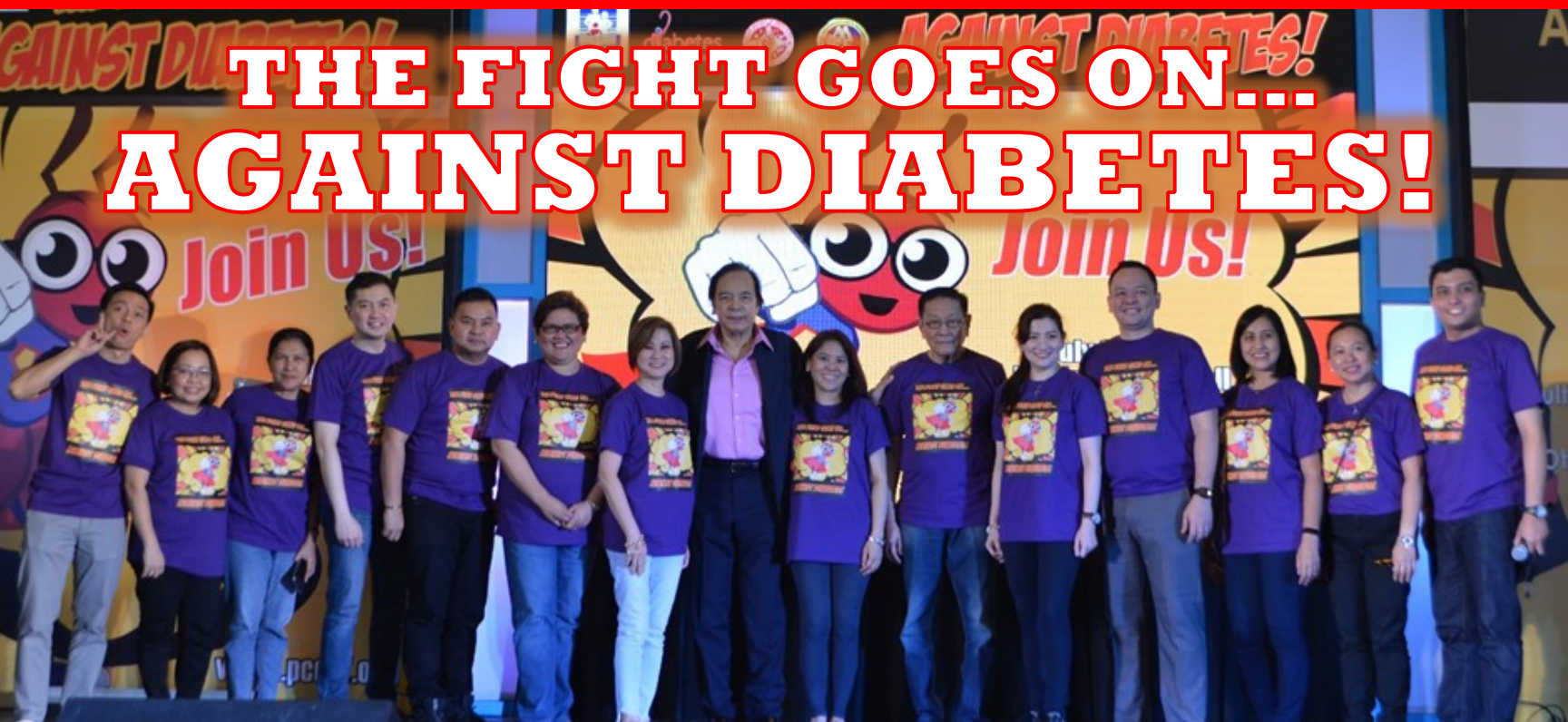


DIABETES LEADER 2019 Edition



The Official Newsletter of the Philippine Center for Diabetes Education Foundation, Inc.

THE FIGHT GOES ON... AGAINST DIABETES!



