ms. Emily De Leon, Senior Manager of Exhibits Group.

The afternoon schedule was then hosted by some of our pharmaceutical friends: Mr. Eric Robles of Johnson & Johnson - Lifescan Inc., Ms. Suzette Wycoco of Kalbe International and Ms. Bing Sonsona of Novartis Healthcare Phils. It included games and celebrity appearances from Mr. Chad Borja who gave us some sort of a mini concert because he sang numerous songs. Mr. Ken Chan and Mr. Aljur Abrenica were also there to celebrate with us thru the help and generosity of Atty. Felipe Gozon.

Coordinating DAW last year were our Executive Director, Ms. Erlinda B. Inocencio and our Administrative Secretary, Louella B. Respicio.



What's inside?

- 29th and 30th Intensive Training Course
- NADE 2016: Scaling New Heights in Diabetes Care
- Diabetes Awareness Week
- Servier Lectures
- Activities for the Year

29TH 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)

“ANG TATLONG BIBE”

By: Dr. Edelissa F. Payumo

It was that time when the song “Ang Tatlong Bibe” was heard from every corner. It was the song that brought together 62 individuals coming from all over the Philippines with the sole purpose of being trained as diabetes educators. The *Tatlong Bibe* (three ducks) were likened to the three key persons of a diabetic care center, namely the physician, nurse and nutritionist-dietician. They may have different characteristics but together they performed a beautiful number, and this was through the help of the Philippine Center for Diabetes Education Foundation (PCDEF).



The masochist in me endured the 5 lancet-pricks to test the different glucometers. We were also taught how to explain diabetes to a layman with the use of maps and charts, how to do calorie counting, prescribe a diet, and so much more. All these activities were managed well within the five days of training.

We called ourselves team RPG. RPG stands for Rated Pak Ganern which was a popular expression at that time too. But more to that, RPG stands for “**Reduce Risks. Prevent Complications. Gain Quality Life**”.



It was the rainy season of the year, when the 62 ducks/diabetes educators were gathered to undergo the 2016 Intensive Training Course (ITC). The series of lecture were delivered by experts in the field including the father of Philippine Endocrinology and the Founder of PCDEF, Dr. Augusto D. Litonjua. I enjoyed especially the workshops on insulin injection and glucose monitoring.



These are the benefits that we deemed people who consult diabetic care centers will gain. All these things were realized as we approached the end of the course.

A bonus part of the training was gaining new friends and connections. To meet people with the same passion as yours inspires you more to pursue your advocacy. And for all of us, this advocacy is to fight diabetes. We are grateful to the organizing team of the Intensive Training Course for giving us this experience of a lifetime.





The 30th

INTENSIVE TRAINING COURSE for DIABETES EDUCATORS

Philippine Center for Diabetes Education Foundation, Inc.
April 24-28, 2017 | City Garden Grand Hotel, Makati City



The ITC 2017 Experience



By: Lyza Camille P. Gadong, MD

I was fortunate enough to participate in this year's Intensive Training Course for Diabetes Educators. It was a fruitful five day event that not only required us to become students, but teachers, actors and singers as well.

The program included lectures on diabetes, its complications, and the use of insulin in its management. We were exposed to the different diabetes conversation maps that takes us through the path a diabetic takes through the course of his disease, from denial to acceptance to active participation in taking care of his body. The diabetes conversations was a great aid in helping us anticipate the possible questions that our future patients might have for us, and an insight into the things they might want to know more about that would ultimately convince them to be compliant to their medications.

I enjoyed the workshops on insulin administration and blood sugar monitoring because it tackled the nitty gritty details on the proper instructions we should give our patients. Plus, it allowed us to fill in our patients shoes, forcing us to test out needles and injections.

All in all, it was a platform that enabled us to interact with educators from all over the Philippines and see Diabetes from a doctor's, nurse's, and nutritionist's point of view.

By: Daveric A. Pagsisihan, MD

In 2015, International Diabetes Federation estimated that 415 million adults have diabetes. This is expected to rise to 642 million or 1 in 10 adults by 2040. With these rising numbers, more people adept with caring for persons with diabetes are necessary. In April 24 to 28, 2017 at the City Grand Garden Hotel in Makati City, the Philippine Center for Diabetes Education Foundation Inc. once again trained 71 doctors, nurses and nutritionists coming from different parts of the Philippines, as far north as Ilocos Norte, and as far south as Davao City. The 30th batch, aptly and timely called Batch #De30 proved to be up to the challenge of providing best care for Filipino patients with diabetes, and committed to the phrase "Change is Coming" in their respective parts of the country.



