

One hundred years ago, a team of Canadian researchers discovered the molecule *insulin* and with a Scotsman ignited a century of ground-breaking innovations in diabetes care.

https://en.wikipedia.org/wiki/History_of_diabetes



Diabetes – Three times more deadly than COVID

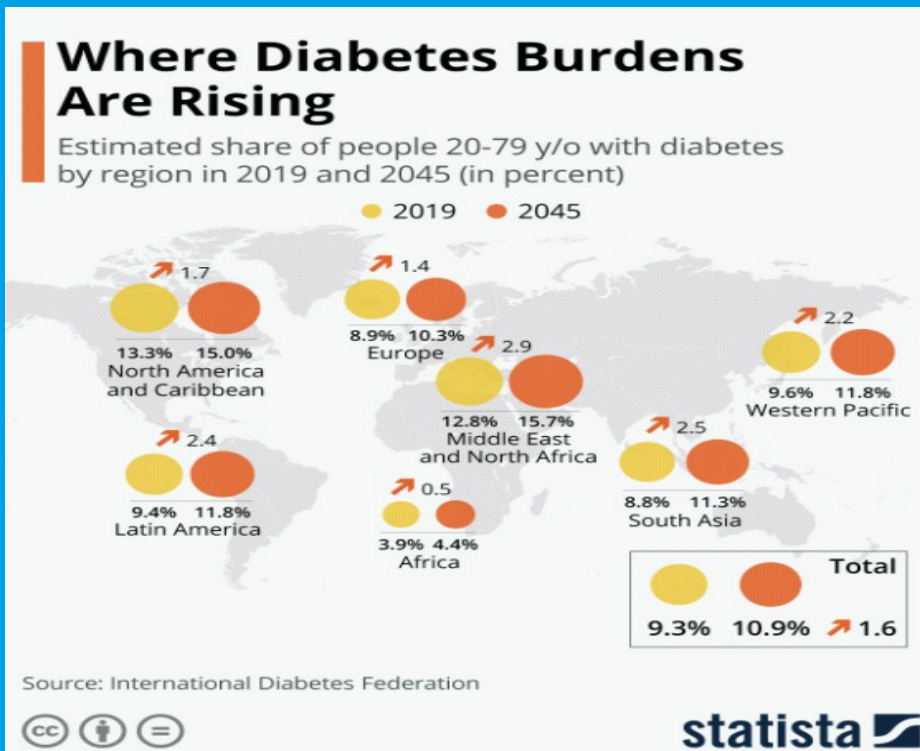
Diabetes claimed around four million two hundred thousand lives last year – three times as many as from COVID-19, yet this news almost goes unnoticed.

Diabetes has not been nicknamed 'The Silent Killer' for no reason when globally there are over 463 million people who live with the condition. The International Diabetes Federation (IDF) warns that one in ten of us could have diabetes by 2045. That's over 700 million people.

Even today, the number of sufferers would, if they all lived in the same country, make up the third largest population in the world.

Yet, there are many actions that can be taken to reduce the numbers and save lives.

The United Nations Sustainable Development Goals include a pledge to ensure healthy lives for everyone and diabetes is listed as one of the priority conditions where simple actions could have an enormous beneficial effect.



"Too few countries are delivering on these goals," says PDGN Secretary General, Adrian Sanders. "Our members can play a critical role in addressing this by holding

Continued on page two

Inside this issue – COVID & Diabetes Link, WHO data on NCD deaths, Obesity Driving Diabetes rise, Sugar Tax News, and lots of Advocacy Action ideas.

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their Government's feet to the fire to meet the goals signed up to in their country's name."

The World Health Organisation calls for measures, such as simple glucose level tests, to improve diagnosis, and regular screening for damage to eyes, feet and kidneys and blood pressure tests to reduce the chances of expensive complications occurring later.

With one death every two seconds among 30-70 year-olds from non-communicable diseases including diabetes there is no time to lose raising the level of advocacy for prevention, early diagnosis and the best treatments wherever a person lives.

