DRIBBLE, DUNK, and DEFEND against Diabetes was the battle cry of the 2014 Diabetes Awareness Week or it was simply called Diabetes Awareness Week in 3D. The theme was related to the country’s favourite past time, which is basketball. Diabetes Center Philippines spear headed this campaign and was tied up with three power house players – the Philippine Basketball Association (PBA), the biggest professional basketball league in Asia, Shoe Mart (SM), the largest mall chain in the country, and Philippine Daily Inquirer, the most popular newspaper in the country.

Early Diabetes Campaign started on April 2014 during the PBA All-Star Weekend. Several PBA players signed up in the commitment wall in its fight against Diabetes in two different places – at SM San Lazaro and SM Bicutan. To name some of the players who were in attendance – James Yap, Marc Pingris, Jimmy Alapag, Mark Cardona, Jayson Castro and many more. Also, there was a signing of a commitment contract during the half time break of the All Star games among Diabetes Center Philippines President Dr. Augusto D. Litonjua, PBA Chairman Ramon Segismundo and PBA Commissioner Chito Salud.

The Whole Month of July of packed with activities held in different places of the country namely Lipa, Batangas and Cabanatuan City. Last July 27 marked the finale of the 2014 Diabetes Awareness program at the Music Hall, SM Mall of Asia, Pasay City.

Keynote speakers were Diabetes Center Philippines President Dr. Augusto D. Litonjua, SM Prime President Mr. Hans Sy, PBA Commissioner Atty. Chito Salud, and PBA legend and Senator Robert Jaworski. All have expressed their concern in the advancement of health and wellness.

The first half of the event was started with a Zumba exercise to warm up the crowd. Again, three leading medical organizations joined this event with their presidents giving noteworthy messages – Dr. Cecilia A. Jimeno (Philippine Society of Endocrinology, Diabetes and Metabolism), Dr. Richard Elwyn V. Fernando (Diabetes Philippines), and Dr. Florence A. Santos (American Association of Clinical Endocrinologists – Philippine Chapter). The customary awarding of diabetic achievers were as follows: 1 Gold awardee, 7 silver awardees, and 43 bronze awardees. Also, announcement of 6 winners of the poster making contest by Diabetes Philippines. Basketball games and exhibiton skills were participated by PBA players who graced the event: Alvin Patrimonio, Rey Guevarra, JV Casio, and Ryan Arana.

The second half of the event was decorated by the traditional dance contest participated by the different diabetes clubs. The winner of this year came from Philippine General Hospital.

Celebrity guests were Mr. Chad Botja, Mr. Rannie Raymundo, Mr. Richard Reynoso, and Mr. Renz Verano, together known as the OPM Hitmen. They performed their original songs and wowed the crowd for several hours.

The Diabetes Center Philippines faculty packed their travel gear for the 27th Intensive Training Course for Diabetes Educators. This was held in the City of Golden Friendship, Cagayan de Oro City, last April 12–14, 2015 at Mallberry Hotel. This is the first ever ITC to be held outside of Manila.

There were a total of 42 participants (13 teams + Pharma team) coming from the different cities in Mindanao: Davao City, Valencia City in Bukidnon, Iligan City, Marawi City, General Santos City and Cagayan de Oro City. There were also participants from Quezon Province and Subic. It was definitely a lively and heterogenous group, headed by their class president Ms Nita A. Semprun, RND. After some debate brought about by the different terms of the pancreas in the various Filipino dialects spoken by the participants, the group finally decided their batch to be named LAPAY42.

The course began with PCDEF President, Dr. Augusto Litonjua welcoming everyone and introducing everyone to PCDEF and its goals and mission. To set the stage for the training course, they were given a lecture on the Principles of Effective Teaching followed by a workshop on motivational Interviewing. This was then followed by the various modules dealing with diabetes: nature of disease, complications, management, nutrition, exercise, pharmacology of diabetes medications, diabetes in pregnancy, sex and diabetes and foot care in diabetes. Workshops on insulin injection, meal planning, blood glucose monitoring, basic wound care and complications were both challenging and enriching. The 3 days were truly intense, each day starting at 7:30 am with a mind jolting pre-test and ending with a post test just before dinner.