Dr. Augusto D. Litonjua
President

The culminating celebration of Diabetes Awareness Week (DAW) which we have been celebrating for the past 25 years went underway last Sunday, July 22, 2018 held 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 (PSDEM), Diabetes Philippines (DP) and the Philippine Chapter of the American Association of Clinical Endocrinologists (AACE Philippines).

We had our pharmaceutical partners also joining in the affair: Abbott Nutrition International, Ascensia Diabetes Care, Corbridge Phils., Inc., Johnson and Johnson –Lifescan, Inc., Kalbe International (Diabetasol), LRI – Therapharma, Multicare Pharmaceuticals Phils., Inc., Inc., Novo Nordisk, Otsuka Pharmaceuticals, Inc., and Servier Philippines, Inc.

The morning program – which was hosted by some of our past Endocrine Fellows, namely: Dr. Andres Ebison, Jr., & 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. 9 silver citation for getting a 20 year complication free life and 1 bronze citation, for getting a 10 year complication free life.

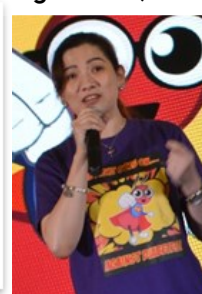


Our Guest speaker was none other than the Big J himself, Honorable Senator Robert Jaworski, who was very generous to take selfies from our guests. Also present in the event were Col. Andrew Nocon, Red Cross Vice Governor with his wife, Ms. Emily De Leon, Senior Manager of Exhibits Group of Festival Supermall. Mr. Chad Borja, together with his daughter, Gabrielle Marie Singson, who gave us again some sort of a mini concert because of the numerous songs they sang.

The afternoon schedule included games and celebrity appearances from Ms. Gabbi Garcia, Mr. Kristoffer Martin and Ms. Rita Daniela. They were there to celebrate with us thru the help and generosity of Atty. Felipe Gozon.

THE PRESIDENTS

L - R: Dr. Augusto D. Litonjua, Dr. Mia Fojas, Dr. Agnes Cruz, Dr. Robert Michael Gan



What's inside?

- 30th and 31st Intensive Training Course
- NADE 2018: Proven Strategies to Win Over Diabetes
- Diabetes Awareness Week
- Camp Cope
- Servier Lectures
- Activities for the Year

The **31st**

INTENSIVE TRAINING COURSE for DIABETES EDUCATORS



Philippine Center for Diabetes
Education Foundation, Inc.
(DIABETES CENTER PHILIPPINES)

Philippine Center for Diabetes Education Foundation, Inc.
July 30 - August 3, 2018 | Makati Diamond Residences, Makati City

By: Mae Rhea Pacoli, MD

I was privileged to attend the Intensive Training Course for Diabetes Educators last July 30-August 3, 2018 at the Makati Diamond Residences, Makati City. I was also honored to be chosen as the class topnotcher of the participating batch.



According to Ralph Marston, "Excellence is not a skill. It is an attitude." And I believe that in order to achieve excellence in big things, I have to develop the habit in little matters.

I never thought I'd be standing in front of such a big crowd speaking and giving a speech in behalf of the participants. I was not exceptional. I was just quietly sitting at the back following instructions from the organizers, answering the daily pretests given by Ma'am Ella, trying to learn and re-learn the knowledge and skills necessary being a diabetes educator like everyone else. I'm also one of those who tends to be sleepy during the early afternoon lectures, except the lecture on Diabetes and Sexual Health by Dr. Laplano which kept everyone wide awake and laughing, not knowing if they can relate to the topic or not. But thanks to the organizers for providing free coffee that kept me open-eyed and alert.

I would also remind myself every now and then that our training program spent for me not just to be physically present but also to learn and pay forward. And the lectures, modules, workshops and accommodation greatly exceeded my expectations.

In behalf of all the other participants, I am expressing my heartfelt thanks and gratitude to the Philippine Center for Diabetes Education Foundation and to the organizers of the Intensive Training Course. From Chong Hua Hospital alone which I represent, there were 10 participants and we will soon be opening our own Diabetes and Metabolic Center just like most of the participating hospitals. When I finish my fellowship training, I intend to go back to my hometown in Samar where there is no endocrinologist. And long before, I have this vision of putting up our own Diabetes Center. The 5-day Intensive Training Course has equipped me and gave me high hopes that in the future I am going to realize and fulfill that dream.

