



Bahrain Diabetes Society

ANNUAL BULLETIN CREATED
BY BAHRAIN DIABETES SOCIETY ISSUE (5)

📍 bah_diab_society 📍 P.O.BOX 29080, MANAMA

MIA-10BH

DIABETES **cLife**
IT'S YOUR DIABETES LIFE!


جمعية السكري البحرينية
Bahrain Diabetes Society

2023 - 2024

Table of Contents

Message for Doctor Sheikh Mohamed Bin Abdulla Al Khalifa	04
Message for Dr. Mariam Al Hajeri	06
Message for Professor Dalal Alromaihi	08
Board of Directors	10
Section 1: Bahrain Diabetes Society Projects	12
• Diabetes Prevention and Rehabilitation Center. A dream becoming a reality.	14
• Elderly care centers visits	16
• Sponsorship of continuous glucose monitors: A collaborative initiative	18
• Launching May Measurement Month in Bahrain for the first time	22
• Summer program for children with Diabetes: a fun venue of education	26
Section 2: Topics in Diabetes Care	30
• Importance of weight management for diabetes care	32
• Diabetes care during travel: important tips	36
• Eye surgeries in patients with diabetes: what to consider?	40
• Diabetic diet: is there such a thing?	42
• The care of children with diabetes	46
• The Importance of Proper Footwear for Diabetic: Choosing the Right Shoes to Prevent Complications	48
• An exclusive chat with artificial intelligence with insight on its future role in diabetes care.	52
Section 3: Activities of Bahrain Diabetes Society	56

Message Doctor Sheikh Mohamed Bin Abdulla Al Khalifa



As we are about to issue the fifth issue of the annual magazine of the Bahrain Diabetes Society, we are pleased to express our sincere appreciation for all the sincere efforts of the volunteers in the association and all the supporting and cooperating parties that have followed sincerity in work as a consistent approach that has accelerated the pace of joint work and improved the quality of the projects that the association presents to the entire community and not to patients.

Just diabetes. The projects in 2023 were distinguished by diversity in topics and development in performance. For example, a memorandum of understanding was signed with government hospitals and primary care centers, and this contributed to facilitating cooperation in joint projects such as insulin pump projects and the national campaign to detect high blood pressure, through which we were able to raise awareness among community members about the importance of screening for high blood pressure. Blood and controlling it well to prevent serious complications such as clots, heart disease, etc. The Society also continued its scientific activities directed at workers in the health sector to raise their level of knowledge of the latest diabetes developments, in addition to the participation of the Society's members in scientific conferences held locally, regionally and internationally in cooperation with the International Diabetes Federation.

We have also witnessed outstanding growth in the project to support glucose measurement sensors and the continuity of support programs for insulin pumps, which will improve the quality of life for our children with diabetes. This year, children enjoyed interactive summer programs with an elite group of activities and programs specialists in the association, in addition to a workshop for teenagers and their parents to provide the support they all need to live with diabetes with confidence and success.

We hope that these and other projects will continue to serve the goal of the Bahrain Diabetes Society, which has sought, since its founding in 1989, to raise the level of awareness among people with diabetes and workers in the health sector and to make it easier for those affected to live with diabetes successfully in order to ward off its complications. In conclusion, we extend our thanks to every hand that contributes to the association's efforts and everyone who took the initiative and participated in our programs, while we wish everyone good health and continued wellness .

Lieutenant General Doctor Sheikh Mohamed Bin Abdulla Al Khalifa
Chairman of the Supreme Council of Health
President of Bahrain Diabetes Society

Message Dr. Mariam Al Hajeri

We are pleased at the Bahrain Diabetes Society to provide distinguished services to diabetics in partnership with government agencies concerned with providing health services to diabetics. For example, the Diabetes Association cooperates with the Ministry of Health through the National Team to Combat Chronic Noncommunicable Diseases by developing national policies and plans related to diabetes, obesity, and physical activity with the aim of prevention. Diabetes is controlled well to prevent its complications.



On the other hand, the association cooperates with government hospitals through support programs such as providing insulin pumps and diabetes measuring sensors, so that there is integration between the services provided by the state and those through which the association supports facilitating successful living with diabetes and reducing the treatment cost for the health sector.

The association also cooperates with primary care centers through training programs for doctors and health sector workers and early detection programs for diabetes and high blood pressure, all of which contributes to improving health services provided to all citizens and residents.

The Association is keen to have active participation in regional and international scientific meetings in cooperation with the International Diabetes Federation, as the Society actively contributes to exchanging experiences and initiatives with them, which would benefit more from the Association's pioneering programs such as the Shorouk Camp for Diabetic Children, the Walking Challenge Competition, and the Mobile Diabetes Unit, which witnessed this. The year made a qualitative leap through updating the content of the program and the bus designated for it, in conjunction with the issuance of a new interactive book directed to all family members as a means of starting a healthy dialogue about food choices and sports activities that protect all family members from type 2 diabetes, which unfortunately has become a threat to all ages due to the increasing rate of obesity. And weight gain in all societies.

We are also pleased in the society to have more volunteers join from various fields, especially from the youth group, whose presence has contributed to focusing on the needs of young people in a modern way that suits their inclinations and needs.

In conclusion, we hope to continue these effective programs and to continue giving in serving this dear Kingdom and all its citizens and residents under the shadow of our wise leadership. With sincere wishes to all of you for good health, success and continued well-being.

Dr. Mariam Al Hajeri
Vice President of Bahrain Diabetes Society

Message Professor Dalal Alromaihi



It is our pleasure and honor to issue this fifth edition of the annual newsletter of the Bahrain Diabetes Society, through which we present a package of articles related to diabetes that are of interest to a large segment of society.

As the amount of information provided through social media and the Internet increases, it has become difficult for many individuals to distinguish between true and false information, which can spread fear about treatments and tests and creates suspicion among many. Hence, this newsletter came to be a reliable platform from which everyone can derive scientific information that is presented in an easy way for everyone to benefit and benefit.

We always urge everyone to refer to reliable sources of information, such as the official websites of the Ministry of Health, and to consult with the medical team regarding any information they may need for further clarification and awareness. We are currently experiencing scientific breakthroughs in the treatment of diabetes, and we are keen to continue to inform and diversify the topics presented through this bulletin.

We also provide a tour through which readers learn about the association's activities and programs that were held in the year 2023. We hope that this issue will meet your satisfaction, and we welcome all of your contributions that you suggest for future issues.

