



Parliamentarians
for Diabetes
Global Network

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Global Advocacy Diabetes

The newsletter of the Parliamentary Diabetes Global Network

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Inside this issue: Refugees and Diabetes, New Group in Uganda, Eye Care News, lots of Advocacy Action and ideas, plus UK Commons Speaker Sir Lindsay Hoyle writes exclusively for Global Advocacy Diabetes.

Advocacy Action on Ukraine

The world has been shocked at the scenes of destruction in Ukraine and the humanitarian tragedy of people fleeing their homes to seek sanctuary in neighbouring countries.

Estimates made by the International Diabetes Federation suggest there is a 7.1 percent prevalence of the condition in the country, affecting 2,325,000 million people.

While some people with the condition will be among those who have fled, those who remain may face shortages and distribution issues. For instance, local sources suggest less than one month's supply of insulin is stored in Ukraine. Supplies of all of the different medications, testing strips, insulin pens, needles, blood glucose meters, insulin pumps, flash monitors and continuous glucose monitors all need to be available and distributed to where they are needed.

PDGN calls on its members to share this appeal with their parliamentary colleagues to seek action from governments to assist people with diabetes within Ukraine, as well as those seeking refuge outside of its boundaries.

There are two organisations actively trying to help those still in Ukraine and at reception centres outside, and if you are able your personal donations would also help.

Direct Relief <https://lnkd.in/d7hpbz7-s>
and
<https://lnkd.in/dYgfvjuR>

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CONTINUOUS GLUCOSE MONITORING

More Action Needed on Insulin Access

A World Health Organisation (WHO) report '*Keeping the 100-year-old promise – making insulin access universal*' criticises the fact that insulin is still out of reach for many patients

The report lists the main barriers to access being:

- High prices
- Low Availability
- Producers
- Weak Health Systems

WHO Director-General, Dr Tedros Adhanom Ghebreyesus, has reminded the world that the scientists who discovered insulin 100 years ago refused to profit from their discovery and sold the patent for just one dollar.

He said: "Unfortunately, that gesture of solidarity has been overtaken by a multi-billion-dollar business that has created vast access gaps. WHO is working with countries and manufacturers to close these gaps and expand access to this life-saving medicine for everyone who needs it."

Half of all the people needing insulin for type 2 diabetes does not get it.

The report highlights that while three in four people affected by type 2 diabetes live in countries outside of North America and Europe, they account for less than 40% of the revenue from insulin sales.

The report suggests several actions to improve access to insulins and related products, including:

- Boosting human insulin production and supply and diversifying the manufacturing base for biosimilar analogue insulins to create competition and reduce prices;
- Improve affordability by regulating prices and mark-ups, using pooled procurement and improving transparency in the way prices are set;
- Promote local manufacturing capacity in under-served regions;



Half of all the people needing insulin for type 2 diabetes does not get it. - WHO Director-General, Dr Tedros Adhanom Ghebreyesus

- Promote R&D centred on the needs of low- and middle-income countries;
- Ensure that increased access to insulin is accompanied by prompt diagnosis, and access to affordable devices for blood sugar monitoring and injecting insulin;
- Use health resources wisely by selecting human insulin where possible and allocate adequate funding to provide a full package of care.

The report follows on from the WHO Global Compact on Diabetes.

Advocacy Action: Has this WHO report been raised in your Parliament? Are there access issues such as those mentioned in the report that apply to patients in your country? Is there a plan to improve access? Could you call for answers, or arrange for evidence gathering and ideas? Can you pull in others to help such as patient groups and professional medical bodies? Is your Government supporting the WHO's Global Compact on Diabetes?