<https://www.weforum.org/agenda/2020/12/diabetes-silent-epidemic-world-health/>

Sugar Tax News

Double Call in South Africa

The Healthy Living Alliance (HEALA), an NGO, has called on the South African Finance Minister, Tito Mboweni, to double the country's health promotion levy.

South Africa introduced the health promotion levy – commonly known as the sugar tax – in 2018. It currently adds about 11 percent

to the cost of sugary beverages to help curb the country's sugar consumption, which health experts say is fuelling a rise in non-communicable diseases, such as diabetes, high blood pressure and obesity.



Finance Minister Tito Mboweni under pressure to double SA's health promotion levy.

The levy does not apply to natural fruit juices or sweetened dairy products.

Big Support for Sugar Tax in Pakistan

Meanwhile in Pakistan the National Heart Association (PANAHA), in collaboration with the Pakistan Health Research Council (PHRC) conducted a poll on complex diseases and mortality caused by excessive consumption of sugary drinks.

Preliminary results from Islamabad and



its hinterland indicate 72 percent of people support the implementation of a soda tax to help prevent Non-Communi

Public Health Priority for Pakistan Government says Assembly Member Dr Noshin Hamid

cable Diseases such as cancer, obesity, heart disease, including diabetes.

National Assembly Member Dr. Noshin Hamid said that Improving public health is a priority for the Government which has taken a number of policy decisions to provide quality health care to the people.

(For more on Pakistan's efforts see page 8 about their Health Levy Bill)

Can We Help You Form A Group?

Can you persuade a colleague to join PDGN – it's free and only takes a couple of minutes to fill in a form on-line at www.pdgn.co.uk – we can liaise with you to arrange an on-line meeting and put you in touch with someone who can help you get your group off the ground.

COVID & Diabetes

Many studies and articles have been published identifying the link between COVID-19 and diabetes in relation to deaths and even the discovery that diabetes can be triggered by the virus.

Data from France on COVID-19 patients with diabetes has indicated that one in five die within 28 days of hospital admission.

This was the updated result from a study of nearly 3,000 people from across France with the mean age of 70 and body mass index suggesting they were overweight.

Last year, preliminary data from the CORONADO (Coronavirus SARS-CoV-2 and Diabetes Outcomes) study suggested one in ten patients with diabetes and COVID-19 died within seven days of admission.

Patients whose diabetes was regularly treated with insulin – possibly indicating more advanced diabetes – were at a 44 percent increased risk of death, compared with those not treated with insulin. More detail can be found here:

<https://www.nursingtimes.net/news/research-and-innovation/fifth-of-patients-with-covid-19-and-diabetes-die-within-28-days-of-admission-18-02-2021/>

Young Type 2's At Risk

As many studies have found, the risk of dying from COVID-19 increases with age, however a study by Exeter University has urged caution regarding younger people with type 2 diabetes.



Researchers at the UK university found that a 40-year-old with the condition has the same likelihood of a fatal outcome after becoming infected with COVID-19 as a non-diabetic who is 60.

This means that while older people with the condition had a “COVID age” similar to their actual age, those who were middle aged with type 2 diabetes had a comparatively higher risk. More detail here:

<https://uk.finance.yahoo.com/news/diabetes-coronavirus-death-risk-study-153305993.html>

Obesity and COVID Severity

The German Center for Diabetes Research (DZD) (pictured) has highlighted the interconnection of obesity and impaired metabolic health with the severity of COVID-19.



DZD
Deutsches Zentrum
für Diabetesforschung

In a Nature Reviews Endocrinology article the

authors first provide information about the independent relationships of obesity, disproportionate fat distribution and impaired metabolic health with the severity of COVID-19. Then they discuss mechanisms for a complicated course of COVID-19 and how this disease may impact on the global obesity and cardiometabolic pandemics. Link here:

https://www.eurekalert.org/pub_releases/2021-01/dzfd-tio012121.php

COVID Diabetes Trigger

On top of this a growing body of research is now suggesting coronavirus could be a trigger for diabetes.

In the early months of the pandemic, doctors in China and Italy suggested a link between new cases of diabetes and COVID-19. A study in November last year found over 14 per cent of people who became severely ill with coronavirus went on to develop diabetes.

