The culminating celebration of Diabetes Awareness Week (DAW) which we have been celebrating for the past 23 years went underway last Sunday, July 24 at the Activity Center of Festival Supermall in Alabang. The Center partnered again with Filinvest Supermall and the 3 major societies fighting against diabetes: The Philippine Society of Diabetes, Endocrinology & Metabolism (PSEDEM), Diabetes Philippines (DP) and the Philippine Chapter of the American Association of Clinical Endocrinologists (AACE Philippines).


The morning schedule – which was hosted by some of our Endocrine Fellows, namely: Dr. Andres Ebison, Jr., Dr. Milideanna De Guzman & Dr. Beinjerinck Ivan Cudal was the more “serious” part of the day had the 4 presidents of the medical societies giving brief talks on the growing prevalence of diabetes and the whys to curb that growth. The Center also honored its “diabetes achievers” – 2 getting a gold citation for having 30 years of the disease without complications, 9 for the silver citation for a 20 year complication free life and 14 for a 10 year complication free life.

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

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

Coordinating DAW last year were our Executive Director, Ms. Erlinda B. Inocencio and our Administrative Secretary, Louella B. Respicio.
It was that time when the song "Ang Tatlong Bibe" was heard from every corner. It was the song that brought together 62 individuals coming from all over the Philippines with the sole purpose of being trained as diabetes educators. The Tatlong Bibe (three ducks) were likened to the three key persons of a diabetic care center, namely the physician, nurse and nutritionist-dietician. They may have different characteristics but together they performed a beautiful number, and this was through the help of the Philippine Center for Diabetes Education, Foundation (PCDEF).

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

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

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

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

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

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

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

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

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

By: Daveric A. Pagisihan, MD

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

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

On the culminating activity of the workshop, a truly inspiring message was delivered by Dr. Nenita Collantes, President of the Philippine College of Physicians. She posed the challenge of always being grateful to our Creator, colleagues and patients, and working to multiply oneself to ensure that the best diabetes care is given to majority of the Filipino people. The participants also showcased their talents in singing, dancing and acting to mark the end of a truly intensive yet informative and innovative workshop.
This year, NADE is slated for Wednesday, November 15, 2017 at a new venue, the Makati Diamond Residences with the theme Breaking New Ground in Diabetes Management.

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

All interested parties are invited to come. For inquiries and pledges of support, please contact the secretariat through Ms. Ella Babasanta-Respicio at 892-1064, 888-8999 loc. 2287 or email diabetes.center@yahoo.com.
The 23rd National Assembly of Diabetes Educators will be held on November 15, 2017, Makati Diamond Residences, Makati City with the theme “Breaking New Ground in Diabetes Management”. All interested parties are invited to come.

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

What’s for 2017?

7:00-8:00 am Registration

8:00-8:30 Opening Ceremonies, National Anthem AVP, & Invocation AVP

Opening Remarks: Augusto D. Litonjua, MD

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

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

9:30-9:45 Open Forum

9:45-10:15 Snack Symposium

10:15-10:30 Opening of Exhibits

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

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

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

11:45 -12:00 Open Forum

12:00-1:15 Lunch Symposium

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

By: Marie Therese Faller, MD

2:15-2:30 Open Forum

2:30-3:00 Snack Symposium

3:00-3:30 Visit booths/exhibits

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

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

4:30-4:45 Open Forum

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

Awarding of Certificates of Appreciation to Corporate Partners:
By: Erlinda B. Inocencio
Diabetes Awareness Week 2016
July 24, 2017  Activity Center
Festival Supermall Alabang
This 2017 marks the 25th anniversary of the Diabetes Awareness Week. In 1993, President Fidel Ramos signed Proclamation 213 that states that every 4th Sunday of July is Diabetes Awareness Week. Since then, the Philippine Center for Diabetes Education Foundation, Inc. has spearheaded this campaign.

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

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

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

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

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

We Dribble
We Drive
We Dunk
We Defend against DIABETES!!
Diabetes Center Philippines and Diabetes Philippines, in cooperation with Servier Philippines, held the 25th Servier Lecture on 9 November 2017 at the EDSA Shangri-La Hotel.

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

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

Professor Mark E. Cooper
Photo courtesy of: http://www.med.monash.edu.au

Servier Lectures (1992 - 2016)

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

2015 “Preventing Diabetic Complications: A Sulfonylurea Perspective”
Prof. Davide Caragliu

2014 “Recent Outcomes Trials in Type 2 Diabetes: Their Impact to Disease Management Today”
Prof. Stephen Colagiuri

2013 What matters in ADVANCE and ADVANCE-ON?
Prof. Pavel Hamet

2012 “Glucose Variability and Diabetic Complications”
Prof. Antonio Ceriello

2011 “Metabolic memory - the bitter legacy of hyperglycemia”
Prof. Merlin Thomas

2010 “Diabetes and Infections”
Prof. Clive Stewart Cockram

2009 “Microalbuminuria 2009”
Prof. Giancarlo Viberti

2008 “Preventing Diabetes Complications: Blood Glucose Control and Beyond”
Prof. Richard O’Brien

2007 “THE FATTY LIVER: Implications for the Pathophysiology and Treatment of Type 2 Diabetes”
Prof. Hannalee Yki-Järvinen

2006 “Who Killed the b-cell?”
Prof. Ricardo E. Fernando

2005 “b-Cell Function, b-Cell Mass and Type 2 Diabetes”
Prof. Erol Cerasi

2004 “Type 2 Diabetes and Vascular Disease: A Deadly Combination”
Prof. Marja Riitta Taskinen

