

## INSULIN RATIONING!

PDGN has been tracking the rise in insulin costs and alarming stories appearing in reputable publications about patients rationing their insulin and fears of future shortages.

In the USA there is growing anger over the rising cost of insulin leading to some people with diabetes not taking it as directed.

According to Reuters a survey conducted at the Yale Diabetes Center in Connecticut, found one in four people using insulin taking less of it than doctors recommend because they can't afford it. These patients may have a higher risk of complications than individuals who always take their medicine, researchers say.

Separately there are growing concerns that the world could run out of insulin leaving millions of people with diabetes

without the most appropriate treatment for their condition.

Newsweek magazine reports speculation that with rates of Type-2 expected to rise by more than 20% worldwide in the next 12 years, a point may be reached where insulin will be beyond the reach of around half of the 79 million adults who will need it by 2030.

Should access remain at current levels parts of the world may face particular problems. Significant shortages are being predicted for Africa, Asia and Oceania—regions.

PDGN urges members to join the call for strategies to make insulin more widely available and affordable.

Newsweek [URL:](https://www.newsweek.com/world-running-out-insulin-shortages-could-leave-millions-diabetics-without-1229125)  
<https://www.newsweek.com/world-running-out-insulin-shortages-could-leave-millions-diabetics-without-1229125>

### Please Ask Your Colleagues to Join

Our membership is our strength and it regularly turns over as people lose elections or stand down - we have to continuously recruit. Please ask your colleagues to join, it's free and there's a membership form on our website.



[www.pdgn.co.uk](http://www.pdgn.co.uk)



@PDGN\_diabetes



Accounting for inflation, a vial of insulin that cost \$1 in 1967 should cost \$16.43 today – not the \$300 US patients are having to pay.

### Middle East has the highest Prevalence of Type 2 diabetes

An estimated 37 million people in the Middle East have Type 2 diabetes with the prevalence estimated at 9.7%, of the population. The region is now believed to have highest prevalence of diabetes in the world.

AstraZeneca announced the results from a trial, which included more than 17,000 patients across 882 sites in 33 countries. In the Middle East, approximately 37 million people were found to have type 2 diabetes and the number is expected to rise dramatically.

This increase may be attributed to multiple risk factors, including an increased prevalence of obesity, physical inactivity, and change in dietary patterns. More here:

[URL:](https://archives.forbesmiddleeast.com/en/37-million-people-in-the-middle-east-have-type-2-diabetes/)  
<https://archives.forbesmiddleeast.com/en/37-million-people-in-the-middle-east-have-type-2-diabetes/>

# Focus On Africa



The theme of this year's World Diabetes Day was 'The Family and Diabetes' and organisations collaborated across the continent to mark the occasion and promote prevention, diagnosis and treatments. Here are just a few brief examples.

Organizations, and other development partners. People with diabetes were invited from communities in and around Monrovia.

 The 2nd Diabetes Frontier: Africa series event featured top advocates & experts in the fight against diabetes including: Dr Bongi Ngema-Zuma, Dr Gwendoline Malegwale Ramokgopa and Sophie Ndaba. The event focused on tackling the challenges of diabetes and obesity in Africa through better advocacy as well as using advanced technology and data science.

 In Rwanda hundreds of people in Kinyinya Sector were screened and educated about diabetes and in particular the role of the family in diabetes control.



Advocacy Action - Now is the time to start planning for WDD 2019 to raise the profile of diabetes in your Parliament. Your national diabetes association would be delighted to hear from you and work with you to make 2019 the most successful WDD yet. If you are not already in contact with them, PDGN can give you for details.



 A three day conference at the Ibn Tofeil University in Kenitra city, Morocco, was held. PDGN Vice-President Senator

Mostafa Brahimi gave a presentation on the rights of people with diabetes.

 On the South Coast of KwaZulu-Natal, South Africa, an appeal went out for community members to get tested for diabetes at the Prince Mshiyeni Memorial Hospital.