There was also a case of an 18-year-old student in Germany who was asymptomatic while infected with coronavirus, but who began to feel listless a month later.

More here:

<https://www.nzherald.co.nz/lifestyle/covid-19-coronavirus-growing-evidence-suggests-virus-could-trigger-diabetes/76ZEHWM5QD56PMG4ZEJWNZQCZY/>

NCDs Behind Seven in Ten Deaths

According to the World Health Organisation, non-communicable diseases (NCDs) now make up seven of the world's top ten causes of death.

The data covers two decades within the period from 2000 to 2019 and shows an increase from four of the ten leading causes in 2000.

The trends indicate the need for greater efforts to prevent and treat cardiovascular

diseases, cancer, diabetes and chronic respiratory diseases, in all parts of the world.



This is consistent with the agenda for the United Nations Sustainable Development Goals on Health that PDGN was invited to comment on during the consultation stage.

The report and country by country analysis can be viewed here:

<https://www.who.int/news/item/09-12-2020-who-reveals-leading-causes-of-death-and-disability-worldwide-2000-2019>

Advocacy Action: Can you use the data for your country to put pressure on your Government to meet the UN sustainable development goals?

News From Around the Globe

US Democrats and Diabetes

Newly elected Democrat President Joe Biden faces a host of health care challenges beyond the COVID-19 pandemic.



Joe Biden's new administration should be helped by the changed political control within Congress enabling the new President to take federal action on insulin pricing that has been patchy at state level, just 17 out of the 50 states have price caps, and other issues affecting people with diabetes.

Action is expected on the rising cost of insulin following a report by Senators Chuck Grassley and Ron Wyden, the Republican and Democrat leaders of the Senate Finance Committee. Their report placed the blame on Pharmacy Benefit Managers who act as brokers between the manufacturers, insurance companies and pharmacies.

The contentious debate over the Obama administration's Affordable Care Act should be settled for the next 4 years.

The Self Management Training Bill was introduced to the Senate in 2019, but stalled. It focused on diabetes education for all but particularly among people not covered by Medicare. Many diabetes NGOs now hope with the changed majorities in Congress it could be revived.

More News From Around the Globe

Never Too Early

Singapore's Chief Ministry of Health Scientist, Professor Tan Chorh Chuan, believes prevention of diabetes should start from a young age, maybe even before birth.



He was reacting to the importance of responding to gestational diabetes that affects one in five mothers in Singapore. It led to his call for screening for the condition in order to help in its management and lower its associated risks.

Professor Tan was contributing to a *Straits Times*' webinar on keeping Singapore healthy, sponsored by insurance provider Prudential.

He said research is under way in Singapore to examine the effects of eating habits in early childhood that suggests children's eating habits affect their propensity for obesity later on.

WHO Recognition for PDGN V-P

President of the Moroccan Parliamentary Diabetes Group and a Vice President of PDGN, Dr Mustafa Brahimi has been involved in a programme for the prevention and treatment of chronic diseases including diabetes, the taxation of sugary drinks and universal health coverage.



His work has been recognised by the World Health Organisation in its report: "WHO in Morocco" that presents the results of the collaborative work between the WHO and the various stakeholders in

Morocco with similar objectives.

Advocacy Action: Are you in contact with the WHO? They can help your advocacy with information and research from all round the world. They may even have an office in your country.

COVID Sweet Tooth Danger

According to a study of Google searches in the Philippines, people have literally been



craving a sweet escape from the lockdown blues.

Since the start of the pandemic, e-commerce aggregator iPrice reported that the country's interest in chocolates and other confections has rocketed.

The study recorded the monthly average of Google searches for chocolate treats in 2020 grew by ninety one percent when compared to the same period in 2019.

Whether this translated into increased consumption is not yet known, but it would not be good news if it did given the links between sugary products and diabetes and its comorbidities.

The World Health Organisation recommends adults and children should reduce their daily intake of free sugars to less than 10 percent of their total energy intake. A further reduction to below five percent, or roughly 25 grams (6 teaspoons) per day would provide additional health benefits.