When the participants were asked which of the activities were most challenging, on top of the list was the insulin injection workshop where they had to experience how it felt to do the injection. It was the first time for most of the participants did the injections ON THEMSELVES. The dieticians found meal planning for those with complications, especially renal complications, to be very challenging. It was, however, the complications workshop that was the biggest eye opener for the participants. Simulating a complication for the whole lunch break brought out a myriad of emotions, from initial excitement to a realization of difficulty and pain, anger, frustration and self pity. The outcome was a sincere compassion and empathy for patients and zeal to help them avoid complications.

The course ended on an inspiring note during graduation. The Guest Speaker, Dr Ma Leah Floirendo, PCP Northern Mindanao Chapter President relayed her personal experience as a relative of a diabetic, and as a daughter of a successful lifestyle advocate mother. She posed a challenge to the new educators to play an active role in the management of patients with diabetes. Dr. Carlo Garingarao, endocrinologist from Iligan City, was the class valedictorian. He accepted the challenge in behalf of the batch and encouraged the batch to establish education centers in their respective hospitals.

Northern Mindanao is grateful that PCDEF chose it to be a venue of this educational course. Prior to this, there was no active hospital based education center and this activity is a great step to correct that. Heretofore, we will be closer to that goal of more education centers to partner with the management of diabetes in this region. Thank you PCDEF and its generous faculty, and good luck to the new teams!
The 28th INTENSIVE TRAINING COURSE for DIABETES EDUCATORS
Philippine Center for Diabetes Education Foundation, Inc.
City Garden Grand Hotel, Makati City

DAY 1: NATURE OF DIABETES
September 21, 2015 (MONDAY)

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker/Facilitator</th>
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</thead>
<tbody>
<tr>
<td>7:30-8:00</td>
<td>Pre-test</td>
<td>Ms. Erinda B. Inocencio</td>
</tr>
<tr>
<td>8:00-8:15</td>
<td>Guidelines for IFC</td>
<td>Dr. Cynthia H. Manabat</td>
</tr>
<tr>
<td>8:15-9:30</td>
<td>Lecture: Introduction/ Objectives/ History of Diabetes Educational Clinics and Diabetes Center Philippines Diagnosis and Classification of DM/ Pathogenesis of Type 1 and Type 2 DM/DM Prevention</td>
<td>Dr. Augusto D. Utonjua</td>
</tr>
<tr>
<td>9:30-10:00</td>
<td>Visit the Exhibits</td>
<td></td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Lecture and Workshop: Motivational Interviewing</td>
<td>Dr. Maria Jocelyn C. Isido</td>
</tr>
<tr>
<td>11:30-12:30</td>
<td>LUNCH</td>
<td></td>
</tr>
<tr>
<td>12:30-1:00</td>
<td>Lunch lecture</td>
<td>LRI - THERAPHARMA</td>
</tr>
<tr>
<td>1:00-5:00</td>
<td>Diabetes Conversation Maps</td>
<td>Dr. Joy Arabelle C. Fontanilla</td>
</tr>
<tr>
<td>5:00-5:15</td>
<td>Post-test/PM snack</td>
<td>Ms. Erinda B. Inocencio</td>
</tr>
</tbody>
</table>

DAY 2: MEDICAL NUTRITION THERAPY, EXERCISE AND BLOOD GLUCOSE MONITORING
September 22, 2015 (TUESDAY)