<https://www.who.int/initiatives/the-who-global-diabetes-compact#:~:text=The%20WHO%20Global%20Diabetes%20Compact%20has%20the%20vision%20of%20reducing, and%20quality%20treatment%20and%20care.>

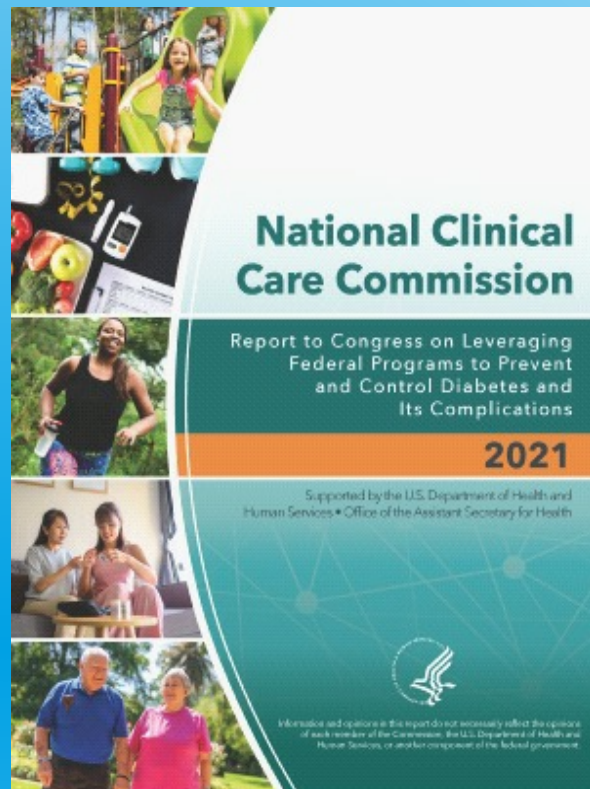
100,000 Lives Lost to Diabetes in USA

The U.S. National Clinical Care Commission outlines the Commission's evidence-based findings and recommendations for improving federal diabetes prevention and treatment programs.

It revealed that diabetes claimed 100,000 Lives in USA for the 2nd Year in a row. The report was submitted to Congress and the Secretary of Health in January.

Advocacy Action: The report contains many recommendations for improving public health and health care services, many of which are universally applicable not just to the USA health care system.. Does your country receive similar reports and recommendations? Can you use this one to promote the idea?

<https://health.gov/sites/default/files/2022-01/NCCC%20Report%20to%20Congress.pdf>



Refugee Project Launched

Even before the crisis in Ukraine there were record numbers of refugees around the world. The World Diabetes Foundation (WDF) has called for an holistic approach to meeting the health needs of displaced peoples.

The WDF's mission is to alleviate human suffering related to diabetes among those in greatest need. With record numbers of people displaced from the homes all around the world the WDF recognise that refugees are among those in greatest need.

In partnership with the United Nations High Commission for Refugees (UNHCR) a three year project has been launched to improve health services

for refugees living with non-communicable diseases (NCDs), like diabetes, in three countries; Burundi, Sudan and Tanzania.

It is estimated that there are around one million refugees and internally displaced persons, as well as at least 500,000 people from host communities, who could benefit from better NCD Care. Search for the UNHCR web site for your country to find out more.

Advocacy Action: What is the state of NCD care among refugees in your country? Is there more that could be offered to them?

New Group in Uganda

Under the leadership of Dr Hon Nicholas Kamara, parliamentarians have formed a new cross-party group to advocate for diabetes within Uganda.

He becomes the first Chair of the group comprised of members from 5 different political groups in the Ugandan Parliament. They have agreed to come together under a non-communicable disease (NCD) umbrella to develop a Parliamentary Advocacy Strategy.

The group's administrator, Lilian Nsubunga reports that the agreed strategy has seven key aims. There are:

1. To champion NCD prevention and control through sensitization and awareness creation to the population
2. To advocate for more funding and equitable distribution of resources to cater for NCDs
3. To ensure a supportive legal environment for the prevention and control of NCDs
4. To advocate for mainstreaming of NCD prevention and control interventions in different Ministries, departments and agencies.
5. To advocate for strengthening of NCD prevention and control in Primary Health Care
6. To strengthen the capacity of the forum to carry out its mandate (Including mobilizing resources and implementing activities)
7. To strengthen collaboration and partnership at sub national, national and Global levels



Forum members have gone ahead to hold a conversation with US agencies where they persuaded the Minister of Health to have NCDs integrated into the PEPFAR* Country Operating Plan

*PEPFAR is the U.S. President's Emergency Plan for AIDS Relief. It engages in a planning process to create a Country Operational Plan (COP) for each major country that receives funding.