The 5-day workshop was really an "INTENSIVE" training, as participants were equipped with knowledge on diabetes and insulin history, basic pathophysiology of diabetes, micro- and macrovascular complications of the disease, medical nutrition and exercise therapies, oral agents and injectable treatment options, and diabetes in special populations like children and pregnant women, and with skills on moderating diabetes conversation maps and diabetes flip charts, performing self-monitoring of blood glucose using different models of glucometers, and demonstrating various insulin injection techniques on themselves. The activity simulating diabetes complications of peripheral neuropathy, blindness (from retinopathy, macular edema or cataract), and leg amputation was an eye opener for most of the participants. As diabetes educators and care providers, knowledge of how these complications arise is already a given fact, but actually experiencing these for themselves is another thing. Walking in their shoes is literally painful and difficult. Though indirectly taught, the attitude of compassion and empathy is vital in delivering the best care for persons with diabetes.

On the culminating activity of the workshop, a truly inspiring message was delivered by Dr. Nenita Collantes, President of the Philippine College of Physicians. She posed the challenge of always being grateful to our Creator, colleagues and patients, and working to multiply oneself to ensure that the best diabetes care is given to majority of the Filipino people. The participants also showcased their talents in singing, dancing and acting to mark the end of a truly intensive yet informative and innovative workshop.





NADE 2016: Scaling New Heights in Diabetes Care

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)

A human being is not attaining his full heights until he is educated.
~Horace Mann



Every 6 seconds someone dies from diabetes.

In 2015, 1 in 11 adults (around 415 million) worldwide had diabetes. According to the International Diabetes Federation, this number is expected to zoom to 1 in 10 adults (642 million) in the year 2040 if nothing is done about it.

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

Coping with diabetes can be burdensome. 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 enable patients to prevent and self-manage diabetes and its complications.



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

The 22nd NADE was held on November 9, 2016 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 **Scaling New Heights in Diabetes Care**. The morning symposia covered topics on obesity management, sports nutrition, adult vis a vis pediatric education tactics and treatment of diabetes in pregnancy.

The afternoon symposia also tackled issues on proper wound care, the diabetic foot, engaging challenging patients, as well as male sexual and urologic health.



This year, NADE is slated for Wednesday, **November 15, 2017** at a new venue, the Makati Diamond Residences with the theme **Breaking New Ground in Diabetes Management**.

During the event, Diabetes Center President Dr. Augusto D. Litonjua, Training Chair Dr. Cynthia Halili-Manabat, Board Director Dr. Tommy Ty Willing, and Executive Director Ms. Erlinda Inocencio will also swear in a new batch of Associate Diabetes Educators.



Help us help others conquer new heights through state-of-the-art diabetes education. Support the Diabetes Center and let us all break new ground in diabetes management!

All interested parties are invited to come. For inquiries and pledges of support, please contact the secretariat through Ms. Ella Babasanta-Respicio at 892-1064, 888-8999 loc. 2287 or email diabetes.center@yahoo.com.



What's for 2017?

The **23rd National Assembly of Diabetes Educators** will be held on November 15, 2017, Makati Diamond Residences, Makati City with the theme **"Breaking New Ground in Diabetes Management"**. 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.

2017 NADE PROGRAMME

7:00-8:00 am Registration

8:00-8:30 Opening Ceremonies, National Anthem AVP, & Invocation AVP
Opening Remarks Augusto D. Litonjua, MD

Plenary lectures:

8:30-9:00 am 2017 ADA Updates on the Classification and Diagnosis of Diabetes.
By: Marie Gertrude C. Santos, MD

9:00-9:30 To Eat or Not to Eat for Two – Healthy Eating for Gestational Diabetes.
By: Sanirose S. Orbeta, RND

9:30-9:45 Open Forum

9:45-10:15 Snack Symposium

10:15-10:30 Opening of Exhibits

10:30-10:45 Induction of New Associate Diabetes Educators
Dr. Augusto D. Litonjua; Dr. Tommy Ty Willing, Dr. Cynthia Halili-Manabat

10:45-11:15 How to Avoid Pitfalls in One-on-One Diabetes Education
By: Nemuel S. Fajutagana, MD

11:15-11:45 Hypoglycemia Redefined.
By: Florence A. Santos, MD

11:45 -12:00 Open Forum

12:00-1:15 Lunch Symposium

1:15-1:45 Anti-Inflammatory Lifestyle Practices – Keys to Longevity?
By: Nestor Eric R. Laplano, MD

1:45-2:15 Proven and Promising Strategies for Diabetes Prevention.
By: Marie Therese Faller, MD

2:15-2:30 Open Forum

2:30-3:00 Snack Symposium

3:00-3:30 Visit booths/exhibits

3:30-4:00 Continuous Glucose Monitoring – When to Use and How to Interpret.
By: Monica Therese C. Cabral, MD

4:00-4:30 Death to the Sliding Scale- Insulin Therapy in Non-Critical Inpatient Care.
By: Juan Maria Ibarra O. Co, MD

4:30-4:45 Open Forum

4:45-5:00 Closing Remarks
By: Joy Arabelle C. Fontanilla, MD

Awarding of Certificates of Appreciation to Corporate Partners:
By: Erlinda B. Inocencio

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.