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker/Facilitator</th>
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</thead>
<tbody>
<tr>
<td>7:30-8:00</td>
<td>Pre-test</td>
<td>Ms. Erinda B. Inocencio</td>
</tr>
<tr>
<td>8:00-9:00</td>
<td>Lecture: Effective Teaching Principles</td>
<td>Dr. Nemencio A. Nicodemus, Jr.</td>
</tr>
<tr>
<td>9:00-11:00</td>
<td>Lecture: Medical Nutrition Therapy</td>
<td>Ms. Ma. Imelda Q. Cardina</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>LUNCH</td>
<td></td>
</tr>
<tr>
<td>12:00-12:30</td>
<td>Lunch lecture</td>
<td>NOVARTIS</td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>Workshop: Meal Planning and Diet Computation</td>
<td>Ms. Ma. Imelda Q. Cardina</td>
</tr>
<tr>
<td>2:00-3:00</td>
<td>Workshop: Exercise</td>
<td>Dr. Maria Princess L. Kanapi</td>
</tr>
<tr>
<td>3:00-4:30</td>
<td>Lecture and workshop: Monitoring BG Control</td>
<td>Dr. Susan Yu - Gan</td>
</tr>
<tr>
<td>4:30-4:45</td>
<td>Post-test/PM snack</td>
<td>Ms. Erinda B. Inocencio</td>
</tr>
</tbody>
</table>

DAY 3: OAs/INSULIN/INSULIN INJECTION
September 23, 2015 (WEDNESDAY)

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker/Facilitator</th>
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</thead>
<tbody>
<tr>
<td>7:30-8:00</td>
<td>Pre-test</td>
<td>Ms. Erinda B. Inocencio</td>
</tr>
<tr>
<td>8:00-9:30</td>
<td>Lecture: Oral Anti-diabetic Agents</td>
<td>Dr. Carolyn N. Montano</td>
</tr>
<tr>
<td>9:30-11:30</td>
<td>Lecture: Insulin Therapy</td>
<td>Dr. Cynthia H. Manabat</td>
</tr>
<tr>
<td>11:30-12:30</td>
<td>LUNCH</td>
<td></td>
</tr>
<tr>
<td>12:30-1:00</td>
<td>Lunch lecture</td>
<td>SERVER</td>
</tr>
<tr>
<td>1:00-1:30</td>
<td>Workshop: Setting up a Diabetes Educational Clinic</td>
<td>Dr. Cynthia H. Manabat</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Lecture and Workshop: Insulin Injection</td>
<td>Dr. Mary Jane C. Gutierrez</td>
</tr>
<tr>
<td>3:00-4:00</td>
<td>Lecture: Complementary and Alternative Therapies for DM</td>
<td>Dr. Cecilia A. Jimena</td>
</tr>
<tr>
<td>4:00-4:15</td>
<td>Post-test/PM snack</td>
<td>Ms. Erinda B. Inocencio</td>
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</tbody>
</table>

DAY 4: ACUTE AND CHRONIC COMPLICATIONS
September 24, 2015 (THURSDAY)

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker/Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:00</td>
<td>Pre-test</td>
<td>Ms. Erinda B. Inocencio</td>
</tr>
<tr>
<td>8:00-9:00</td>
<td>Lecture: Acute Complications</td>
<td>Dr. Florence A. Santos</td>
</tr>
<tr>
<td>9:00-9:30</td>
<td>Workshop: Sick Day Guide</td>
<td>Dr. Florence A. Santos</td>
</tr>
<tr>
<td>9:30-10:30</td>
<td>Lecture: Chronic Microvascular Complications</td>
<td>Dr. Bien J. Matalawan</td>
</tr>
<tr>
<td>10:30-11:30</td>
<td>Lecture: Chronic Microvascular Complications</td>
<td>Dr. Marie Yvette R. Amante</td>
</tr>
<tr>
<td>11:30-1:00</td>
<td>Workshop: Complications LUNCH</td>
<td>Dr. Jose Carlos S. Miranda</td>
</tr>
<tr>
<td>1:00-1:30</td>
<td>Lunch lecture</td>
<td>MULTICARE</td>
</tr>
<tr>
<td>1:30-4:30</td>
<td>Lecture and Workshop: Foot Care/ Basic Wound Care</td>
<td>Dr. Pepito E. dela Pena</td>
</tr>
<tr>
<td>4:30-4:45</td>
<td>Post-test/PM snack</td>
<td>Ms. Erinda B. Inocencio</td>
</tr>
</tbody>
</table>