Advocacy Action: Can you team up with others cross-party if you

haven't already? Do you need help to set up a group? Priorities will always be different according to country circumstances, but the Advocacy Strategy adopted by the Uganda Forum would be a useful guide for others.

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.

News From Around the Globe



State Advocacy Forum

The U.S. Diabetes Patient Advocacy Coalition (DPAC) has hosted 12 state advocacy forums over the past year. These are virtual events designed to educate advocates on the structure of state government, provide an overview of key topics impacting people with diabetes and share tips on how to be an effective advocate.

The 60 minute forums begin with a report card of issues in that state then moves to a brief moderated panel with legislators to hear what they are working on and closes with a review of key issues and training on how to advocate.

DPAC have grown their advocate database by over 25 percent through these sessions which are simulcast on Facebook Live.



Screen-shot from a recent DLC State Forum

Advocacy Action: Is there a government body in your area with responsibility for one or more aspects of health policy that could organise such an event? Would you have the resources to set up a similar event within your local area? Could your National Diabetes Association be able to help you or run one with your participation? Could you involve other elected representatives in such an event?



Qatar - Advocacy for Children



The first Al-Bawasil camp was held in January 1999 and it has been held every year since. This year a virtual event was held organised by the Qatar Diabetes Association (QDA).

The camp involved 40 children with diabetes aged 7 to 11 from nine diabetes associations from Qatar, Sudan, Egypt, Algeria, Morocco, Jordan, Palestine, Lebanon, and Pakistan.

The QDA's Executive Director, Dr Abdulla al-Hamaq, told Gulf News: "The QDA online camps allow the children to engage in the learning process and in the discussions of diabetes management with our medical team. We're bringing the spirit of the residential camps right into their own homes as some of them have never been to a camp in person."



Physical camps and children's lobby events have been held in numerous countries before Covid, but these have involved significant expense and considerable organisation. A virtual on-line event could be a way to involve even more participants post covid.

Advocacy Action: Does your national diabetes association (NDA) hold a camp, lobby event, young person's get together? Could you launch one in conjunction with your national diabetes association, or other health or young people's organisation?

More News From Around the Globe



Type 2 Health Targets Unmet

Fewer than 1 in 5 adults with Type 2 diabetes in the USA are meeting targets to reduce heart disease risk in the country, according to a new American Heart Association scientific statement.

Type 2 diabetes is the most common form of diabetes and affects around 11 per cent of the population in the USA. It can be prevented and in some cases can be put into remission by following a healthy lifestyle.

Cardiovascular disease (CVD) is the leading cause of death and disability among people with type 2 diabetes.

The statement was published in the Association's flagship journal. A scientific statement is an expert analysis of current research and may inform future clinical practice guidelines.

Advocacy Action What is the position where you are? Do you have targets for reducing heart disease risk and preventing long-term expensive interventions and early mortality?

<https://medicalxpress.com/news/2022-01-adults-diabetes-optimal-heart-health.html>

Affordable Screening for Children



It only takes a blood test to detect the autoimmune disease type 1 diabetes in children at an early stage and, thus, prevent severe metabolic derailments. A research team from Helmholtz Munich and the Technical University of Munich (TUM) has now calculated that introducing screening into standard care would probably cost the health care system in Germany just 22 euros per child examined.