We hope that the Almighty God will grant you all good health and grant you the knowledge that will improve your health and the health of your future generations, so that giving may continue in the service of this dear country.

Professor Dalal Alromaihi

Consultant Endocrinologist at Awali Hospital

Chief Editor of Bahrain Diabetes Society Annual Newsletter

Board of Directors



Lieutenant General Doctor Sheikh
Mohamed Bin Abdulla Al Khalifa
President



Dr. Mariam Al Hajeri
Vice President



Dr. Rabaa Al Hajeri
Treasurer



Mr. Isa BuAli
General Secretary



Professor Dalal Alromaihi
Chair of Scientific Committee



Dr. Samia Al Qattan
Chair of Shorouk Camp Committee



Dr. Najwa Abutalib
Chair of Social Committee



Mr. Haider Akbar
Chair of Membership Committee



Mr. Mahdi Ahmed
Chair of Health Promotion Committee



Mr. Dhaif Al Banaa
Chair of Donations Committee



Eng. Ehab Ali
Chair of Media Committee



Section 1:

Bahrain Diabetes Society Projects



Supporting the establishment of the Bahrain Diabetes Society Center for diabetes rehabilitation and prevention

Preventing diabetes and reducing its complications saves millions for individuals, societies, and governments. Scientific studies have proven that preventing type 2 diabetes is possible and at high rates. In fact, one study showed that a third of type 2 diabetes cases can be prevented by following the correct diet and exercising. Usual daily activity, i.e. modifying healthy lifestyle patterns.

Diabetes Rehabilitation and Prevention Center:

It is a rehabilitation center that focuses on education and provides services to all citizens and residents of the Kingdom of Bahrain in general and those with diabetes and their families in particular. These services include preventive and rehabilitative programs and following healthy lifestyle patterns related to proper nutrition and exercise to maintain the ideal weight and combat obesity.

Objectives:

Educating diabetic patients through practical programs to train them on the best ways to control it.

To combat the disease and avoid its complications, raise public awareness of the dangers of obesity and inactivity as a cause of diabetes, and create programs to combat obesity.

Financing the cost of building the center:

The society relies on donations from individuals, companies, banks, institutions, and the private sector to finance its work. Establishing the center requires all efforts to provide support and assistance in financing this important national center, which we hope will see the light soon.

Among the most important programs that the center will provide to combat the risk factors that cause type 2 diabetes are: the healthy eating program, the obesity control program, and the program towards an athletic society.

Dr. Mariam Al Hajeri

Vice President of Bahrain Diabetes Society

A mobile unit to raise awareness for the elderly, jointly held by the Bahrain Diabetes Society and the Bahraini Red Crescent Society.

Within the framework of coordination and cooperation, and in implementation of the principle of community partnership, a mobile unit was established to raise awareness for the elderly, jointly between the Bahrain Diabetes Society and the Bahraini Red Crescent Society. An action plan was drawn up for the unit, which includes monthly visits to societies and day care centers for parents and the elderly, as these visits aim to spread health awareness. Psychological and promoting healthy lifestyles to maintain the health and safety of the elderly.

The mobile unit team has prepared a health awareness program that includes several educational and recreational activities for the elderly, including exercise and how to deal with chronic diseases, including diabetes, self-care and mental health, in addition to conducting a blood sugar test and measuring blood pressure.

In this regard, Dr. Maryam Al-Hajri stressed that caring for parents requires providing them with all support and support to live a healthy, high-quality life, and the elderly deserve more than just medical care. They need psychological and social support to live a happy life. She also pointed out the importance of the presence of the elderly in Such incubator centers provide them with the psychological and social care they need in an atmosphere full of affection, love, and familiarity. Dr. Al-Hajri and the Mobile Awareness Unit team also praised all the sincere national efforts made by those in charge of these centers, including managers and workers, to care for elderly parents.

Dr. Mariam Al Hajeri

Vice President of Bahrain Diabetes Society



«السكري» و«الهلل الأحمر» تواصلان توعية كبار السكن بوحدة متنقلة

كما أشارت إلى أهمية تواجد كبار السن في مثل هذه المراكز الحاضنة لهم لتقديم الرعاية النفسية والاجتماعية التي يحتاجونها في جو مليء بالمودة والمحبة والألفة، كما أنت الدكتورة الهاجري وفريق الوحدة المتنقلة للتوعية لكل الجهود الوطنية المخلصة التي يبذلها القائمون على هذه المراكز من مدراء وعاملين لرعاية الوالدين كبار السن.

شارك في هذه الزيارة من جمعية السكري البحرينية كل من الدكتورة سامية القطان ومهدي أحمد وحسين الموسوي والدكتور جاسم المعشني من جمعية الهلال الأحمر البحريني.



تتطلب تقديم كل المساعدة والدعم لهم لكي يعيشوا حياة صحية ذات جودة عالية، لافتة إلى أن كبار السن يستحقون أكثر من مجرد رعاية طبية فحسب.

والعناية الذاتية والصحة النفسية، بالإضافة إلى إجراء فحص السكر بالدم وقياس ضغط الدم. وفي هذا الصدد، أكدت الدكتورة مريم الهاجري، نائبة رئيس جمعية

في إطار التنسيق والتعاون المشترك وتنفيذاً لمبدأ الشراكة المجتمعية تواصل الوحدة المتنقلة لتوعية كبار السن المشتركة بين جمعية السكري البحرينية وجمعية الهلال الأحمر البحريني زيارتها الشهرية لجمعيات ومراكز رعاية الوالدين وكبار السن، حيث تهدف هذه الزيارات إلى نشر التوعية الصحية والنفسية وتعزيز أبعاد الحياة الصحية للحفاظ على صحة وسلامة المسن.

وقد قام فريق الوحدة بتنظيم زيارة إلى جمعية دار العنار لرعاية كبار السن خلال هذا الشهر، حيث شملت هذه الزيارة على عدد من الأنشطة منها التعاون في الرياضة، كغرفة





Sponsoring a Child with Glucose Sensors Project

1. What prompted you to initiate the idea of raising funds for diabetes sensors specifically for children with diabetes?

It must be emphasized that since the establishment of banks nearly 100 years ago in the Kingdom of Bahrain, they have been and continue to be pioneers in carrying out their social responsibility to the fullest extent.