We have reached our graduation after 5 days, and I believe that there is one task that we should keep in mind. As participants, we are the products of the training. We have become diabetes educators and I hope that each one of us even in our own little ways can make the most of the opportunity to give back and make it happen.





NADE 2018: PROVEN STRATEGIES TO WIN OVER DIABETES

By: Joy Arabelle C. Fontanilla, MD, FACE, FPCP, FPCDE, FPSDEM
(Chair, National Assembly of Diabetes Educators)

Philippine Center for Diabetes
Education Foundation, Inc.
(DIABETES CENTER PHILIPPINES)

Diabetes is no walk in the park. It's not a sprint either, but more like a marathon.

*"If you can't fly then run,
if you can't run then walk,
if you can't walk then crawl,
but whatever you do
you have to keep moving forward."*
— Martin Luther King, Jr.

Defeating diabetes could entail enormous effort...in some more than others. It may require frequent blood sugar checks, greater physical activity, stricter meal planning, and/or a complex medication regime.

Yes, diabetes may cause complications like eye disease, heart disorders, stroke, pregnancy problems, nerve damage, kidney injury, limb amputation and others. However, these problems are preventable through good control of blood sugar, blood pressure and cholesterol levels along with adoption of healthy lifestyle habits.

The Steno-2 Study showed that an intensive, multifactorial treatment strategy requiring more stringent blood sugar (HbA1c <6.5%), blood pressure (<130/80) and blood cholesterol goals (total cholesterol <175 mg/dL, triglycerides <150 mg/dL) along with intake of blood thinning medications like aspirin, smoking cessation, proper diet and exercise, reduced the risk for diabetes complications by half compared to conventional therapy.

The 21-year follow-up study of Steno-2 also showed that those people with diabetes who were intensively treated survived about 8 years longer. They also enjoyed 8 more years free of cardiovascular disease compared to those on the less stringent strategy. Moreover, the intensive treatment scheme even amounted to significant cost savings on top of the multiple health benefits. The diagnosis of diabetes can be a burden to many. Diabetes can be tough for both the person with diabetes and his/her caregiver.



Empowering patients with the proper tools, knowledge and skills to care for themselves or their affected loved ones can help them "move forward" with diabetes. 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 24th NADE was held on November 10, 2018 at the Makati Diamond Residences in Makati City. About two hundred participants from all over the country attended the meeting.

The theme for the conference was **Proven Strategies to Win Over Diabetes**. The morning symposia covered updates on diabetes management during Ramadan, exercise guidelines to conquer gestational diabetes, hypertension guideline shifts, and the careful use of language in diabetes education.

The afternoon symposia also tackled high-intensity interval training, mindful eating for weight loss, diabetes care in the elderly and a lively debate on whether or not the ketogenic or other low-carb diets cause harm to people with diabetes.



Help us spread the word that diabetes and its complications can be averted. Support the Diabetes Center Philippines and let us all win over diabetes!



What's for 2019?

This year, NADE is slated for Saturday, November 9, 2019 at the EDSA Shangri-La Hotel with the theme ***Diabetes Is A Family Affair***. 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 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.



Philippine Center for Diabetes Education Foundation, Inc. 25th National Assembly of Diabetes Educators (NADE) **Diabetes is a Family Affair** Saturday, November 9, 2019 Garden Ballroom, EDSA Shangri-La Hotel