<https://www.eurasiareview.com/15022022-type-1-diabetes-in-children-only-22-euros-for-an-early-diagnosis-before-symptoms-arise/>



Foot Clinics in Karachi

Pakistan is setting up thirty diabetic-foot clinics in Karachi as concerns grow for the thirty-three million people living with the condition across the country that have led to increasing numbers of amputations.

It is estimated that over half a million people could lose a limb due to foot ulcers and other diabetic complications.

Dr Zahid Miyan, president of Diabetic Foot International, attended a ceremony for the establishment of the new clinics.

He claimed amputation rates are between 20-40 percent of people with diabetes in Pakistan.



The importance of footcare can be overlooked, even in the most developed health care systems.

Advocacy Action: What priority is given to foot care where you are? Are there specialist clinics? What are the trends in amputation numbers and what percentage are a consequence of diabetes? Can you advocate for better foot care such as easy access to care in order to avoid unnecessary and expensive complications?

<https://www.dawn.com/news/1666506/around-05m-diabetics-may-face-amputations-in-2022-experts>

More News From Around the Globe



New CGM device for Australians with diabetes

Australians with diabetes will now have access to the next-generation Dexcom G6 Continuous Glucose Monitoring (CGM), ensuring they can use the latest technology to manage their diabetes.

From 1 March, 58,000 eligible Australians participating in the CGM Initiative will have the option of using the new Dexcom G6 CGM device, as the current Dexcom G5 CGM device is phased out.

Minister for Health and Aged Care, Greg Hunt, said around 1.8 million people in Australia live with diabetes and more than 120,000 Australians have developed diabetes in the past year.

"CGM measures glucose levels to gain insight into patterns and trends—day and night. Monitoring blood glucose levels helps prevent both short-term and long-term health complications including heart attacks and strokes, amputations, kidney failure and preventable blindness," Minister Hunt said.



"Around 1.8 million people in Australia live with diabetes and more than 120,000 Australians have developed diabetes in the past year," Health Minister Greg Hunt MP.

To minimise the impact of this change, the listing for the G6 has been expanded so that all people eligible to participate in the CGM Initiative can access this option. So, in addition, existing G5 users—about 7,500 people—will be automatically transitioned to G6 on 1 March to avoid any delays receiving their CGM product.

All products, including the new G6, provided under the CGM initiative remain free of charge for all under 21 year olds.

Last November, the Government released the Australian National Diabetes Strategy 2021–2030 to drive real improvements in the prevention, early detection, management, and care of people with diabetes.

With approximately one in twenty Australians affected by diabetes, the new strategy will bring together the latest research and evidence to ensure people living with diabetes, their family and carers have access to care, treatments and support where and when they need it.

Advocacy Action: Is your country doing enough introducing new technology, such as CGM and flash monitoring, to those who would benefit from them? Could you persuade your government to fund a pilot project for children, or all under 21 year olds, or others groups that could benefit if universal support is not possible? * CGM monitors your sugar levels continuously and sends data to your display device (a hand-held monitor or pump). So you can set alerts for high, low or rate of change. With flash glucose monitoring it's only when you scan your sensor that you get your reading and trends.

News In Brief



Access to Tech

A campaign to increase access to new technology for people with insulin dependent diabetes is gaining momentum in South Africa.

The South African Diabetes Advocacy, an alliance of all the organisations for people with diabetes in the country, will lodge an appeal this week with the Council for Medical Schemes (CMS) to make flash glucose monitors a Prescribed Minimum Benefit (PMB) for all people with Type 1 diabetes, both in state and private care.

<https://www.iol.co.za/weekend-argus/news/make-sensor-technology-accessible-to-all-type-1-diabetic-say-7afddc8c-7eb4-4bd2-9eb4-68ee590ba46a>



Pancreas Transplant Service

Singapore has created a transplant service for Singaporeans, the first in South east Asia for permanent residents who qualify for subsidies under a new national programme.

The Ministry of Health hopes that potential patients at all hospitals will be identified and screened for their transplant suitability and to be placed in a waiting list.

It is hoped that qualifying patients will have a wait of around two years, dependent on an organ being available.