Rather, they have been able to transform it into a comprehensive national responsibility within the framework of the state's directives and the esteemed government's strategies and executive plans.

We at the Bahrain Association of Banks believe that corporate social responsibility requires us to be responsible in supporting society and improving the quality of life of individuals.

The idea of collecting donations for sugar sensors for children with diabetes came within the framework of our commitment to the principles of social responsibility and the values of humanity, compassion and social solidarity, as a result of the challenges that These children and their families face the problem of dealing with a disease that requires careful and continuous monitoring of blood sugar levels.

In fact, these children with diabetes suffer from the necessity of measuring their blood sugar level repeatedly, and this requires painful and annoying pricking of their fingers, so we saw in fundraising an opportunity to provide wireless and painless sugar sensors for these children, with the aim of providing greater comfort and alleviating pain for them, as they are a fragile group.

It is in dire need of care and support, which embodies the Bahrain Association of Banks' keenness to contribute to supporting economic development efforts and achieving social well-being for members of society in the Kingdom of Bahrain.

2. What benefits do you see in children who use a glucometer compared to traditional methods of glucose monitoring, such as finger pricks?

Wireless glucometers should target diabetic children in a more humane and intelligent way.

Instead of pricking your fingers, the sensor is attached to the skin painlessly and automatically measures your blood sugar level. There is no doubt that this method provides psychological comfort for children and their families, and contributes to reducing anxiety and stress associated with finger pricks.

In addition, wireless sensors can provide continuous data and alerts in case of glucose level changes, enhancing safety and healthcare for children.

3. What results or improvements do you hope to see through your glucose sensor fundraising efforts for children with diabetes?

We hope to achieve many results and improvements by collecting donations for the glucometer for children with diabetes.

First and foremost, we expect to provide more wireless sensors to children who are experiencing financial difficulties and cannot obtain this technology themselves. We also expect to provide training and technical support to children and their families to handle the sensors effectively and use them safely.

This will enhance their ability to fully benefit from the technology and achieve Best results in blood sugar monitoring. In addition, we hope to educate the public about the importance of glucose sensors and their positive impact on the lives of children with diabetes, which will encourage more individuals and entities to support this important cause.

4. What advice would you give to others interested in supporting fundraising efforts for an organization for children with diabetes?

To be committed and enthusiastic about this humanitarian work. You may have the ability to provide financial contributions or logistical support, but the most important thing is that you are present and interested in the cause. Visit hospitals or health centers that treat children with diabetes and listen to their stories and challenges.

Provide emotional support and encouragement to them and their families. In addition, they tried to spread awareness about wireless sensors and their benefits through social media and community events, as every effort that contributes to improving the lives of children with diabetes is valuable and precious.

5. What future goals or initiatives are you considering regarding improving access to glucometers for children with diabetes?

We, at the Bahrain Association of Banks, seek to focus on launching initiatives that will improve the accessibility of glucose-measuring sensors for children with diabetes.

These initiatives include cooperation with donors and health institutions to provide more sensors for children and holding awareness lectures and seminars in schools and local communities.

Providing appropriate educational materials such as brochures, posters, and electronic platforms.

The association is also considering working to develop strategic partnerships with manufacturers of glucose sensor devices to increase production and provide them at reasonable prices, to further enhance access to these devices. In fact, these initiatives that we are considering go beyond physical boundaries and extend to multiple areas and aim to achieve a comprehensive positive change in the lives of children with diabetes.

These initiatives come within the framework of the social responsibility of the Bahrain Association of Banks and the banking sector in general in the Kingdom of Bahrain.

They reflect our commitment to promoting sustainable development and improving the living conditions of Bahraini society.

These initiatives are also an important step towards enhancing social solidarity by supporting the initiatives of the esteemed government to provide all medical supplies.

And others for citizens and residents, which enhances Bahrain's position on the global map of social responsibility.

Mr. Waheed Al Qassim

Chief Executive Officer

Bahrain Association of Banks



Launch of MMM Campaign for Blood Pressure

The Bahrain Diabetes Society, in coordination with the Ministry of Health and primary care centers, coordinated a national campaign to measure blood pressure. High blood pressure is considered the number one risk factor that contributes to death globally, causing strokes, heart attacks, and other cardiovascular complications. In 2019, high blood pressure caused about 10.8 million deaths globally. A simple one-minute checkup can significantly reduce these deaths.



This campaign was launched as part of an international campaign called "May Measurement Month," which aims to improve public awareness of the importance of measuring blood pressure and controlling it well. The campaign was launched at Seef Mall for three days, followed by volunteers performing the screening test in several locations including Budaiya Health Center, Sitra Center, Yousef Engineer Center, Jidhafs Health Center, Muharraq Health Center, Hamad Kanoo Center, and Al-Awali Hospital. More than 2,800 participants participated in the campaign, and the Scientific Committee is currently studying the participants' data.

A number of volunteers from the Bahrain Diabetes Society, the Ministry of Health, primary care centers, the Red Crescent Society, and the Amal Cloud team participated in the campaign, and Servier supported the campaign within a joint agreement with the Bahrain Diabetes Association. Given the importance of screening for high blood pressure, the society intends to continue adopting these community programs, as collaborative efforts will enhance the health and quality of life of all community members.

Professor Dalal Alromaihi

Consultant Endocrinologist at Awali Hospital

Chief Editor of Bahrain Diabetes Society Annual Newsletter





Summer Activity Event for Children

Under the kind patronage of Lieutenant General Dr. Sheikh Mohammed bin Abdullah Al Khalifa, Chairman of the Supreme Council of Health and President of the Bahrain Diabetes Society, the Bahrain Diabetes Society held a summer activity event for children with diabetes and their parents, in cooperation and coordination with the "K" Hotel in Juffair.

Objective: Educating children and parents on how to live safely with diabetes and working to raise their morale and self-confidence with entertainment.