7:00-8:00 AM	Registration Ma. Princess L. Kanapi, MD Master of Ceremonies	
8:00-8:30 AM	Opening Ceremonies National Anthem Invocation Opening Remarks	AVP AVP Joy Arabelle C. Fontanilla, MD
Plenary lectures:		
8:30-9:00 AM	<i>Diabetes-friendly meals the whole family will love</i> Speaker: Maricar M. Esculto – Khan, RND, MD	
9:00-9:30 AM	<i>Male Urologic Health and Diabetes</i> Speaker: Jose Vicente T. Prodgalidad, MD, FPCS, FPALS	
9:30-9:45 AM	Open forum	
9:45-10:15 AM	Snack symposium	
10:15-10:45 AM	Opening of Exhibits / Visiting of Exhibits	
10:45-11:15 AM	<i>Diabetes & pregnancy care – Pre-, during & post-conception</i> Speaker: Monica Therese Cating-Cabral, MD, FPCP, FPSEDM	
11:15 -11:45 AM	<i>Unique considerations in managing diabetes in the young</i> Speaker: Susana Padilla-Campos, MD	
11:45 – 12:00 PM	Open forum	
12:00-12:15 PM	<i>Induction of New Associate Diabetes Educators</i> Dr. Augusto D. Litonjua, Dr. Tommy Ty Willing, Dr. Cynthia Halili-Manabat	
12:15-1:30 PM	Lunch symposium	
1:30-2:00 PM	<i>Best practices in the family approach to diabetes education</i> Speaker: Nemuel S. Fajutagana, MD	
2:00-2:30 PM	<i>Diet can reverse diabetes: Fact or fiction?</i> Speaker: Joy Arabelle C. Fontanilla, MD, FACE, FPCP, FPCDE, FPSEDM	
2:30-2:45 PM	Open Forum	
2:45-3:15 PM	Snack symposium	
3:15-3:45 PM	Visit booths/exhibits	
3:45-4:15 PM	<i>Diabetes burnout: Coping tips for families and HCPs</i> Speaker: Edgardo Juan L. Tolentino, MD, FPPA	
4:15-4:45 PM	<i>Help before I lose my mind! Dementia prevention in the elderly with DM</i> Speaker: Mark Henry Y.C. Joven, MD, FPCP, DPSEDM	
4:45-5:00 PM	Open Forum	
5:00 PM	Closing Remarks Augusto D. Litonjua , MD	

ORGANIZING COMMITTEE

JOY ARABELLE CASTILLO-FONTANILLA, MD
Chairperson, 2019 National Assembly of Diabetes Educators (NADE)
Co-Chair, Training Programs, PCDEF, Inc.

CYNTHIA H. MANABAT, MD
Chair, Training Programs, PCDEF, Inc.

ERLINDA B. INOCENCIO
Executive Officer, PCDEF, Inc.

AUGUSTO D. LITONJUA, MD
Overall Adviser



DIABETES AWARENESS WEEK 2018

July 22, 2018 Activity Center Festival Supermall Alabang



Our Audience



Screening and Diagnostics



2018 Diabetes Achievers





***Mr. Chad Borja and daughter,
Gabrielle sharing their beautiful voices to the audience***



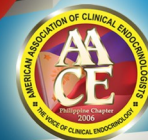
***Celebrity Guests: Ms. Gabbi Garcia, Mr. Kristoffer Martin
& Ms. Rita Daniela***





Unahan Ang Langgam... Alamin Kung May **DIABETES.**

in cooperation with



www.pcdef.org

**July 28, 2019
Festival Supermall, Alabang
Muntinlupa City
10:00 am - 3:00 pm**

The Philippine Center for Diabetes Education Foundation, Inc. will once again celebrate for its 27th 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 keen on fighting against all odds.

For the past years we have been creating awareness for the disease: its nature, its complications, and its treatment. We believe that we have 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.

If you are diabetic or at risk for the disease, then join us as we celebrate the Diabetes Awareness Week this July 2019. We will have a purpose filled activity on July 28, 2019 at the Festival Supermall in Alabang. Be there. Spread the word.