Advocacy Action: How widespread is information on the added sugars contained in sweets and confectionary in your country and the WHO recommended intake? Could it be improved with Government support, or by working with a diabetes, heart, stroke or other comorbidity NGO?

More News From Around the Globe

Rural Type 2 Awareness Campaign

Protecting the Asset that is You is a Type 2 awareness campaign aimed at farmers and their families in Northern Ireland.



The campaign uses health messages and

signposting pathways to appropriate services for people who live and work in rural areas, people who are often hard to reach and run a risk of missing opportunities for early diagnosis.

Advice on healthy eating and lifestyles is part of the campaign.

Advocacy Action: Does your health service target hard to reach groups, such as those in rural areas? Could you advocate on their behalf, perhaps in collaboration with a public health provider or diabetes patient group?

Obesity Driving Diabetes Rise

In a Qatar National Research Fund study, the gulf state of Oman is facing a rapidly rising diabetes epidemic over the coming three decades. The number of people with diabetes will continue to grow, making it challenging to control if no major preventive interventions are implemented now.

It is feared that diabetes prevalence could reach one in every four Omanis by 2050 if no major intervention is implemented. The study suggested that nearly 70 percent of this rapid increase in diabetes is due to the high prevalence of obesity.

According to senior consultant at the Ministry of Health, Dr. Jawad Al Lawati: "Diabetes is already consuming 21 percent of Oman's health expenditure and it is projected to consume nearly 30 percent of health expenditure by 2050."

Advocacy Action: What is the estimate for health expenditure by 2050 in your country? Is there a national diabetes plan to reduce the prevalence of diabetes and thus costs?

Academic Partnership with Diabetes Africa

Nigeria's University of Abuja has entered into a partnership with Diabetes Africa, to address the dearth of diabetologists and other health care professionals who play a critical role in the study and management of diabetes.

The hope is to establish a network of health professionals through a diabetes educational programme aimed at improving the quality of care offered to diabetes patients across Africa. Participants who complete the study will be awarded a Master's degree in Diabetes Education by the University of Abuja

Dr. Greg Tracz. The CEO of Diabetes Africa, noted that COVID-19 had shown the whole world that the dichotomy between non-communicable and communicable diseases needed to be surmounted.

Advocacy Action: Is there a role for higher education to do more to further the care and support of people with diabetes in your country? Do you have links to a College or University where you could explore the possibilities?



News From Around the Globe Continued

A Month Without Insulin

The difficulties obtaining insulin, testing strips and medicines are not unique to the Sudanese hospital we reported about in our last issue.

The stock of injections for diabetes patients has been exhausted in the Landikotal District Hospital in the Khyber tribal district of Pakistan.



Hospital sources reported in the local press have claimed many people with diabetes from mostly low, or no income, families, turn up each day hoping to receive a free insulin dose.

It is believed some patients have not had any insulin for a month and simply cannot afford to purchase insulin injections from private medical stores because of their cost.

Hospital managers claim they are underfunded, unlike some larger and higher category establishments in Pakistan, and after meeting salaries and paying for utility services they have a budget of just Rs4 million (\$25,200) for medicines.

Advocacy Action: If this isn't as great a problem in your country, could you help by raising the plight of people with diabetes in poorer parts of the world?

Have You Got News For Us!

Please let us know what's happening in your part of the world, to share your successes and even failures, to help others with the same objectives to reduce the numbers of people with diabetes, encourage early diagnosis and campaign for the best treatments.

Get in touch with info@pdgn.co.uk

The Future Today

The development of telemedicine medicine booths has been trailed as a step forward for accessible healthcare in remote areas, but one pilot in Singapore is delivering a service to an urban area.

This pilot aims to provide free health screening services, using the latest health technologies, for Singaporeans aged above 50 using a telemedicine booth at a local community club.

At the booth people will be checked for eye and cardiovascular diseases, and other conditions like diabetes and obesity.

In this initiative the booth is staffed by volunteers and it allows residents to check their blood pressure, body mass index and blood glucose level. An eye machine can capture their retinal images. An artificial intelligence system processes the images to determine their health conditions.

It's claimed the whole process takes about 20 minutes, and a health report is issued after the examination. Results can be sent to the patients health practitioner, or a specialist if appropriate, for further assessment.