Number of attendees:

- Day one: 5th August 2023: 42
- Day two: 12th August 2023: 52
- Day three: 19th August 2023: 58
- Day four: 26th August 2023: 95

Dr. Samia Hassan Al-Qattan

Board Member of Bahrain Diabetes Society

Chair of Shorouk Camp Committee

Time	Agenda	Supervision	Objectives
09:00-09:20	Registration	Nuring team	<ul style="list-style-type: none"> • Registration of children • Meeting parents
09:20-09:30	Opening event	Dr. Mariam Al Hajeri	<ul style="list-style-type: none"> • Welcoming attendees
09:30-09:45	Introductions	Dr. Samia Al Qattan and Mr. Sami Alemadi	<ul style="list-style-type: none"> • Program overview and expectations
09:45-10:15	Fun educational games	Ms. Lamees Almuqahwi and Mr. Sami Alemadi	<ul style="list-style-type: none"> • Developing sensory and physical skills of children • Entertainment and icebreaker
10:15-10:45	Healthy snacks	Ms. Areej Alsaad and Nursing team	<ul style="list-style-type: none"> • Glucose check • Having a snack
10:45-11:15	Diabetes workshop	Diabetes nursing team	<ul style="list-style-type: none"> • Learning about diabetes through games • Building self confidence in children • Improving participants' self esteem
11:15-11:45	Carb counting	Ms. Areej Alsaad	<ul style="list-style-type: none"> • Learning basics of carb counting • Identifying healthy meals
11:45-12:45	Preparing healthy meal	The K Hotel Chef	<ul style="list-style-type: none"> • Learning how to prepare a meal • Building skills for independence
12:45-13:45	Lunch	BDS and attendees	<ul style="list-style-type: none"> • Providing lunch meal
13:45-14:00	Group photo	BDS and attendees	<ul style="list-style-type: none"> • Program closing • Children pick up by parents





Section 2: Topics in Diabetes Care



Importance of weight management for diabetes care

The Gulf countries topped the list with the highest rates of obesity. Kuwait had the highest rate of 38% for men and 48% for women, followed by Saudi Arabia and the Emirates.

As for Bahrain, it had the highest rate of 21% for men and 38% for women. Regarding solutions to treat obesity, the first was to consider obesity as a disease, as it was approved by institutions in the United States of America, and to include it in chronic non-communicable diseases and treat it as a priority, due to the close relationship between obesity, diabetes, and high blood pressure. It is known that obesity has genetic relationships, but the environment must be taken seriously.

The surrounding environment and how to make a radical change in dealing with methods of staying away from laziness, using easy transportation methods, resorting to using the stairs, performing a daily walk for half an hour five times a week, and exercising more vigorously twice a week. There is a more important topic, such as paying attention to the type of food by increasing the proportion of complex carbohydrates such as fruits and vegetables. Low in calories, and staying away from fried foods, harmful fats, fast food, and high-calorie soft drinks.

There is a close and permanent relationship between treating obesity and preventing the transformation of pathological conditions, which is called insulin resistance syndrome or pre-diabetes, and preventing the development of diabetes. For these cases, an article was published in Science in 2002 by researcher Knoller and Barrett in the British Journal.

Which has proven the success of changing lifestyle and the use of metformin in preventing diabetes, as researcher Booth and Khan proved in their publication in the international magazine The Inst in the year 2014, the success of morbid obesity operations in reducing the incidence of diabetes.

Also, this research is not considered anything new, as scientists have proven in a British study to treat Type 2 diabetes in 1990 The importance of diet in controlling a regular blood sugar level in the seventh publication of the UKPDS

The close relationship between obesity and diabetes requires intervention from a nutritionist, general practitioner, or specialist to explain to the patient at risk of developing diabetes that attention should be paid to weight gain and getting rid of it as necessary to prevent diabetes, as well as to control the level of diabetes in those who already suffer from diabetes.

There is a therapeutic revolution in the development of medications used to treat diabetes, and they have had a distinctive role in reducing weight, such as Saxenda, Victoza, and Ozempic, which work to reduce appetite, regulate diabetes, and reduce weight by 10% or more. As for the drug Mounjaro, it was successful in regulating blood sugar, as a high level was obtained.

Cumulative less than 7% in a percentage of more than 75%, that is, 3 out of every 4 patients, but the amazing success in reducing weight by 20% led to a request from the American Food and Drug Administration to allow the submission of a file on the urgent path for the drug Mongaro to become the first obesity treatment that is equivalent in its work. Obesity surgery.

All current obesity medications have succeeded in preventing diabetic complications on the kidneys, since obesity is a serious disease. They have also succeeded in reducing vascular and cardiac events.

Dr. Assaad Aldafter

Consultant Internal Medicine and Diabetes





Diabetes care during travel: important tips

How can travel be safe and comfortable for a patient with diabetes?

A patient with diabetes must take precautionary measures before and during travel in a more precise manner to avoid any risks or difficulties during travel. It will be comfortable and safe by planning well, following the instructions of health care providers, and becoming familiar with safe instructions and procedures related to travel.

Measures to take before traveling:

- Visit your doctor or diabetes health care professional and inquire about your travel plans.
- If you take insulin injections, ask your doctor to prescribe glucagon for you, to be used according to the doctor's instructions in the event of a drop in blood sugar, so that you do not experience a hypoglycemic coma.
- Your vaccinations must be taken, registered in your record and up to date, if you intend to travel.
- Take a copy of your vaccination record and medical reports.
- Make sure you have labels for all medications you take and all diabetes supplies.
- If you regularly use an insulin pump or glucose monitor, you should check the websites of the manufacturers of these devices, or your health care providers, for information about the travel needs of these devices.

Tips for traveling by plane

- Learn about the security and safety requirements from the responsible authorities at the airport, review the procedures related to the materials and equipment used by a diabetic patient, and search for information about the use of a blood glucose meter, insulin pump, and personal continuous glucose device on board the plane.
- Materials, medications, insulin injections, and injections for treating low blood sugar must be placed in hand luggage.
- You should take some food on the plane to eat it when needed, so as not to cause a drop in blood sugar.

- Make sure to be at the airport early, and give yourself more time than usual, because some airport security screeners do not have sufficient information about insulin pumps and blood sugar monitoring devices, which may hamper your travel procedures.
- Tell the security personnel that you have diabetes if you wear an insulin pump and carry medications and materials related to the disease. If you find that they do not understand, you can speak to higher officials.

General Tips for Safe Travel

- Monitor your blood glucose levels more frequently than you normally would, and you can ask health service providers about the appropriate levels for you while traveling.
- Make sure to maintain your usual daily routine as much as possible and check the time settings on the blood sugar meter and insulin pump and adjust it if necessary.
- Do not leave insulin and temperature-sensitive materials in the car or any other place where there are temperature changes. Check with the manufacturers of these materials to learn about any specific warnings about temperatures.
- Make sure to wear or carry a medical badge indicating that you have diabetes, and tell those traveling with you that you have diabetes and direct them to how to help you in emergency situations.
- Make sure to wear comfortable clothes and shoes, and check your feet every day to ensure that there are no blisters, wounds, redness, or swelling. Deal with any problems and seek medical help if necessary.
- Stick to your usual routine as much as possible regarding eating foods, medications, testing blood sugar levels, and sleeping.
- Beware of consuming unfamiliar foods and drinks, including open water, while you are outside the country, and ask about the ingredients of foods before eating them.