After a successful transplant, the pancreas should be able to produce sufficient insulin to control the patient's blood sugar.

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 adrian@pdgn.co.uk

Unanimous Support for MP's Bill



Canadians will finally have a proper legal framework to address the growing problem of diabetes, a disease disproportionately affecting Indigenous Peoples, Canadians of African and South Asian ethnicity, and people with lower income and education

The National Framework for Diabetes (previously reported in Global Advocacy News) is due to be delivered by the end of June 2022, as stipulated in Bill sponsored by Sonia Sidhu MP.

The Bill received unanimous support from all political parties thanks to tireless efforts of advocates like Sonia Sidhu and diabetes organizations.

<https://www.thestar.com/news/canada/2021/12/23/canada-takes-aim-at-diabetes-with-new-national-framework.html>

Global Diabetes Compact

Governments that have stated their support for the Global Diabetes Compact (GDC) are not meeting their targets.

The GDC is a world-wide initiative targeted at improving diabetes prevention and care, and to contribute to the global targets to reduce premature mortality due to non-communicable diseases (NCDs) by one-third by 2030.

The targets are crucial to meet the United Nations Sustainable Development Goals in relation to NCDs?

Advocacy Action: Can you question your Government on its progress towards meeting the UN Sustainable Development Goals?



More Brief News



Depression and Diabetes Support

'HelloBetter', a German organisation focused on digital therapy courses, has announced the release of a new online programme that is a reimbursable [digital health application \(DiGA\) for German doctors and patients](https://www.healthcareitnews.com/news/emea/digital-health-apps-germany-update-diga-journey).

The digital therapy course targets people with type 1 and type 2 diabetes who suffer from depression.

According to 'HelloBetter' founder Dr David Ebert, Professor of Psychology and Digital Mental Health from TU Munich, Germany, a quarter of all people with diabetes also suffer from depressive symptoms.

<https://www.healthcareitnews.com/news/emea/digital-health-apps-germany-update-diga-journey>

Diabetes Complication Screening



Two donors made it possible for the Bermuda Diabetes Association (BDA) to organize foot screenings by a chiropodist, and retinal eye screening by an ophthalmologist for fifty uninsured people with diabetes.

Almost every one screened had uncontrolled hypertension, more than half had elevated HbA1c, and the majority did not see a physician on a regular basis. Few had ever had their feet checked or their eyes screened before.

Pathology identified included neuropathy, advanced diabetic retinopathy, cataracts and glaucoma.

The challenge now is to find funding to cover the cost of treatment for those with little to no health insurance.

Diabetes and Covid 19

Links to Covid in Zimbabwe

The Bulawayo City Council Health Services Department has recorded a rise in new diabetes and hypertension cases in 2020 and 2021 that medical experts are claiming are linked to the effects of Covid.



BULAWAYO CITY COUNCIL

Hypertension is diagnosed when blood pressure rates are above normal. It is the second most prevalent chronic disease in Zimbabwe, affecting around 19 per cent of the population. It

increases the risk of heart problems and can be prevented with a healthy lifestyle.

<https://www.chronicle.co.zw/rise-in-bp-and-diabetes-cases/>

U.S. Links to Increased Risk of Diabetes

The U.S. Centers for Disease Control and Prevention has conducted a study that appears to show children who have recovered from a COVID-19 infection are at an increased risk of developing Type 1 or Type 2 diabetes.

According to the results, researchers found a 2.6-fold increase in new diabetes cases among children who had recovered from a COVID-19 infection. In a second data set, they found a 30 percent increase.

Advocacy Action: Is your Government identifying children who have had Covid to provide appropriate support?

<https://www.fox13memphis.com/news/trending/study-children-who-get-covid-risk-developing-diabetes-according-cdc-research/GMSMXMAWBRAJBGAJYI4OVL3SU/>

Nutrition News

Label Action on “Nutri-Grade” Drinks

The Singapore Ministry of Health is consulting over the introduction of new labelling requirements and advertising prohibition to be introduced at the end of 2022.