 In Liberia a program was hosted at the premises of the Ministry of Health and was attended by staff, Civil Society Organizations, Community Based

## Workers with Diabetes Face Discrimination

According to glucose monitoring system manufacturer Dexcom, employees with diabetes often feel discriminated against with almost a third believing the condition has damaged their career. It has been claimed that one in five people with diabetes have faced disciplinary action for missing work.

Advocacy Action – what is the situation in your country? Could you promote a study? Does your employment law need amending? PDGN can advise. [URL:](https://www.personneltoday.com/hr/diabetic-workers-faced-disciplinary-action-for-taking-time-off/)

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# NEWS FROM AROUND THE GLOBE



A tax on sugary drinks sold in Seattle has produced more money than expected. Now City Hall is sorting out how best to put the healthy revenue from unhealthy – without moderation! – beverages back into the community.

<http://www.capitolhillseattle.com/2018/09/seattles-sweetened-beverage-tax-producing-healthier-than-expected-returns/>



PDGN Vice-President Senator Mostafa Brahimi is winning his long battle to reduce obesity and prevent Type 2 diabetes in Morocco. He persuaded colleagues to back a cross party Task Force for

Advocacy to legislate for a tax on high sugar content beverages. Senator Brahimi was behind the unanimous vote in November of the House of Representatives to tax sweet drinks.



Belize has stepped up efforts to reduce the devastation of Type 2 diabetes among young people, working-class persons, and persons recently diagnosed, through a self-care program.

An initial 1,500 people with diabetes will be trained through a community-based support program. It is being conducted through the Ministry of Health in collaboration with the Belize Diabetes Association and the Pan American Health Organization.



The British Columbia Government has announced extending the province's current insulin pump program to all ages. BC now joins Ontario, Alberta and the Territories of Canada in providing publicly

funded insulin pumps and supplies for those who live with type 1 diabetes regardless of age.



Maltese MP Claudette Buttigieg reports that the official Diabetes Working Group for the Parliament of Malta has been set up and had its first meeting in November. This follows the informal Diabetes

Working Group which was set up by PDGN Vice-President Simon Busuttill in 2014. Advocacy Action – Want help setting up a group in your Parliament or advice on how to make your group even more effective? PDGN can help - [info@pdgn.co.uk](mailto:info@pdgn.co.uk).



In India, there are approximately 75 million people with diabetes and another 70 million who are classed as pre-diabetic. The situation has been described as an epidemic requiring urgent atten-

tion. URL: <http://www.asianage.com/life/health/170618/study-finds-diabetes-has-become-an-epidemic-in-india-needs-urgent-attention.html>

PDGN Patron, the Hon Judi Moylan OA reports from Australia on a number of wins with the Government.



The Government has approved funding of over AUS \$9 million to

rollout a program in schools for children with Type 1 diabetes alongside other announcements in the Australian Government Budget 2018/19 including AUS \$125 million for heart and diabetes research.

Judi is working as co-chair with Professor Paul Zimmet on the Implementation Reference Group who were tasked to set out 10 recommendations from the earlier National Diabetes Strategy for implementation over the next 2 years.

"Overall the work is progressing well. I have recently been appointed to the Targeted Translation Research Accelerator Working Group which will provide advice to the Health Minister on how to leverage and identify suitable research under the new heart and diabetes research program."

## What's going on in your part of the world?

Please let us know what's going on in your part of the world meeting the challenge of diabetes. [info@pdgn.co.uk](mailto:info@pdgn.co.uk)

## Rising Autoimmune Numbers

Diabetes is considered to be an autoimmune condition and rising rates of such conditions are costing health care systems more each year.

In the UK Connect Immune Research, a coalition of medical research charities, said many autoimmune conditions are becoming more common, with some increasing in incidence by as much as 9% each year.

Published research shows direct and indirect costs to the UK for just three autoimmune conditions alone – type 1 diabetes, rheumatoid arthritis and multiple sclerosis. These three alone add up to more than £13 billion a year.

Around 7% of the UK population are living with at least one autoimmune condition and there are more than 80 autoimmune conditions known to science.

The report calls for more research.

Advocacy Action -What are figures for your country? Is your Government supporting research in this area?