Mr. Mahdi Ahmed
Diabetes Nurse Educator



Eye surgeries can be performed on a patient with diabetes, as needed, as long as the blood sugar level is within the normal range or after controlling the sugar level.

However, if the blood sugar is irregular before the operation, the surgeons postpone the procedure until the patient controls the blood sugar level, because performing the surgical operation before controlling the blood sugar exposes the patient to infections as a result of the weak immunity against germs when the blood sugar is high.



Important tips for successful eye operations:

1. Use your eye drops as prescribed by your doctor
2. Do not take painkillers unless you consult a doctor
3. Avoid carrying heavy objects for several weeks after the operation
4. Avoid bending the body downward so that eye pressure does not increase
5. Maintain a regular blood sugar level and monitor it constantly to ensure that no infection occurs.

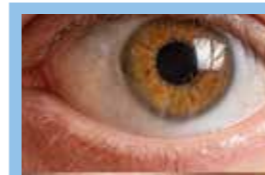
We advise patients with diabetes before eye surgery to perform a retinal examination, a CT scan of the retina, measure intraocular pressure, to ensure that intraocular pressure is within the normal range, and we treat any complications of diabetes on the retina before performing laser or cataract surgery.

We also warn against high blood sugar readings after eye operations, as this may lead to clouding of the lens or retinal leaks after removing the cataract with the implantation of an artificial lens. It may also lead to fungal or viral infections of the cornea after vision correction operations.

In the event of any postoperative complications in patients with diabetes, the recovery period is longer and intensive treatment is also for a longer period. The patient also needs close follow-up and may need to be hospitalized until it is confirmed that the complications have been controlled. The possibility of infections in all tissues of the eye also increases. Internal infection, which may require urgent intervention through injections or surgery in some cases to try to save the affected eye.

Dr. Moamen Al-Rifi

Eye surgeries for diabetics



Upper image of normal eye



Lower image of cataract



Cataract at early stage



After removal of cataract and insertion of a lens



Food and Exercise for People Living with Diabetes.

Diabetes is a chronic disease that affects many people across the world. Managing blood sugar is important for people living with diabetes. Sugar in your blood comes from carbohydrates and foods high in carbohydrates include candy, sweets, sodas, breads, and white rice. The more you eat from this food, the higher your blood sugar level will be. You need to cut back on or replace certain foods and drinks to control your blood sugar. A diabetes diet is a healthy eating plan that helps control blood sugar. Nothing is entirely off-limits. You can still enjoy your favorite foods or sweets in smaller portions or less often.

There is no specific diet or meal plan that works for everybody. This should be personalized according to your medications, weight, lifestyle, other health conditions and ultimate goals. However, all eating plans for diabetes have a few things in common. They all focus on eating various healthy foods from all food groups and limiting certain foods.

The healthy food groups are.

- Fruits and vegetables
- Whole grains, such as whole wheat, brown rice, barley, quinoa, and oats
- Proteins, such as lean meats, chicken, turkey, fish, eggs, nuts, beans, lentils, and tofu
- Nonfat or low-fat dairy, such as milk, yoghurt, and cheese
- Foods and drinks to limit include.
- Fried foods and other foods high in saturated fat and trans fat
- Foods high in salt
- Sweets, such as cakes, sweet pastries, chocolate, candy, and ice cream
- Drinks with added sugars, such as juice, regular soda, and regular sports or energy drinks

Timing of meals is essential to people with diabetes. This is important to avoid blood glucose levels that are too high or too low.

People with diabetes must be prepared for plenty of dietary temptations throughout family gatherings and on special occasions. It's essential to eat mindfully and to follow these simple yet important tips:

- Eat close to your usual times to keep your blood sugar steady.
- If you want to have a piece of chocolate or a slice of cake, cut back on other carbohydrates (like rice and bread) during the meal.
- Take small portions of the foods you like best and add protein and green vegetables.
- Eat slowly as it takes at least 20 minutes for your brain to realize you're full.
- Drink water to take the edge off your appetite.
- Keep moving.

When you have diabetes, being overweight brings added risks of some complications and may make it harder to manage your blood sugar levels. By losing weight (just a few kilos) with a healthy eating plan and exercise, you'll start to feel better and can improve blood sugar management and other diabetes outcomes.

One of the most considered weight loss diets for diabetes is the low-calorie diet. A person on a low-calorie diet will consume between 1,000 and 1,500 a day, depending on their specific needs. However, it is essential to keep track of your carbohydrate intake. Consulting with your healthcare team or dietitian can provide the correct carb number for your meals and snacks.

According to the American Diabetes Association (ADA), there is no set carb target for all people with diabetes and eating plans should be individualized.

Another popular weight loss plan is intermittent fasting, where you limit the amount of food you eat to periods, such as the 16/8 method.

Studies have shown that people with type 2 diabetes following this plan had lower fasting glucose levels, improved insulin sensitivity and lost weight. However, intermittent fasting might not be suitable for everyone with diabetes, as there are some potential downsides to adopting this diet, such as hypoglycemia and hyperglycemia.

Before adopting intermittent fasting, it is essential to consult your doctor or dietitian to help you create a personalized meal plan and determine if intermittent fasting is proper for you.

Exercise is as essential as diet in managing diabetes. According to the International Diabetes Association, it is recommended to do 150 minutes of moderate intensity exercise each week.

Depending on your schedule and preference, you could aim for 50 minutes of exercise three times a week, 25 minutes six times a week or 30 minutes five times a week. It is essential to take a glucose reading before you start exercising. If it's lower than 100 mg/dL, have something sweet, like a handful of dried fruit.

There is no one dietary plan suitable for all people with diabetes. However, some nutritional tips help with their weight loss journey. Which mainly include choosing healthier carbs, eating less salt, red meat, processed meat, sugar, and sweetened drinks, eating more fruit and vegetables and choosing more beneficial fat (olive oil and nuts) and sensible snacks (high in protein and fiber and low sugar).