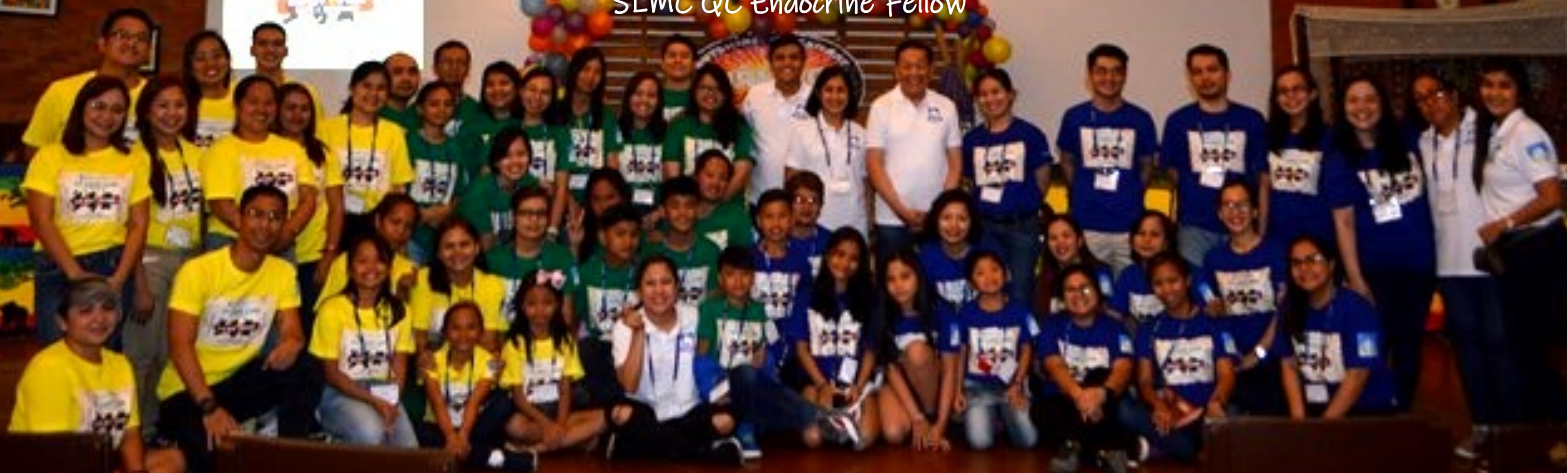
**This is the time to
end diabetes.
Invite everyone
as the **FIGHT** goes on...
against **DIABETES!**
Be there!
Spread the word!**



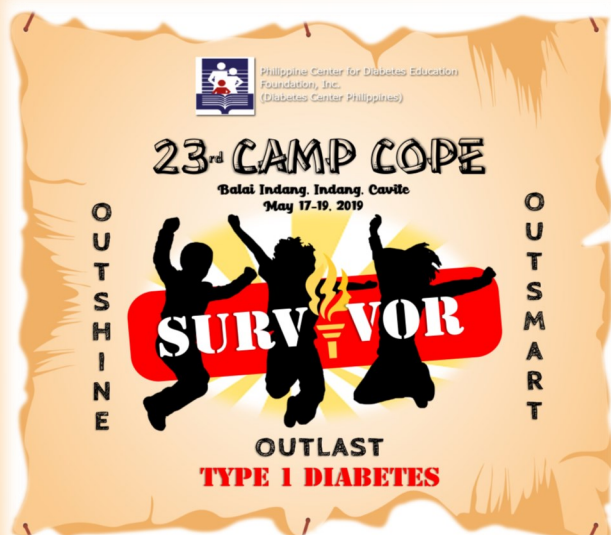
23rd CAMP COPE

Balai Indang, Indang, Cavite | May 17-19, 2019

By: Maria Regina C. Santos, MD (Team Lion-Tiger)
SLMC QC Endocrine Fellow



Though many of the adult Endocrine fellows were assigned to the task, almost all of us were still quite excited to participate in this year's CAMP COPE. I personally did not know that the word "COPE" stood as an acronym for something, until the orientation, where we were told that it means Children Overcoming Problems Everywhere. On its 23rd year, the camp continued to cater to children diagnosed with type 1 diabetes mellitus, educating them and their parents, providing psychological, educational, and even financial/material support. And on the side of both the kid campers and their parents, and the staff, the camp did not fail to deliver its mission.