The proposals relate to “Nutri-Grade” beverages sold in Singapore in prepacked form and from automatic beverage dispensers.



Nutri-Grade beverages include, but are not limited to, soft drinks, juices and juice drinks, milk and milk beverages, cultured milk/yoghurt drinks, and 3-in-1 or 2-in-1 instant powdered beverages.

It is an established fact that high sugar intake is linked to increased risk of obesity and diabetes.

The World Health Organization (WHO) has called on countries to take action to reduce individuals' intake of sugar to as low as possible.

Advocacy Action: Have any assessments been made about the impact of Nutri-Grade drinks in your country? Is your Government following the advice of the World Health Organisation?

France Asked to Act on Rising Veg Prices

The French Association of Rural families has published a report showing a sharp increase in fruit and vegetable prices from 2019-2021.



The Association is calling for the government to give subsidies to poorer households to allow them to eat nutritious food.

<https://www.thelocal.fr/20220121/call-for-fruit-and-veg-grants-as-food-prices-rise-in-france/>

Sub-Saharan Africa Study

A study suggesting there are protective effects against Cardiovascular disease from a plant based diet has been published in the 'British Journal of Cancer'.

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-022-12724-w>

Research News

Advocacy Action Wins New Research Funding

Following pressure from MPs and patient groups for more investment in diabetes research and care, Australia's Minister for Health and Aged Care, The Hon Greg Hunt MP, announced that \$38 million Australian Dollars (\$27.5 U.S.) has been made available for two new medical research centres.

It is hoped they will produce rapid improvements in preventing, treating and curing diabetes and cardiovascular disease, and their complications.

The funding will be directed to research projects with the potential to transform diabetes and cardiovascular disease outcomes, and reduce the burden of these diseases on families and the community.

Advocacy Action: Can you work with patient groups and others to persuade your Government to set up something similar? If your Government is already funding research in this way, please let PDGN know.

Research News In Brief

Gap widens between US and European HbA1c* averages

Mean HbA1c for people with type 1 diabetes increased in the U.S. from 2011 to 2017, whereas Europe reported a decline among children, according to study data.

*By measuring glycated haemoglobin (HbA1c) in the blood, average blood sugar levels can be calculated.

<https://www.healio.com/news/endocrinology/20220107/gap-in-mean-hba1c-values-growing-between-us-european-nations>

High blood pressure and diabetes Link
A global team working through the University of Bristol believe they have discovered a link between high blood pressure and diabetes.

<https://www.iol.co.za/lifestyle/health/scientists-discover-crucial-link-between-high-blood-pressure-and-diabetes-6734357d-93e6-5e38-ab73-096f9b27ea20>

Effect of Vitamin D on type 1 Diabetes
<http://saharareporters.com/2021/12/25/nigerian-professor-paediatrics-benjamin-nwosu-conducts-breakthrough-research-diabetes>

Insulin Pumps for Young Children
Research suggesting that automated insulin delivery is safe and effective even at the age of one to seven years
<https://newsconcerns.com/international-clinical-trial-shows-life-changing-positive-effects-for-children-and-their-families-sciencedaily/>

Eye Care News

Why Regular Eye Checkups Prevent Blindness

The relationship between diabetes and eye damage is sometimes overlooked, despite it being a condition that affects the entire body system, including both the internal and external organs like the eye, kidney, heart, and brain.



Dr. Tunji Oluleye

Ophthalmologist Dr. Tunji Oluleye, from the College Hospital, Ibadan Nigeria, argues that regular eye checks, especially in individuals with diabetes, hypertension and sickle cell disease can save them from blindness.