The most suitable and appropriate weight loss plan for diabetics is the one that is easy to follow and stick to over time. Before making any significant dietary changes, always speak to your doctor.

Dr. Aseel Fuad Fahad AlSaleh
Associate Professor - Family & Community Medicine Dept.
Arabian Gulf University



The care of children with diabetes

1. What are the goals of diabetes management?

The goal is to keep the blood sugar level as close to normal as possible and to maintain HbA1c within the recommended target range without frequent hypoglycemia and to delay or prevent the complications. Education and collaboration between the family and the treating physician is the cornerstone of treating diabetes in children and to reach the optimal glucose control. Family should be fully aware of the normal blood sugar readings, how to manage hyper/hypoglycemia and the most important is how to avoid these events. Proper carb counting, insulin injection methods, or pump awareness, healthy lifestyle, and diet. The main goal of managing diabetes in children is to avoid complications as much as possible. Avoiding complications is by keeping normal levels of blood sugar and HbA1c. Uncontrolled blood sugar can lead to retinopathy, nephropathy, and neuropathy, added to this coronary artery problems, hypertension, and hyperlipidemia. Our goal is to maintain a normal life and a healthy life for our diabetic children.

2. Should we screen siblings for diabetes?

Type 1 diabetes is an autoimmune disease that can occur with other autoimmune diseases, it can rarely have genetic disposition. Usually, siblings are not screened unless symptomatic or with strong family history of possible genetic diabetes. Having a sibling or a parent with diabetes can increase the general risk from 0.3% to around 3% to 5%.

3. Can type 1 diabetes be avoided?

Type 1 diabetes as explained is an autoimmune disease which leads to destruction of the beta cells in the pancreas which are responsible for insulin secretion. Destruction of these cells will create a severe insulin deficiency that can't be avoided with lifestyle modification as in type 2 diabetes.

4. What is your advice to the parents?

My advice to the parents is to support their child to the maximum, help them to shine socially and academically as diabetes is never an obstruction, participate in support groups/ societies. Maximize their education and follow the updates in diabetes studies and technologies as technology industry is evolving very fast is diabetes care. I would like to take this opportunity to thank Bahrain Diabetes Society for its exemplary role in educating the children and their parents and boosting their self-esteem by its unique programs and initiatives.

Dr. Fatema AlQanea

Consultant pediatric endocrinologist



The Importance of Proper Footwear for Diabetic:

Choosing the Right Shoes to Prevent Complications

Understanding the Role of Footwear in Diabetes Management

Living with diabetes comes with its unique set of challenges, and one often-overlooked aspect is foot care. To ensure optimal well-being, individuals with diabetes must pay close attention to their footwear choices. Selecting proper footwear not only enhances comfort but also plays a crucial role in preventing potential complications that can arise from foot-related issues. In this article, we will explore the essential considerations when it comes to choosing the right shoes for diabetic patients.

Why Should People with Diabetes Select Their Footwear Carefully?

People with diabetes are susceptible to various foot complications due to reduced blood circulation and nerve damage. These conditions can lead to reduced sensation, making it difficult to detect injuries or areas of high pressure on the feet. Wounds may take longer to heal and can potentially develop into serious infections or ulcers. Well-fitting shoes, along with proper foot care routines, can significantly reduce these risks.

What Type of Footwear Is Recommended for People with Diabetes?

Ideally, diabetic patients should prioritize comfort, support, and safety when selecting footwear. Here are some key features to consider:

- **Wide Toe Box:** Shoes should provide ample space in the toe area to prevent crowding and rubbing against the skin, which can lead to blisters, calluses, or ulcers.
- **Soft and Breathable Materials:** Consider shoes made from breathable materials such as leather or mesh to allow air circulation and minimize moisture, reducing the risk of fungal infections.
- **Seamless Design:** Look for shoes with minimal seams or stitching on the inside to prevent friction and irritation that can cause discomfort or sores.

- **Cushioned Insoles:** Shoes with cushioned insoles offer shock absorption, reducing pressure on the feet and minimizing the risk of foot ulcers.
- **Supportive Arch:** A shoe with a supportive arch can help distribute weight evenly and alleviate pressure points, reducing the likelihood of developing foot deformities.

How Can We Know We Have Selected Proper Fitting Shoes?

Proper fitting shoes are essential for individuals with diabetes. Here are some guidelines to ensure the right fit:

1. **Size Matters:** Have your feet measured by a professional shoe fitter to determine your correct shoe size. Remember that foot size may change over time due to factors such as swelling or deformities.
2. **Try Before You Buy:** Always try on shoes before purchasing them, preferably at the end of the day when feet tend to be slightly swollen. Walk around to check for any points of discomfort or rubbing.
3. **Wiggle Room:** There should be enough space between the end of the shoe and your longest toe (approximately a thumb's width) to avoid pressure on the toes.
4. **Secure Fit:** Shoes should securely hold the heel in place without being too tight or causing friction against the skin.

How Often Should Patients with Diabetes Get a Foot Assessment Done by a Healthcare Professional?

Regular foot assessments conducted by healthcare professionals are crucial for managing the foot health of individuals with diabetes. The recommended frequency varies based on individual needs, but it is generally recommended to have a comprehensive foot assessment at least once a year. However, those with foot deformities, neuropathy, or circulation problems may require more frequent evaluations. Consult with your healthcare provider to determine the appropriate schedule for your specific condition.

Any Final Recommendations?

To ensure optimal foot health, diabetic patients should follow these additional recommendations:

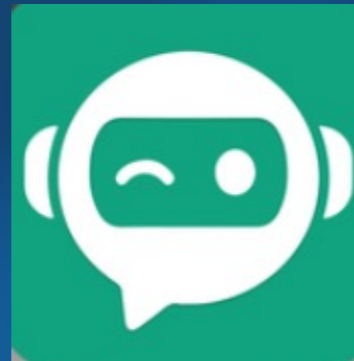
1. **Maintain Good Foot Hygiene:** Wash feet daily with lukewarm water and mild soap, ensuring thorough drying, especially between the toes.
2. **Inspect Feet Regularly:** Check your feet daily for any changes in color, swelling, cuts, blisters, or sores. Seek medical attention promptly if any concerning signs or symptoms are noticed.
3. **Moisturize, But Be Cautious:** Apply a moisturizer to keep the skin hydrated, but avoid applying it between the toes to prevent excessive moisture and potential fungal infections.
4. **Trim Nails with Care:** Cut toenails straight across, avoiding sharp corners or cutting them too short to minimize the risk of ingrown toenails.