DIABETES AWARENESS WEEK 2016

July 24, 2017 Activity Center



Festival Supermall Alabang



DIABETES KNOCKED OUT!





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



25th Diabetes Awareness Week in 4D

Be AWARE... Be EMPOWERED... Beat DIABETES!!

Dribble, Drive, Dunk, Defend Against DIABETES!



July 23, 2017
2L, Carousel Court,
Festival Supermall
Alabang, Muntinlupa City

www.pcdef.org

Corporate Partners:

Abbott Nutrition International – Ascensia Diabetes Care – Corbridge Group Philippines, Inc. – Eli-Lilly Philippines, Inc. – Johnson & Johnson Lifescan, Inc. – Kalbe International – LRI Therapharma – Multicare Pharmaceuticals Philippines, Inc. – Nestle Philippines, Inc. – Novo Nordisk – Otsuka Philippines Pharmaceuticals, Inc. – Sanofi Philippines, Inc. – Servier Philippines, Inc.

This 2017 marks the 25th anniversary of the Diabetes Awareness Week. In 1993, President Fidel Ramos signed Proclamation 213 that states that every 4th Sunday of July is Diabetes Awareness Week. Since then, the Philippine Center for Diabetes Education Foundation, Inc. has spearheaded this campaign.

The theme for this year's Diabetes Awareness Celebration is **"Diabetes Awareness in 4D: Dribble, Drive, Dunk, and Defend against Diabetes"**. A sequel of the 2014 theme Diabetes Awareness in 3D. The theme speaks for itself. Basketball is known as the Philippine's favourite past time. Since the Philippines is known as one of the most passionate basketball-loving countries, Filipinos can easily relate and participate with our theme.

Previous partners will again team up in this event: The Philippine Basketball Association (PBA), Festival Mall, and different pharmaceutical and diagnostic companies. Several PBA players will grace the event and spread awareness against diabetes.

Also in this fight against diabetes are the following medical societies: Philippine Society of Endocrinology, Diabetes, and Metabolism, Diabetes Philippines, and American Association of Clinical Endocrinologists – Philippine Chapter.

This July, we celebrate the awareness campaign by travelling to the different provinces such as Batangas City, Cabanatuan City, La Union, and culminates in Festival Mall, Muntinlupa. We will have several activities like blood sugar and cholesterol screening, lay fora, informative games, and interactive sessions.



This is the time to end diabetes.
Like our previous battle cry:

**We Dribble
We Drive
We Dunk
We Defend against
DIABETES!!!**

The Servier Lecture Series

Celebrating 25 Years of Partnership in
Diabetes Education and Care

Diabetes Center Philippines and Diabetes Philippines, in cooperation with Servier Philippines, held the 25th Servier Lecture on 9 November 2017 at the EDSA Shangri-La Hotel.

The silver anniversary was aptly celebrated with Prof. Mark Cooper who delivered a timely topic entitled **“Renal Disease and its Impact to Diabetes Management Today”**.



Professor Mark E. Cooper is 2016's Claude Bernard Distinguished Awardee - EASD's highest award in recognition of an individual's innovative leadership and lifetime achievements in diabetes research.

Professor Mark E. Cooper

Photo courtesy of: <http://www.med.monash.edu.au>

2016	“Renal Disease and its Impact to Diabetes Management Today” Professor Mark E. Cooper
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 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

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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, clonitromycin, 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

Further information available upon request.





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



diabetes philippines



FESTIVAL



GMA



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Activities for the Year 2017



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

2nd Floor Hall C, Tower 1, Makati Medical Center
No. 2 Amorsolo st. Legaspi Village,
Makati City Philippines

Philippine Center for Diabetes Education Foundation Inc.

- ▶ **30th Intensive Training Course for Diabetes Educators**
April 24 - 28, 2017 City Garden Grand Hotel, Makati City
- ▶ **25th Diabetes Awareness Week**
"Dribble, Drive, Dunk, Defend... Against Diabetes!"
July 23, 2017 Festival Supermall, Alabang, Muntinlupa City
- ▶ **23rd National Assembly of Diabetes Educators**
"Breaking New Ground for Diabetes Management"
November 15, 2017 Makati Diamond Residences, Makati City

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