DAY 5: PREGNANCY / SEX / CHILDREN AND ADOLESCENTS
September 25, 2015 (Friday)

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker/Facilitator</th>
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</thead>
<tbody>
<tr>
<td>7:30-8:00</td>
<td>Pre-test</td>
<td>Ms. Erinda B. Inocencio</td>
</tr>
<tr>
<td>8:00-9:00</td>
<td>Lecture: Diabetes and Pregnancy</td>
<td>Dr. Maria Leonora D. Capellan</td>
</tr>
<tr>
<td>9:00-10:00</td>
<td>Lecture: Diabetes and Sexual Health</td>
<td>Dr. Jimmy B. Aragon</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Lecture: Diabetes in Children and Adolescents</td>
<td>Dr. Dickson C. Cua</td>
</tr>
<tr>
<td>11:00-11:15</td>
<td>Evaluation</td>
<td>Ms. Erinda B. Inocencio</td>
</tr>
<tr>
<td>11:15-12:00</td>
<td>LUNCH</td>
<td></td>
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<tr>
<td>12:00-12:30</td>
<td>Lunch lecture</td>
<td>EJUNLY</td>
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<tr>
<td>12:30-5:30</td>
<td>Workshop: Practice Teaching</td>
<td>Dr. Joy Arabelle C. Fontanilla</td>
</tr>
<tr>
<td>12:30-5:30</td>
<td>Workshop: Practice Teaching</td>
<td>Dr. Ma. Cecilia G. Gonzales</td>
</tr>
<tr>
<td>12:30-5:30</td>
<td>Workshop: Practice Teaching</td>
<td>Dr. Gio D. Wassmer</td>
</tr>
<tr>
<td>3:00 pm onwards</td>
<td>Graduation</td>
<td>All faculty and coordinators Pharmaceautical friends</td>
</tr>
</tbody>
</table>

Workshop

Diabetes Conversation Maps
The participants will facilitate a DCM. Mentor: Dr. Joy Arabelle C. Fontanilla, assisted by Uly DeS

Medical Nutrition therapy
The participants will teach "patient" general nutrition guidelines OR meal computation OR plate model. Mentor: Ms. Imelda Cardina

Flipchart: What is Diabetes?
Using PCDT Flipchart, the participants will teach "patient" Nature of DM, Diagnosis, Complications. Mentor: Dr. Ma. Cecilia G. Gonzales

Insulin Injection Insulin Injection technique
The participants will teach "patient" how to inject insulin, or mix insulin OR inject using insulin pen/pen/pen/pen/pen/pen. Mentor: Ms. Erinda B. Inocencio

BG monitoring
The participants will teach "patient" how to use any of the BG meters demonstrated during workshop. Mentor: Dr. Gio Wassmer
During the event, Diabetes Center President Dr. Augusto D. Litonjua, Dr. Cynthia Halili-Manabat and Dr. Tommy Ty Willing also swore in the new batch of Associate Diabetes Educators.

This year, NADE is slated for Wednesday, November 11, 2015 at EDSA Shangri-La Hotel with the theme Unraveling the Secrets to Healthy Living and Diabetes. All interested parties are invited to come.

For inquiries and pledges of support, please contact the secretariat at (02) 892-1064; 888-8999 loc. 2287 or email diabetes.center@yahoo.com.

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People of excellence go the extra mile to do what’s right.