In conclusion, proper footwear is an integral part of diabetic foot care. The right shoes can provide comfort, support, and protection, reducing the risk of foot complications among individuals with diabetes. By following these guidelines, diabetic patients can take proactive steps towards maintaining optimal foot health and overall well-being.

For more information on foot care and specific recommendations tailored to your needs, consult with a podiatrist or healthcare professional specializing in diabetic foot care and remember that each foot is different, and there is no one perfect footwear that will fit all.

Dr. Noor Janahi
Specialist Podiatrist
Awali Hospital

Exclusively: An interview with Chat GPT



An interview was conducted using a Chat GPT application and it is documented here without alteration. It is amazing that people interact with technology, and you will be amazed by the answers that may give you a glimpse into what the future holds for diabetes in the era of this technological renaissance. Enjoy reading the interview...

Interviewer: Welcome, Chat GPT, thank you for joining us today. We are excited to discuss the future of diabetes care with the advancements in artificial intelligence (AI). How do you foresee AI transforming diabetes management in the coming decade?

Chat GPT: Thank you for having me. AI has the potential to revolutionize diabetes care in several ways. One significant area where AI can make a difference is in early detection and diagnosis. By analyzing vast amounts of data, AI algorithms can identify patterns and risk factors, thus enabling early intervention and prevention.

Command Prompt :

Interviewer: That's fascinating! Can you provide examples of how AI can assist in early detection and prevention?

Chat GPT: Certainly! AI can analyze electronic health records, genetic data, lifestyle information, and even wearable device data to identify high-risk individuals who may develop diabetes. Machine learning algorithms can identify subtle changes in biometric data that may indicate pre-diabetes or early stages of the disease. This allows doctors to intervene with personalized interventions, such as lifestyle modifications or medication, to prevent or delay the onset of diabetes.

Interviewer: That sounds incredibly promising. How can AI help individuals with diabetes manage their condition more effectively on a day-to-day basis?

Chat GPT: AI can play a crucial role in personalized medicine and treatment optimization. By analyzing real-time data from continuous glucose monitors, insulin pumps, and other wearable devices, AI algorithms can provide personalized recommendations for insulin dosing, dietary choices, and physical activity. This can help individuals achieve better blood sugar control and reduce the risk of complications.

Interviewer: That's remarkable! With so much data being generated, how can AI assist healthcare professionals in managing and interpreting this information effectively?

Chat GPT: AI algorithms can analyze and interpret large datasets much quicker and more accurately than humans alone. They can identify trends, predict blood sugar fluctuations, and provide real-time insights to healthcare professionals. AI-powered decision support systems can help doctors make informed treatment decisions, individualize therapy plans, and adjust medication regimens in real-time based on a patient's unique needs.

Interviewer: It's evident that AI has the potential to transform diabetes care. Are there any challenges or concerns that need to be addressed?

Chat GPT: Absolutely. While AI offers tremendous opportunities, we must also address privacy and security concerns surrounding the collection and analysis of sensitive health data. We need robust data protection measures to ensure patient confidentiality. Additionally, it's crucial to validate AI algorithms and ensure they are accurate and reliable before implementing them into routine clinical practice.

Interviewer: Thank you for addressing those concerns, Chat GPT. One final question, what are your hopes for the future of diabetes care with the integration of AI?

Chat GPT: My hope is that AI will enable more precise, personalized, and proactive diabetes management. With early detection, prevention strategies, and real-time guidance, we can significantly improve patients' quality of life and reduce the burden of diabetes-related complications. The potential for AI to transform diabetes care is vast, and I am eager to witness the advancements and positive impact it will bring in the coming decade.

Interviewer: Thank you so much for sharing your insights, Chat GPT. We truly appreciate your time and expertise in discussing the future of diabetes care with AI.

Chat GPT: It was my pleasure. Thank you for having me.





Section 3:

Activities of Bahrain Diabetes Society



جمعية السكري البحرينية تُعرب عن فخرها بفوزها بجائزة سمو الأميرة سبيكة

The Bahraini Diabetes Society won the Princess Sabeeka Award for Women's Advancement.

تدشين الكتاب العلمي الإلكتروني المتكامل حول صحة المرأة في الحمل محمد بن عبدالله يفتتح أعمال مؤتمر المرأة والطفل بمشاركة واسعة



الافتتاح الفريق طبيب الشيخ محمد بن عبدالله آل خليفة رئيس المجلس الأعلى للصحة، أعمال مؤتمر المرأة والطفل في قاعة المؤتمرات بفندق الخليج بحضور الدكتور وليد بن خليفة المناع وممثل وزارة الصحة وعدد من الشخصيات في القطاع الطبي وسط مشاركة واسعة من القطاع الطبي في المؤتمر الذي ينظمه المستشفى الملكي التخصصي بالتعاون مع جمعية السكري البحرينية واديوكيشن بلاس.

والقى الشيخ محمد بن عبدالله آل خليفة كلمة بهذه المناسبة، أكد فيها الرعاية الفائقة التي يحظى بها القطاع الطبي من لدن حضرة صاحب الجلالة الملك حمد بن عيسى آل خليفة، ملك البلاد المعظم حفظه الله ورعاه

بالتعاون الفعال والشراكة القوية في القطاع الصحي بين المؤسسات الحكومية والخاصة والتي من شأنها أن تزداد قوة في ظل انتقال التغطية الصحية إلى نظام الضمان الصحي الوطني الذي يحفز التنافسية ويرفع سقف الجودة في تقديم كافة الخدمات الصحية بما يتماشى

أفراد المجتمع وخصوصاً لضمان سلامة أفراد المجتمع والأجيال القادمة.

وتابع: «تسعى جمعية السكري البحرينية منذ تأسيسها في 1989 لزيادة الوعي بين العاملين في القطاع الصحي فيما يخص داء السكري، ومن دواعي الفخر أن تشارك جمعية

الصحي المهم، حيث إن المؤتمر يشهد مشاركة واسعة من إقليم الشرق الأوسط وشمال أفريقيا من الخبراء الذين حضروا لإثراء البرنامج العلمي لهذا المؤتمر.