Advocacy Action: Do you have a regular eye screening programme for people with diabetes? Do you offer free eye tests at optician outlets? What are the numbers for eye conditions attributed to diabetes? Preventing blindness, whether partial or total, through early intervention can avoid the need for expensive support in many cases – is this something you can raise in your Parliament?
<https://tribuneonlineng.com/why-regular-eye-checkups-prevent-blindness-oluleye-ophthalmologist/>

Associations' News

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

BDA Covid Action

To overcome Covid restrictions, the Bermuda Diabetic Association has been providing on-line education updates, and innovative programmes for those with diabetes. The pandemic has revealed that more people are without employment and health insurance and requiring free diabetes medicine and medicines to be delivered to their homes. Thanks to generous donors they have been able to continue a free medicine programme throughout the pandemic.

During a temporary lifting of COVID restrictions the association held a weekend series of workshops for young people with type 1 diabetes and their parents, and to commemorate the centenary of the discovery of insulin, an open day.



The recently opened Bermuda Diabetes Centre

Foot Pilot

In a partnership between the Bermuda Diabetes Association, Bermuda Limb Care Ltd and a local insurance company are collaborating in a pilot project designed to assist in the prevention, treatment, and rehabilitation for those living with diabetic foot disease.

US\$28,000 has been committed to fund a pilot project designed to assist in the prevention, treatment, and rehabilitation for those living with diabetic foot disease.

BDA Chair, Debbie Jones, has thanked PDGN for their work: "As ever we are grateful to the Parliamentary Diabetes Global Network for the tremendous job they are doing to raise the voices of those with or affected by diabetes around the world".



The American Diabetes Association continues to support the efforts of people campaigning to cap the cost of Insulin.

ADA members have successfully put the issue on the agenda of numerous State legislators. The ADA says the cost of life-saving insulin nearly tripled between 2002 and 2013.

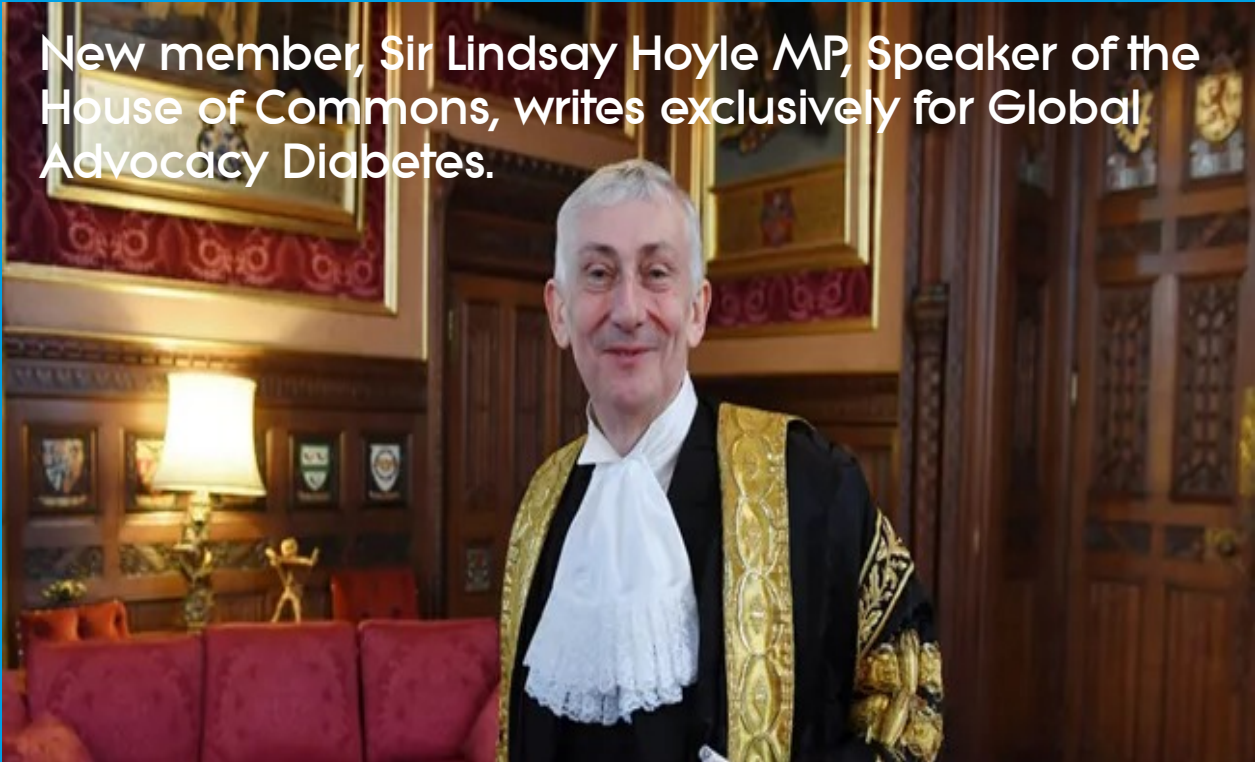
Separately the Diabetes Leadership Council (DLC), who are also campaigning to reduce the cost of insulin, have said that they were excited around both President Biden's State of the Union address, and the announcement from Civica – a not for profit pharmacy - who are also working to lower the cost of insulin for anyone.