More here:  
<https://www.itv.com/news/2018-11-25/autoimmune-conditions-rising-by-9-each-year/>

## UK Debate

Officers of the UK All Party Parliamentary Group for Diabetes led by the Rt Hon George Howarth MP secured a debate on the development of the artificial Pancreas for people with Type 1 Diabetes.



Many general issues pertinent to Type 1 and Type 2 were raised in the debate that you can watch here:

<https://parliamentlive.tv/event/index/0b105d5e-e3ba-4f2f-8977-d1d4f9d9ba73?in=16:34:13&out=17:35:00>

Advocacy Action – why not raise this subject in your Parliament? For a transcript of the debate go here:

<https://hansard.parliament.uk/commons/2018-12-12/debates/C0157431-3845-482B-BE04-5EEC0E48DE3A/DiabetesArtificialPancreas>

George Howarth MP above opening a debate on diabetes issues in the House of Commons

## PDGN News

A growing number of national diabetes associations have joined the PDGN as associate members.

Large associations such as the American Diabetes Association and Diabetes Australia, small ones such as the Bermuda Diabetes and Maltese Diabetes Associations, alongside professional associations such as the Foundation of European Nurses in Diabetes (FEND) have all joined.

Their Associate Membership fee is linked to their size so please ask yours to consider joining if they have not already.

## Research Corner

Number of people with diabetes in the USA – Latest.

[https://www.eurekalert.org/pub\\_releases/2018-09/uoisr091718.php](https://www.eurekalert.org/pub_releases/2018-09/uoisr091718.php)

Survey Reveals 2 in 3 People with Type 2 Diabetes have Cardiovascular Disease risk factors and/or have experienced a Cardiovascular Event.

<https://preview.tinyurl.com/yd3up22g>

Study into closed loop insulin delivery systems.

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)31947-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31947-0/fulltext)

Misdiagnosis of diabetes type in patients over 30.

[https://www.eurekalert.org/pub\\_releases/2018-10/d-cot100318.php](https://www.eurekalert.org/pub_releases/2018-10/d-cot100318.php)

# Technology Page



## Good & Not So Good News From the UK

A well-timed announcement improving public funded access for the Freestyle Libre sensor monitoring system was made by the UK Government on World Diabetes Day.



Local health care bodies will decide who can be prescribed the device used by Prime Minister Theresa May and it is expected around 45,000 people with Type One diabetes could qualify.

Meanwhile around 1.5 million people with diabetes in the UK are not getting the care they need, in what health campaigners describe as a "bleak picture" of treatment.

Although a growing number of people with diabetes in England and Wales are being properly cared for, four in 10 are still not getting the care recommended by the UK National Institute for Health and Care Excellence,

the latest national diabetes audit has found.

Patients are supposed to receive at least eight forms of care, including blood tests to measure cardiovascular risk, kidney function, and glucose control and urine tests for kidney disease.

Test result	Diabetic	Non-diabetic
+ve urine, -ve blood	7	3
+ve blood, -ve urine	23	11
+ve both tests	45	7
-ve both tests	124	7620
Total	199	7641

More here:

<https://www.theguardian.com/society/2018/oct/24/diabetes-ticking-time-bomb-nhs>

and

<https://www.telegraph.co.uk/news/2018/10/29/500-diabetics-dying-week-many-avoidable-complications/>

## Artificial Pancreas

Dexcom, Inc. is a company that develops, manufactures and distributes continuous glucose monitoring systems for diabetes management.

The US based company has set its sights on an artificial pancreas with the acquisition of the TypeZero Technologies company. More here:

<https://www.diabetes.co.uk/news/2018/aug/dexcom-sets-sight-on-artificial-pancreas-with-acquisition->

## Pump Audit

The UK's National Health Service has published results of a national insulin pump audit -

<https://www.diabetes.co.uk/news/2018/jun/nhs-publishes-results-of-latest-national-insulin-pump-audit-94870966.html>

## What's Your News?

Don't keep it to yourself, share your successes and challenges with a global network of advocates for diabetes who can help one another to become even more effective and successful in preventing diabetes, encouraging early diagnosis, and campaigning for the best treatments wherever someone lives.

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