The first day started with a trip to the zoo, where the Team Lion-Tiger (our team) got our award-winning photo (yes, our team won the best photo for the camp). The kids were fascinated with the various unusual and exotic animals that they saw, and some even touched, during the animal show. It was our first step in discovering exotic animals that we didn't even know existed.

Upon arrival at Balai Indang (our residence for the whole camp), the first task at hand was to check the blood sugars of

our beloved kids. We got shocked knowing that some of them had a capillary blood sugar (CBG) of 52mg/dL and still did not feel anything, while the others had 400+ and was still smiling. There we realized that CBGs of type 1 diabetics are somewhat erratic, and more difficult to control and predict. And that they also have different responses to insulins. What may hold true for one child cannot predict the response of the other. It was a nice exposure for us – adult endocrinology fellows in training – to see and observe the blood sugar patterns of these kids, their responses to insulin, food intake, and performance of activities. Many of them had hypoglycemic episodes during the night, without feeling any symptoms, which we discovered during the Midnight Patrol (2am CBG checking). It was also amazing to observe these young kids excel in injecting their own insulins (some better than adults), with a little tweaking of their techniques with our and the nurses' help.

The camp won't be complete without the various games and activities that the coordinators prepared for everyone – the kids, their parents, the fellows, the diabetic educators, the nurses, and the dieticians – most of which our team excelled at. The kids in our team were quite competitive, and did their best (and won) in many of the games (archery, life-size board games, scavenger hunt, paint a picture, among others). The "Gogh-Together" painting session provided an outlet for everyone; it was such a therapy for most of us who tried painting for the first time (on a real canvas with real paints, not watercolors), where our elephants became "hybrid elephants." The kids' artistic side were also revealed.



Of course, the camp was not all about fun; but more importantly, the educational and psychological support that the staff provided to the parents and the kids. Various informative sessions were conducted separately with the kid campers and the parent campers, where hopefully, they would retain and apply as they return to their usual daily life. It was a pleasure for the fellows to be instruments of learning in these sessions.

The camp indeed helped everyone – it gave a refreshing break and much-needed support (in all aspects) for the type 1 diabetic campers and their parents; and also, a refreshing break and once-in-a-lifetime experience and exposure for the fellows and the rest of the staff. On behalf of the fellows and team lion-tiger, we wish for more years for the camp, so that it will be able to continue its legacy of helping our type 1 diabetic Filipino kids.

Growth is never by mere chance; it is a result of forces working together. –James Cash Penney



And to wrap things up after each day ends, the meet-and-greet night (for the first day), the fellowship night, and the graduation (for the second and last days respectively), brought everyone together, where each one had willingly participated in more games and impromptu presentations which entertained everybody, despite the time and the tiredness. The games (especially the “face-off game”) was our next step in discovering unusual plants, food, and places we did not know existed (what is “balbakwa” – Cebuano ox skin and tail stew – apparently it existed). Each one, from the kids to the parents to the staff were very enthusiastic in every game and performance in each night. As a result, our team lion-tiger-bear won the best cheer; and unexpectedly, the best team.



OUR CAMP COPE EXPERIENCE

Team Eagles and Shark

The sun peeked through the shrubs and bathed everything in a warm welcoming glow. Smiles of the children and the greetings of their mothers similarly welcomed us on that wonderful day, as everyone gathered was excited to come and learn about Type 1 diabetes mellitus. The loud cheers of the children amazed by the animal tricks boasted by their trainers started off the day with high spirits. All were excited and nervous of which animal would be showcased next. Even though, a few minutes later, the rain poured out, the spirit and excitement glistening in the children's eyes was undamped. We then arrived at Balay ni Indang. It was breathtaking.