Advocacy Action: Could such a health delivery mechanism reduce costs, make healthcare more accessible and/or improve health outcomes in your area? Could a case be made to use such booths to identify people at risk of diabetes and other conditions?

Example of a telemedicine booth



More News From Around The Globe

Health Levy Bill Delay

As the country with the fourth highest burden of diabetes, calls have been growing within Pakistan to stop the delays to a proposed Health Levy Bill that proposes to raise taxes on sugary drinks and tobacco. The Bill has been going back and forth between relevant ministries and the tax department.

According to the International Diabetes Federation, Pakistan now has over 19.4 million citizens with diabetes. Numerous NGO's and politicians within the country have been advocating action to



Senator Nuzhat Amir Sadiq says she will work to protect public health and convey to Government the need for action.

suppress the harmful effects of sugar sweetened beverages, the health risks from smoking and the need to tackle a growing obesity problem in the

country. Pakistan Senator Nuzhat Amir Sadiq has said that good health is the right of all and that health-damaging factors must be addressed in a timely manner.

Health experts have warned that the excess consumption of sugary drinks is one of the major causes of obesity and its related diseases, increasing risk of type 2 diabetes, hypertension, liver and kidney damage, heart disease, and some types of cancers.

Professor Dr. Shahzad Ali Khan, Head of the Department of Public Health at Health Services Academy Islamabad said that evidence from Mexico, India, Australia, South Africa, United Kingdom and other countries suggests that imposing tax on sugary drinks is an effective strategy to reduce its consumption and generate revenue for government which could be spent on sustainable health and nutrition programmes. He said that the Health Levy Bill approved by the cabinet in 2019 was a good step by the government.

Advocacy Action: Does your Government impose taxes with specific health objectives? There are many more ideas than sugar taxes raising funds to invest in health care, education, research, sport and other activities to improve peoples' well-being.

News in Brief

Japanese firm predicting 7 per cent increase among people with diabetes requiring a Kidney transplant.

<https://asia.nikkei.com/Business/Health-Care/Japan-s-Nipro-pumps-1bn-into-doubling-output-of-artificial-kidneys>

Patient criticism in Nigeria over high cost of treatment and lack of government policies.

<https://punchng.com/diabetes-patients-lament-lack-of-govt-policy-high-cost-of-treatment/>

How some young type 1 South Africans successfully campaigned for a health insurer to offer a continuous glucose monitor benefit. A great advocacy example.

<https://www.sagoodnews.co.za/a-local-david-and-goliath-story-how-sa-diabetics-got-discovery-health-to-listen-to-them/>

Some Interesting Diabetes Facts from loudcloudhealth

<https://loudcloudhealth.com/resources/diabetes-statistics/>

Advocacy Action: All Party Diabetes Groups can help turn wish lists into reality. Is there one in your Parliament? Could you start one? PDGN can help you to build and grow the effectiveness of your group.

Regulatory News

UK - NICE Evaluation of Dexcom 6

The UK National Institute for Health and Care Excellence (NICE) has evaluated the Dexcom 6 real-time continuous glucose monitoring system.

The innovative aspects are that the Dexcom G6 continuously measures glucose levels using a sensor inserted under the skin instead of routine finger-prick blood glucose testing. Glucose measurements can be shared remotely with carers and family members through the connected app. Alerts sound if glucose levels fall outside a target range.



The intended place in therapy is as an alternative to routine blood glucose monitoring in people (over 2 years old), including pregnant women, with type 1 or type 2 diabetes, who use multiple daily insulin injections or use insulin pumps and are self-managing their diabetes.

The NICE report summarised a number of trials and comments from medical professionals and Diabetes UK. They suggest that using the Dexcom G6 reduces the time spent in hypoglycaemia compared with self-monitoring of blood glucose using finger-prick testing.

Advocacy Action: Are continuous glucose monitors freely or cheaply available in your country? Can you challenge if they are not citing Nice and other expert evidence of their efficacy for type 1 patients in particular?