DLC CEO George Huntley commented: "If they [Civica] succeed, it will solve even the uninsured exposure," he said. "Many good conversations are going on right now on insulin pricing. Hopefully something actually gets done."



PDGN News

New member, Sir Lindsay Hoyle MP, Speaker of the House of Commons, writes exclusively for Global Advocacy Diabetes.



We were just 10 days away from the General Election when my GP gave me the shocking diagnosis that I had Type 1 diabetes.

I was told that my ketones – the chemical that can build up in diabetes - were "off the Richter scale", and I needed to be admitted to hospital straight away.

Not only was it devastating to be told that at the age of 62 I had this condition, but also that I would have to inject myself with insulin at least three times a day.

There was no way I could miss the election campaign, so I promised my consultant that I would follow to the letter the medication regime recommended to me, and within a few days I started to feel better.

Looking back, I knew there was something wrong - but I had been just too busy to deal with it. I had been rushing around, missing meals and losing weight without even trying. I lost about three stones in as many months. Eventually my wife Catherine said, 'enough is enough'. She went down to the doctors and said: 'Can you book him in? There is something seriously wrong.'

While at first it was difficult to accept my new condition, I soon got into a routine. Thanks to technology and an app on my iPhone, I can check my blood glucose levels and get an instant reading by waving my mobile over a sensor on my arm. I inject four times a day to ensure my levels remain constant.

But what this experience has taught me is that having diabetes doesn't have to define you.

Continued on page 14)

After i revealed my diagnosis, so many friends and colleagues came out of the woodwork to admit that they had the condition too. The former PM, Theresa May, who also has Type 1, has not only been an inspiration, but she has also been very kind and considerate in offering advice on how to manage the condition.

She has said to me that life doesn't have to change - and if she can do a job as important as hers - as Home Secretary and then Prime Minister - without it affecting her, I know I can do mine. Thankfully for me, the December 2019 election not only resulted in me being re-elected as MP for Chorley, and then again as Speaker - it also marked a positive turning point for my health. Just as the Parliamentarians for Diabetes Global Network is offering inspiration to people with diabetes that they can live safe, happy and fulfilling lives despite the condition - I am living proof of that.

While I was annoyed at first that I had diabetes, it is now the new normal and is as much a part of my routine as cleaning my teeth. If you suspect you have diabetes, then get yourself tested = with the right medical advice and small changes to your lifestyle, it really is something you can live with.



Sir Lindsay Hoyle MP hosting US Speaker Nancy Pelosi at a recent international conference of Speakers in London.

PDGN Needs You!

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

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 invite to a meeting when funding allows. We would hope you would persuade colleagues in your Parliament to join and keep us in touch with your activities.

For an informal chat about what's required contact our Secretary General, Adrian Sanders, adrian@pdgn.co.uk

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