2003 “The Future Impact of Diabetes”
Prof. Martin Silink

Prof. Augusto D. Litojua

2001 “Redefining Treatment Strategies for Type 2 Diabetes 2001”
Prof. Eberhard Standl

2000 “Diabetes in the Year 2000”
Prof. Philip Raskin

1999 “The Many Faces of Type 2 Diabetes”
Prof. Harold E. Lebovitz

1998 “Diabetes and Obesity – the Link”
Prof. Ian Caterson

1997 “Diabetes Complications: The Beginning of the End”
Prof. Harry Keen

1996 “What is Diabetes Anyway?”
Prof. Philip Home

1995 “The Physiology of Insulin Release”
Prof. Simon van Haeften

1994 “Recent Trends in the Diagnosis, Management and Prevention of Type 2 Diabetes”
Prof. David Lauj

Prof. Ronald Arky

1992 “New Approaches to the Management of Diabetes Mellitus”
Prof. John Turtle
GLICLAZIDE
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60

SHARE THE GIFTS

Efficacy & Safety
Renal Protection
Cardiovascular Safety
Beta-Cell Protection

Up to 2 tablets at breakfast
in most patients


COMPOSITION: Diamicron® MR 60 mg, modified release tablet containing 60 mg of gliclazide, contains lactose as an excipient. INDICATION: Non-insulin-dependent diabetes type 2 in adults, in association with dietary measures and with exercise, when these measures alone are not sufficient. DOSAGE AND ADMINISTRATION: One half to 2 tablets per day i.e. from 30 to 105 mg taken evenly as a single intake or branched-time, including in elderly patients and those with mild to moderate renal insufficiency with careful patient monitoring. One tablet of Diamicron® MR 60 mg is equivalent to 2 tablets of Diamicron® MR 30 mg. The bioavailability of Diamicron® MR 60 mg enables flexibility of dosage to be achieved. In patients at risk of hypoglycemia, daily starting dose of 30 mg is recommended. Combination with other antidiabetics: Diamicron® MR 60 mg can be given in combination with biguanides, alpha-glucosidase inhibitors or insulin (under close medical supervision). CONTRAINDICATIONS: Hypersensitivity to gliclazide or to any of the excipients, other sulphonylureas or sulphonamides, type 1 diabetes, diabetic coma and coma, diabetic ketoacidosis, severe renal or hepatic insufficiency (in these cases the use of insulin is recommended). Treatment with minoxidil, anticoagulants, warfarin, sodium valproate, disulfiram and alcohol. WARNINGS: Hypoglycemia may occur with all sulphonylurea drugs, in cases of accidental overdose, when alcohol or glucose intake is deficient, following strenuous or strenuous exercise, and in patients with severe hepatic or renal impairment. Hospitalization and glucose administration for several days may be necessary. Patients should be informed of the importance of following dietary advice, of taking regular exercise, and of regular monitoring of blood glucose levels. It should be prescribed only as patients with regular food intake. Use with caution in patients with CYP450-4A12 genotype. Renal function tests. INTERACTIONS: Risk of hypoglycaemia - contraindicated, minoxidil, not recommended; galactosyltransferase, alcohol, use with caution - other antidiabetic agents, beta-blockers, fluconazole, aminoglycosides, ACE inhibitors, captopril, enalapril, H1-receptor antagonists, MAOIs, sulphonylureas, dicumarol, NSAIDs. Risk of hypoglycaemia - not recommended. Use with caution - cholestyramine at high dose, glucosamine, rutin, subtilisin, telithromycin. Prolongation of anticoagulant therapy (e.g. warfarin), adjustment of the anticoagulant may be necessary. IF IT IS NOT POSSIBLE TO TREAT: Prolonged symptoms of hypoglycemia to be treated as severe as possible or at the beginning of the treatment (SULFONIUREA EFFECTS), hypoglycemic encephalopathy, myasthenia gravis, diabetes mellitus, rapid changes in haemoglobin generally reversible (amnion, leukocytosis, thrombocytopenia, granulocytopenia). Related hepatic enzymes levels (ALT, AST, alkaline phosphatase), hepatica (isolated reports). If the therapeutic paradox discontinuation of treatment. Transient visual disturbances at start of treatment. More rarely: rash pruritus, urticaria, angioneurotic, erythema, maculopapular eczema, bullous eruptions, urticaria, angioedema, hives, angiodema, bullous eruptions, bullous eruptions, presenting as Stevens-Johnson syndrome and toxic epidermal necrolysis, and exceptionally, drug rash with eosinophilia and systemic symptoms (DRESS). As for other sulphonylureas, observed cases of anaphylactoid, anaphylactic, urticarial, angioedema, pruritus, angioedema, urticaria, maculopapular, urticarial, bullous eruptions, bullous eruptions, bullous eruptions, Stevens-Johnson syndrome and toxic epidermal necrolysis, and exceptionally, drug rash with eosinophilia and systemic symptoms (DRESS). 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25th Diabetes Awareness Week in 4D
Be AWARE... Be EMPOWERED... Beat DIABETES!!
Dribble, Drive, Dunk, Defend Against DIABETES!

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

www.pcdef.org

Corporate Partners:

Activities for the Year 2017

 Philippine Center for Diabetes Education Foundation Inc.

- 30th Intensive Training Course for Diabetes Educators
  April 24 - 28, 2017  City Garden Grand Hotel, Makati City

- 25th Diabetes Awareness Week
  "Dribble, Drive, Dunk, Defend... Against Diabetes!"
  July 23, 2017  Festival Supermall, Alabang, Muntinlupa City

- 23rd National Assembly of Diabetes Educators
  "Breaking New Ground for Diabetes Management"
  November 15, 2017  Makati Diamond Residences, Makati City

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