<https://www.nice.org.uk/advice/mib233/resources/dexcom-g6-for-realtime-continuous-glucose-monitoring-pdf-2285965570801093>

Morocco – New Refundable Medications

The Moroccan National Agency of Health Insurance (ANAM) and the Ministry of Health have achieved a new improvement on the health insurance program with 165 new medications that will now be refundable. Morocco has a compulsory health insurance programme.

Seventy of the medications are expensive and often prescribed for chronic or severe diseases, such as cancer, hypertension, diabetes, Psoriatic arthritis, Hepatitis B and C, depression, and some fertility-related medications.



Since its inception in 2006, ANAM has succeeded in putting in the refund program 8466 medications, 3015 of which are generic drugs.

Advocacy Action: PDGN Vice-President, Senator Mustafa Brahami is among Morocco's parliamentary champions who raise the profile of medicines and treatments requiring regulatory approval. Is there a similar regulatory body in your country and are you raising improvements for people with diabetes with them, or with your Government to instruct them to evaluate something?

Associations' News

News from Associate Members of PDGN – national diabetes associations and other not-for-profits



The National Diabetes Services Scheme (NDSS) has launched a new campaign to encourage Aboriginal and Torres Strait Islander people with type 2 diabetes to re-engage with their diabetes healthcare teams and their diabetes management in 2021.

Diabetes Australia's Aboriginal and Torres Strait Islander Engagement Manager Chris Lee said the new campaign, *Back on Track*, was designed to encourage people to reconnect with their diabetes management after the significant disruptions caused by COVID-19.

The campaign is funded through the National Diabetes Services Scheme, an Australian Government initiative administered by Diabetes Australia.

The campaign's key messages urge Aboriginal and Torres Strait Islander people to:

- Check in with their diabetes health team
- Check blood sugar and take medications
- Check they are eating healthy food and being active every day

- And check they are looking after each other and taking time to look after themselves.

Mr Lee said these messages were relevant to anyone living with diabetes, not just Aboriginal and Torres Strait Islander people, but the campaign's creative design had been developed to resonate with a First Nations audience.



Chris Lee, Aboriginal and Torres Strait Islander Engagement Manager, launching the campaign with Sarah Collard Diabetes Australia, Auntie Violet Sheridan, Ngunnawal Elder.

"This campaign is not about pointing the finger, but rather a reminder to us all that after a really tough 2020, we need to reconnect with diabetes management in 2021," says Chris.

Advocacy Action: Can you raise the issues surrounding the disruption COVID-19 may have caused to diabetes services? Is there a similar programme aimed at specific groups or more generally that could draw upon the NDSS scheme?



Following a first successful on-line annual conference last year, FEND, the foundation of European nurses in diabetes, have scheduled another digital event for 24-25 September 2021. The proceedings of last year's conference are available at <https://www.fend.org/content/conf-2020-presentations-1>

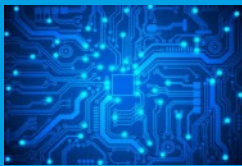
New Associate Member

PDGN is pleased to welcome the Diabetes Leadership Council of America as an Associate Member. The aims of the DLC are to communicate, educate and advocate for people affected by diabetes.



The DLC led 12 national diabetes advocacy organizations to develop a consensus statement on U.S. Health care reform for people with diabetes. You can download a copy along with helping States set priorities for COVID-19 vaccinations here: <https://diabetesleadership.org/>

For an annual fee commensurate to their size, Associate Membership is open to not for profit, non-governmental organisations, patient advocacy groups and national diabetes associations. **Is your national diabetes association a member? Please encourage them to join and add to the growing power of advocacy.**



Technology Corner

Teladoc Health and Dexcom have partnered to bring Continuous Glucose Monitoring (CGM) technology and personalized insights to people with diabetes.

<https://www.globenewswire.com/news-release/2021/01/11/2156095/0/en/Teladoc-Health-and-Dexcom-Bring-CGM-Technology-and-Personalized-Insights-to-People-with-Type-2-Diabetes-at-No-Cost.html>

According to a new report, Samsung will include an optical sensor for diabetes monitoring on its next Galaxy Watch.