~Joel Osteen

By International Diabetes Federation estimates, around 387 million people worldwide have diabetes. This number is expected to balloon to 592 million in the year 2035 if nothing is done about it.

About 77% of people with diabetes live in low- and middle-income countries like ours. And the cost of care puts a tremendous financial and societal burden in terms of days lost from work or school, loss of life and quality of life.

This burden of diabetes can be eased by empowering patients with the proper tools, knowledge and skills to care for themselves or their affected loved ones. Diabetes educators (DEs) (trained health care professionals such as nurses, dietitians and physicians) can teach patients to prevent and self-manage diabetes and its complications.

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

The 20th NADE was held on November 11, 2014 at the EDSA Shangri-La Hotel in Mandaluyong. About two hundred participants from all over the country attended the meeting.

The theme for the conference was Going the Extra Mile in Diabetes Care. The morning symposia covered topics on strategies to achieve behavior change in patients as well as the latest guidelines in nutrition therapy and management of cholesterol and blood pressure.

The afternoon symposia covered issues on the science and psychology of compassion, new insulin delivery devices, workplace wellness, the best electronic resources for diabetes care as well as the lessons from the Diabetes, Attitudes, Wishes and Needs studies.
This year, NADE is slated for Wednesday, November 11, 2015 at EDSA Shangri-La Hotel with the theme Unraveling the Secrets to Healthy Living and Diabetes. All interested parties are invited to come.

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What’s for 2015?

Plenary Lectures:

Effective Strategies for Behavior Change
Speaker: Ma. Teresa Plata-Que, MD

The 2013 ADA Nutrition Position Statement
Speaker: Imelda Cardino, RND

Induction of New Associate Diabetes Educators
Speaker: Dr. Augusto D. Litonjua; Dr. Tommy Ty Willing and Dr. Cynthia Halili-Manabat

ATP IV Lipid Management Guidelines – Must We Abandon Cholesterol Targets?
Speaker: Joy Arabelle C. Fontanilla, MD

New Hypertension Guidance in JNC 8 - Was it Worth the Wait?
Speaker: Rafael R. Castillo, MD

LRI Lunch Symposium: What is Type 2 Diabetes?
The Role of Vildagliptin
Speaker: Augusto D. Litonjua, MD

The Science and Psychology of Compassion
Speaker: Antonio T. Fernando III, MD

Update on Insulin Delivery Devices
Speaker: Jimmy B. Aragon, MD

Workplace Wellness – Making the Office More Diabetes-Friendly
Speaker: Marie Yvette R. Amante, MD

The Diabetes Attitudes, Wishes and Needs (DAWN) Studies: What Have We Learned?
Speaker: Jocelyn Capuli-Isidro, MD

Best Apps and Resources For Diabetes Self-Care
Speaker: Cecille R. dela Paz, MD

PRELIMINARY TOPICS:

- Healthy Eating to Prevent Diabetes Starts With Breakfast
- Diabetic Renal Diet – What is There Left to Eat?
- Effective Tactics in Group Education
- Proven Strategies for Smoking Cessation
- Pros and Cons of Old and New Ways to Measure Glycemia
- The Metabolic Workout – Exercises to Keep Fit and Lose Weight
- What You Should Know About the New Antidiabetic Meds on the Block
- How to Raise your Patient’s EQ (and yours, too)
- Motivational Interviewing to Prompt Behavior Change
Diabetes Awareness Week 2014

SM Mall of Asia Pasay City
Dribble, Dunk, Defend against DIABETES

Cabanatuan City
Lipa, Batangas
The Philippine Center for Diabetes Education Foundation, Inc. will once again celebrate for its 23rd year the Diabetes Awareness Week. Diabetes mellitus in the Philippines poses a great threat to our country’s health. The number is still increasing, the complications keep on coming, it is now being seen in younger Filipinos, and the burden is getting heavier specially the cost of treatment. It is a daunting task but the Diabetes Center is kept on fighting against all odds.