The flowers filled the numerous gardens of the camp. The sound of crickets filled the air. Truly, everything set the mood for the series of serious activities that followed. We then started the unenviable task of checking on these happy and active kids' sugar, listing them down and giving the insulin shots they needed. The next couple of hours were filled with learning balanced by games all discussing about type 1 diabetes in its entirety. The kids seemed to adapt pretty well and fast. They were very attentive and cooperative to the games and lectures. They mingled with each other easily and made friends with their fellow campers.



One could immediately sense the camaraderie developing among them. It was further solidified with the various social activities which allowed for a deeper interaction between the diabetes educators, nurses, dietitians and doctors who attended.

In between sessions, the groups would practice their cheers loudly rooting for their team mates. It showed the strength of connection and bond of everyone in the team.

The next two days went by so fast and were filled with wholesome activities promoting health and learning in a stress-free environment. Before we knew it, the teams were already preparing for the graduation ceremonies awarding the excellent kids, their mothers and the camp staff. It was a bittersweet day to bid goodbye to all those wonderful 3 days of fun, learning and laughter.

One can clearly see in the eyes of the kids how much they enjoyed. All campers would have surely wanted to go back to this amazing experience.

CAMP COPE TEAM

Carolyn N. Montano, MD - Camp Director
Andres V. Ebison Jr., MD - Camp Administrator
Ms. Erlinda Inocencio - Executive Director
Ms. Louelle Respicio - Administrative Secretary
Augusto D. Litonjua, MD - Overall Adviser

GO Team Shark!

Take a deep breath, as we dive deep to get to know the apex predator at the top of the marine food chain, **Team Shark!**

Team Shark! fearless and active, composed of the dynamic Mommy and Baby Shark tandem Mommy Aizel-Gia, Mommy Vilma-Mark, Mommy Geraldine-Yanyan, and Ate Marylou-Gab together with their equally energetic Kuya and Ate Sharks Noel, David, Irish, Eds, Ria, Hana, Berns and Jea, participated in the lecture sessions, fun-filled activities and games to **Outsmart, Outshine, and Outlast Diabetes.**



Team Shark had a rough hunt, but surely had an impressive win in **Survive It!** a game of strategy and wit on insulin injection techniques and needle disposal.

As the great shark of the ocean who attacks from below and strikes so fast, Team Shark, took a great leap out of the water and has taken everyone by surprise, and emerged as **Best in Team Performance** during the Party Night, with a fun and active song introducing the steps in Insulin Injection dubbed Let's Inject (Insulin) in the classic nursery rhyme Baby Shark!

Kuya Shark David Francisco won special award for **Best Painting (Adult Category)**. Team Shark campers Mark Godoy, Marriane Gem Legacion, and Gab Gonzales received the **Rover Campers Award**. Meanwhile, baby shark camper Caitlin Gia Ebron bagged the **Best Camper Award**.



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Up to 2 tablets at breakfast
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1. The ADVANCE Collaborative group. *N Eng J Med* 2008; 358: 2560-2572. 2. Perkovic V et al. *kidney Int.* 2013 Jan. Advance Online Publication. 3. Turnbull FM et al. *Diabetologia* (2009) 52: 2288-2298. 4. Sawada F et al. *Metabolism Clinical and Experimental* 57 (2008) 1038-1045.