<https://www.androidauthority.com/samsung-galaxy-watch-diabetes-monitoring-1195471/>

Part funded by the EU Horizon fund, an academia and business project to develop a 3D printed pancreas for testing diabetes medication has been launched.

<https://www.med-technews.com/news/latest-medtech-news/academia-and-business-to-develop-3d-printed-pancreas-for-tes/>

French med-tech company Diabeloop is developing an "iController," which will be the brains of a closed loop system that communicates between a phone, a CGM and an insulin pump.

<https://www.healthline.com/diabetesmine/diabeloop-technology>

Latest Research News



Biomarkers breakthrough in diabetes research.

<https://www.uu.se/en/news/article/?id=16386&typ=artikel>

Belly fat diabetes warning sign for middle aged Japanese (and probably all) men.



https://www.eurekalert.org/pub_releases/2021-01/uosc-mmi012121.php



Study into when insulin pump therapy should start in newly diagnosed Type 1 children.

[https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(20\)30339-4/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30339-4/fulltext)

More evidence of link between diabetes and stroke.

<https://newswire.net/newsroom/pr/00143162-new-study-now-recommends-a-link-between-diabetes-and-stroke.html>



First results of the DiabetRisk study – Over 8 percent of patients identified with undiagnosed diabetes or pre-diabetes at dental practices.

<https://www.pharmiweb.com/press-release/2020-11-30/first-results-of-the-diabetrisk-study-over-8-of-patients-identified-with-undiagnosed-diabetes-or-pre-diabetes-at-dental-practices>

Weight loss drug hope for patients with type 2 diabetes.

https://www.eurekalert.org/pub_releases/2021-03/uol-wld030221.php



JDRF USA is launching its third centre of Excellence in partnership with the Harvard Stem Cell Institute in New England. The aim is to use beta cell replacement therapies in order to create renewable cell sources without the need for chronic immune-suppressing drugs.

<https://beyondtype1.org/new-england-center-of-excellence/>

COVID-19 Antibodies: Prevalence in Individuals with Diabetes vs General Population

<https://www.miragenews.com/covid-19-antibodies-prevalence-in-individuals-523405/>



University of Toronto and Novo Nordisk set up a 40 Million Canadian dollar type 2 diabetes research network.

<https://www.thestar.com/news/gta/2021/02/24/university-of-toronto-and-danish-drug-company-set-up-40-million-type-2-diabetes-research-network.html>

Advocacy Action: Where appropriate, authoritative research can help to support your advocacy objectives. It is worth taking time to see if any research can add weight to your cause. PDGN can always help with a research enquiry or signpost you to the most like source for the information.

PDGN News



Can PDGN Help You More?

You may already have a group and would welcome some extra support from PDGN. Get in touch with our Secretary General Adrian Sanders – adrian@pdgn.co.uk and find out what we can do.

Can We Help You Form A Group?

If you can persuade a few colleagues to join PDGN – it's free and only takes a couple of minutes to fill in a form on-line at www.pdgn.co.uk – we can liaise with you to arrange an on-line meeting and put you in touch with someone who can help you get your group off the ground.

What's Happening in Your Patch?

Let us know what's happening in your patch?

Add PDGN to your press releases, send us a report on your successes and challenges preferably with photos to share with others.

Together we make the greatest difference

It's hard acting on your own but PDGN wants to hear from you. All the successful groups started with just one person.

Send your stories and photos or requests for help and support from others to:



adrian@pdgn.co.uk

PDGN Needs You

Could you take on a role within the global network to help us reach out and grow our membership and effectiveness in meeting the challenge of diabetes across the globe?

You will already be an advocate for the prevention, early diagnosis and best treatments for diabetes within your country. Could you become a global champion alongside our Vice-Presidents and help shape our strategy and activities?

The time commitment is open to you. There will be a few emails a year to respond to and an occasional on-line meeting. For an informal chat about what's required just contact Adrian Sanders our Secretary General adrian@pdgn.co.uk.

Please Ask Your Colleagues to Join

Our membership is our strength and it constantly turns over as people lose elections or stand down - we have to constantly recruit.

Please ask your colleagues to join, it's free and there's a membership form on our website.



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