For the past years we have been creating awareness of the disease: its nature, its complications, and its treatment. We believe that we had made a big impact but to sustain it is a different matter. This is the reason we have to keep on creating awareness on Diabetes. It may be the key to prevent it from affecting us Filipinos. We must now focus on prevention and that is the challenge that we are up to right now. Stop Diabetes! Are we all ready for the challenge?

If you are, then join us as we celebrate the Diabetes Awareness Week this July 2015. We will have a purpose filled activity on July 26, 2015 at Festival Supermall in Alabang. Be there.

Spread the word.
Invite everyone.
Let us all take this challenge.
STOP DIABETES!
I-PUSH mo yan!
By: Team Ati-Atihan, Camp Cope 2015

When my senior told me that I will be the ones joining Camp COPE with her, I don’t really have an idea what sort of activities will be doing. After having been informed, my thoughts were: Where is Camp COPE? Is it a place like the Camp Bulatukan which is a camping place for boy scouts and girl scouts in North Cotabato 2 hours away from Davao City where I reside. I had a bit of Camp COPE when our secretary told me what it is and NOT where it is. It is a yearly activity for children with diabetes. I thought this would really be a different experience then.

As a first year on second month of fellowship here in Manila, I realized that in this field I have chosen, patients are really our best teachers. I will never forget the kid in my team who taught me how to differentiate intermediate and regular insulin. He asked me “Doc, ano po uunahin ko yung malinaw po ba o yung malabo? “ at that time I was pushed to read the label of the vial. What he meant: malabo = is the intermediate insulin and malinaw = is the regular insulin.

During my residency training, I just ordered those types of insulin but I really don’t know how they look like (a week after Camp COPE, we had our annually conducted lectures on insulin to nurses, Thank God my knowledge was reinforced).

Honestly, I have been a sister to my cousins and 3 nieces but have never been a mother to anyone. Camp Cope pushed me to be a mother to my team mates during their activities especially in their final performance during their graduation night. As a mother, you won’t let them lose especially if you see them so competitive and determined to win. They didn’t allow their condition to be a hindrance to their short and long term goals in life. There, I realize that we should continue to be a doctor who treats and a mother who uplifts more their self-esteem.

I admire the kids I met and mingled with during the camp because they showed me that they could take care of themselves without their parents. It never occurred to me before that a kid could really inject insulin on their own. Insulin injection is already part of their daily living at young age and for me makes them really children overcoming diabetes problems not only everywhere but every single day lived and given by the Almighty.
The Learnings of Old Campers and How Camp Cope Shaped Them to Become Better...

By Team Panagbenga (Camp’15)

We’ve compiled all the ideas we have as an old camper and we came up with a long list. Surely, we learned a lot. From CBG management to avoiding complications, all the lectures we’ve heard are instilled in our minds. Diabetic Management, yes you can say that we’re already experts, all thanks to CAMP COPE. But staying here for 4 days made us look at Diabetes deeper and better. Seeing everyone, we all look like normal children, we play, smile and laugh. But when injection time comes, one would know we are not just normal kids, we are special.

One line that caught me and my attention was “GOD gave you diabetes because you can live with it and you’re special”. A realization I’ve come up during hard times when I feel like giving up. But yes, God gave us diabetes because we’re strong and special, modern superheroes indeed. Also, we proved that we can still enjoy life despite having diabetes.

Insights of a FIRST TIMER.

By Team Panagbenga (Camp’15)

Our group both had new and old campers. We asked one another and talked about our experiences, learnings, expectations and other ideas. Mimi, the only first timer in the group told us that she had fun instantly even on the first day. She learned for the first time how to socialize with people and even told us that she learned for the first time how to make friends.