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 120 mg taken orally as a single intake at breakfast 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 breakability of Diamicron MR 60 mg enables flexibility of dosing 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 sulfonylurea or sulphonamides; type 1 diabetes; diabetic pre-coma and coma, diabetic ketoacidosis; severe renal or hepatic insufficiency (in these cases the use of insulin is recommended); treatment with miconazole (see interactions section); lactation (see fertility, pregnancy and lactation section). **WARNINGS:** Hypoglycemia may occur with all sulfonylurea drugs, in cases of accidental overdose, when calorie or glucose intake is deficient, following prolonged or strenuous exercise, and in patients with severe hepatic or renal impairment. Hospitalization and glucose administration for several days may be necessary. Patient should be informed of the importance of following dietary advice, of taking regular exercise, and of regular monitoring of blood glucose levels. To be prescribed only in patients with regular food intake. Use with caution in patients with G6PD-deficiency. Excipient: contains lactose. **INTERACTIONS:** Risk of hypoglycemia - contraindicated: miconazole; not recommended: phenylbutazone; alcohol; use with caution: other antidiabetic agents, beta-blockers, fluconazole, ACE inhibitors (captopril, enalapril), H2-receptor antagonists, MAOIs, sulfonamides, clonitromycin, NSAIDs. Risk of hyperglycemia - not recommended: danazol; use with caution: chlorpromazine at high doses; glucocorticoids; ritodrine; salbutamol; terbutaline; Saint John's Wort (hypericum perforatum) preparations. Risk of dysglycemia - use with caution: fluoroquinolones. Potentiation of anticoagulant therapy (e.g. warfarin), adjustment of the anticoagulant may be necessary. **PREGNANCY AND BREASTFEEDING:** Pregnancy: Change to insulin before a pregnancy is attempted, or as soon as pregnancy is discovered. Lactation: Contraindicated. **DRIVING & USE OF MACHINES:** Possible symptoms of hypoglycemia to be taken into account especially at the beginning of the treatment. **UNDESIRABLE EFFECTS:** Hypoglycemia, abdominal pain, nausea, vomiting, dyspepsia, diarrhea, constipation. Rare: changes in hematology generally reversible (anemia, leukopenia, thrombocytopenia, granulocytopenia). Raised hepatic enzymes levels (AST, ALT, alkaline phosphatase), hepatitis (isolated reports). If cholestatic jaundice: discontinuation of treatment. Transient visual disturbances at start of treatment. More rarely: rash, pruritus, urticaria, angioedema, erythema, maculopapular rashes, bullous reactions such as Stevens-Johnson syndrome and toxic epidermal necrolysis, and exceptionally, drug rash with eosinophilia and systemic symptoms (DRESS). As for other sulfonylureas: observed cases of erythrocytopenia, agranulocytosis, hemolytic anemia, pancytopenia, allergic vasculitis, hyponatremia, elevated liver enzymes, impairment of liver function (cholestasis, jaundice) and hepatitis which led to life-threatening liver failure in isolated cases. **OVERDOSE:** Possible severe hypoglycemia requiring urgent IV glucose, immediate hospitalization and monitoring. **PROPERTIES:** Diamicron MR 60 mg is a sulfonylurea reducing blood glucose levels by stimulating insulin secretion from beta cells in the islets of Langerhans, thereby restoring the first peak of insulin secretion and increasing the second phase of insulin secretion in response to a meal or intake of glucose. Independent hemovascular properties. **PRESENTATION:** Box of 60 tablets of Diamicron MR 60 mg in blister.

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Full prescribing information available upon request.





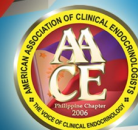
Philippine Center for Diabetes
Education Foundation, Inc.
(DIABETES CENTER PHILIPPINES)

27th DIABETES AWARENESS WEEK

**Unahan Ang Langgam...
Alamin Kung May
DIABETES.**

in cooperation with

**diabetes
philippines**



GMA

**FESTIVAL
ALABANG**



**July 28, 2019
Festival Supermall, Alabang
Muntinlupa City
10:00 am - 3:00 pm**

www.pcdef.org



Philippine Center for Diabetes
Education Foundation, Inc.
(DIABETES CENTER PHILIPPINES)

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Calendar of Activities 2019

Philippine Center for Diabetes Education Foundation, Inc. (PCDEF)

- **CAMP COPE**
 - May 17 – 19, 2019 | Balai Indang, Indang Cavite
- **DIABETES AWARENESS WEEK**
 - July 28, 2019 | Festival Supermall, Alabang Muntinlupa
- **INTENSIVE TRAINING COURSE FOR DIABETES EDUCATORS**
 - September 2-6, 2019 | Makati Diamond Residences, Makati City
- **NATIONAL ASSEMBLY OF DIABETES EDUCATORS**
 - November 9, 2019 | EDSA Shangri-La, Mandaluyong City