كما شهد الافتتاح كلمة من الدكتور كمال راجح رئيس المؤتمر، قال فيها: «إن مؤتمر المرأة والطفل، مثال يحتذى به

Bahrain Diabetes Society launches the release of electronic copy of the book of Diabetes and Pregnancy during "Women and Children Conference" organized by AlMalaki Hospital March 2023

تدشين الكتاب العلمي الإلكتروني المتكامل حول صحة المرأة في الحمل

🕒 العدد 12386 الثلاثاء 7 مارس 2023 الموافق 15 شعبان 1444

محمد بن عبدالله يفتتح أعمال مؤتمر المرأة والطفل بمشاركة واسعة



Bahrain Diabetes Society launches the release of electronic copy of the book of Diabetes and Pregnancy during "Women and Children Conference" organized by AlMalaki Hospital March 2023



The fourth edition of the January 2023 Walking Challenge competition.

Report of the Walking Challenge competition from September 1st to September 30th:

Total number of registered participants: **160**

Number of active participants in the competition: **112**

Total participants from **1** to **160** during the **30**-day walking challenge period:

Number of participants who completed **30** days with **10,000** steps: **11**

Number of participants who completed **20** to **29** days with **10,000** steps: **34**

Number of participants who completed less than **20** days with **10,000** steps: **67**

The prizes for the fifth edition:



مد الإنسانية توزع 3 مضخات أونسلين لأطفال السكري بتبرع كريم من بنك سيكو و فاعلي الخير

Supporting the Bahraini Diabetes Society in collaboration with the Good Word Association to collect donations and provide insulin pumps for diabetic children in need, according to the recommendations of their treating physicians.



Media coverage in local newspapers to increase awareness and support for diabetes patients.

ممارسة النشاط البدني 300 دقيقة أسبوعياً

دلال الرميحي: الرياضة تحسن أداء الإنسولين

عُسر كفاءتها وأهميتها. كذلك، نحرص على ضبط ضغط الدم ونحافظ على مستويات السكر في الدم. نحرص على سيطرة الجسم وتقليل التحفظات. كما أن مرض السكري الذين سبق أن تمت إصابتهم بجلطات قلبية أو معاقبة أو لديهم استعدادات في الشرايين فإن العقاقير التي يتم استخدامها لهم تشمل أدوية معالجة الكفاءة في تقليل تطور الجلطات مثل إير-GLP-1 وبالتحديد الكوليرا أو الأوزميك وكذلك أدوية SGLT-2 مثل فورسيجا وجاردينس. ولا بد من التركيز على أهمية الإنعاش عن التعيين للوقاية من أمراض القلب. وتذكر أنه، دائماً، لا بد من التفكير بأهمية الصحة النفسية لمرضى السكري. حيث أثبتت الدراسات أن داء السكري كمثل باقي الأمراض المزمنة من القلب ودرجات متزايدة من الضغط النفسي، وتؤثر مملكة البحرين الخدمات العلاجية



وجود تاريخ عائلي بالسكري من علامات الإصابة بالمرض



عليك أخذ الشروط الآتية في الاعتبار بالتحقق من: وتذكر أن هذه الشروط تشمل وجود تاريخ عائلي بمرض السكري، وزيادة الوزن أو السمنة، وقلة ممارسة الرياضة، والإصابة بارتفاع الكوليسترول أو أمراض القلب، وسيدة متعاقبة من سكري الحمل أو غلطة مصابة بتهتكس العالبي، ويتم الفحص الطبي من طريق قوام السكر في الدم بعد صيام 8 ساعات أو فحص الجلوكوز حيث يعطى المريض 75 جراماً من الجلوكوز وتقيس السكر قبله وبعد ساعتين

أكدت استشاري الفحص الصماء والسكري، وعضو مجلس إدارة جمعية السكري البحرينية، البروفيسور دلال المرعي أنه لا بد من ممارسة الرياضة البدنية متوسطة الشدة بين 150 و300 دقيقة أسبوعياً، حيث ثبت علمياً أن للرياضة أثراً سلبياً على مرض السكري، وكذلك المعرضين للإصابة بالمرض. حيث يتحسن أداء الإنسولين بشكل ممتاز بعد كل فترة يعاين فيها الفرد الرياضة، منوهة إلى أنه لا بد من التفكير بأهمية الصحة النفسية لمرضى السكري. حيث أثبتت الدراسات أن داء السكري كمثل باقي الأمراض المزمنة من القلب ودرجات متزايدة من الضغط النفسي، وتؤثر مملكة البحرين الخدمات العلاجية



إيهاب علي

قصة بطل سكري

لطالما عشقت مجال الطيران منذ الطفولة. لست أدري إن كنت عاشقاً للتحدي؟ أم أنني مجرد هاوٍ للسفر واكتشاف أرض الله الواسعة. ولكن كانت مشيئة الله فوق إرادتي فالتحقت بكلية الهندسة الميكانيكية عوضاً عن كلية الطيران التي لطالما حلمت بها.

وبعد أن أصبحت على بعد خطوات من إنهاء مشواري الجامعي، استيقظت ذات يوم على سرير في أحد المستشفيات الحكومية. لم أتيقن حينها إن كان ما أعيشه كابوساً أم

حقيقة، لكن سرعان ما تأكدت من أنه ليس بحلم حين وخزت الممرضة طرفاً إصبعي لفحص مستوى السكر. وفي أول ساعات نهار ذلك اليوم تم تشخيصي بالإصابة بالنوع الأول من داء السكري. لم تكن المشكلة حينها في ألم ألمٍ بي، لكن من قلقٍ من مستقبلٍ مبهم.

لقد كنت في ريعان شبابي وقتئذٍ، وعلى بعد شهور من إنهاء مشواري الجامعي، تساءلت هل أن الأوان أن أضغ حداً لأحلامي وخططتي المهنية والاجتماعية لهذا الداء؟ لم أكن أعلم حتى تلك



Success story of living with Diabetes

Raising awareness among students in various schools in the Kingdom of Bahrain about diabetes.



Signing a cooperation agreement with Server Company for community awareness.



Annual Ramadan Diabetes Society Celebration with children in collaboration with Bapco Refining

The mobile unit for raising awareness among the elderly about diabetes and its complications continues throughout the year.



Collaboration with government hospitals.



Diabetes Fact Checking Course conducted for health care providers Sep 2023



Collaborating with the Bahrain Red Crescent Society and visiting the elderly in the mobile unit