One thing she also enjoyed was the food. When it came to friends, Mimi can’t adapt easily, but here in Camp Cope, she overcame the fear of socializing. She appreciated the care and love given by the doctors and staff. With this, she is sure to come back and join again to enjoy. We’re trying to help her to be friendly and make her realize that she’s not alone, we are all diabetics and we’re here to learn from the doctors and from ourselves. She may have experienced frequent hypos, she still managed to join the activities. Her insights and ideas were ours too when we joined the camp for the first time. She also said that she’d apply at home what she learned in the camp. Rest assured, her smiles and laughter proved that our stay in Camp Cope would be memorable for her especially as a first timer.
TEAM PAHIYAS, Camp 2015


Unforgettable Experience

Francis Anne G. Portugal, 16 of Team Masskara

I was diagnosed with diabetes when I was 11. For me it was a very big adjustment of trying to get rid of the foods I usually eat. I doubted my abilities to do things because I know I’m sick. Camp COPE came and taught me how to embrace the changes in me and live with life’s sweet tricks.

The first time I joined the camp was on year 2014 with its theme: “Camp COPE goes Hawaiian”, at first I was not excited to join the camp. I thought it would only be a 4-day camp that would teach us boring lectures about the camper’s condition, and then we need to deal with strict doctors, nurses and dietitians. What made me join again in this year’s camp with theme; “Camp COPE goes Fiesta” is that I was wrong with my impressions during the previous camp. I was given an opportunity to meet new friends, ate’s and kuya’s.

In the camp, we were taught on how to handle ourselves in every situation we may encounter as a diabetic. Everything that I’ve learned helped me become a more responsible enough and mature person acting towards my own health condition. Indeed, it was a camp full of learning and fun. One thing that I realized in joining the camp for two consecutive years is that “Being diabetic, doesn’t make a person weak.” Diabetes is a blessing in disguise given by God to unique people like me in order for me to be a better person, cause He knows that I can handle this and this would teach me a great lesson in life.
We’re stronger than Diabetes!
The 23rd Servier Lecture entitled “Recent Outcomes Trials in Type 2 Diabetes: Their Impact to Disease Management Today” was held on 11 November 2014 at the EDSA Shangri-La Hotel with Prof. Stephen Colagiuri, Chair of the International Diabetes Federation Clinical Guidelines Taskforce, as its distinguished speaker.

Prof. Colagiuri reviewed the outcomes trials around type 2 diabetes and how results from them influenced the treatment guidelines today. With these new data and insights, plus the availability of different therapeutic options, clinicians face the challenge of choosing suitable therapeutic options based on the best available evidence while considering the importance of individualized care.

The Servier Lecture Series is an annual event hosted by the Diabetes Center Philippines, Diabetes Philippines and Servier Philippines. An authority in the field of diabetes is invited each year to deliver recent and notable events in diabetes.
Give your patients the gift of

GLICLIZIDE
DIAMICRON® MR 60 mg
modified release tablet

Effectively control their blood glucose levels¹

Protect their kidneys²

Protect their heart³

Encourage compliance with least hypoglycemia⁴ and cost

2 tablets at breakfast in most patients

Protective dose as seen in ADVANCE
70% of patients were on 120mg of DIAMICRON MR


Full prescribing information available upon request

No. 2 Orion corner Mercedes Streets, Bel-Air Village, Makati City 1209. www.servier.com
April 12 – 14, 2015
27th Intensive Training Course for Diabetes Educators
Mallberry Suites, Cagayan de Oro City

April 30 – May 03, 2015
20th Camp Cope
(Children Overcoming Diabetes Problems Everywhere)
Tagaytay Haven Ulat, Tagaytay City

July 26, 2015
23rd Diabetes Awareness Week Celebration
Festival Supermall, Filinvest, Alabang, Muntinlupa City

September 21-25, 2015
28th Intensive Training Course for Diabetes Educators
City Garden Grand Hotel, Makati City

November 11, 2015
21st National Assembly for Diabetes Educators
Edsa Shangri-La Hotel, Mandaluyong City