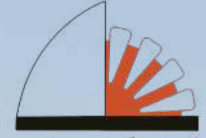


November 2021

DIABETES
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جمعية السكري البحرينية
Bahrain Diabetes Society

BAHRAIN DIABETES SOCIETY

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BAHRAIN DIABETES SOCIETY **ISSUE 3**

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**His Excellency Lieutenant-General,
Doctor Sheikh
Mohammed bin Abdullah Al Khalifa**
Chairman of the Supreme Council of Health
Chairman of Bahrain Diabetes Society



We are pleased to welcome you all to the third issue of the Diabetes Magazine, which is issued annually by the Bahrain Diabetes Society, and as we have the honor to chair the Board of Directors of the Society since its founding in 1989, and with God's grace and the concerted efforts of the loyal members of the Society, the Society has achieved great successes in the fields of charitable and developmental work by doing its national duty and towards patients with diabetes to prevent it and reduce its complications in particular.

The Society has adopted many distinguished programs and initiatives with the cooperation and solidarity of all and through community partnership with government and non-governmental organizations, and many achievements have been attained despite the exceptionally difficult circumstances that the world and the Kingdom are witnessing alike due to the Covid-19 pandemic.

Awareness, education and self-management programs were continued by organizing seminars and workshops such as the diabetes workshops, Ramadan fasting, participating in conferences about diabetes, preparing scientific research, organizing walking marathons and the walking challenge program, which continued during the pandemic. The program continued in an innovative manner by using the first-of-its-kind remote communication technology in virtual live walks and holding awareness events to celebrate World Diabetes Day.

The Society did not neglect the continuation of its programs for children with diabetes through the Shorouk camp, the summer activity, and the forum for Diabetes young champions and their parents.

In addition to continuing humanitarian projects in providing insulin pumps and advanced diabetes screening devices for children and providing psychological and social support to patients and their families newly diagnosed with diabetes, all of this made Bahrain Diabetes Society enjoy a high position both at the national level as well as at the regional and global levels and through the active participation of its members in the diabetes associations in the region, the International Diabetes Federation and raising the name of the Kingdom of Bahrain globally.

We are living in exceptional circumstances since the emergence of the Covid-19 pandemic since the end of 2019 until now, as all countries of the world and the Kingdom of Bahrain have taken many preventive and precautionary measures to limit the spread of the epidemic and respond to it.

The Bahrain Diabetes Society was at the forefront of the national societies that responded to the changes the world is witnessing in light of the pandemic with regard to the services provided and worked to develop plans and programs to maintain the health of people living with diabetes.

Praise be to God, with the combined efforts of the members of the current board of directors, the Society has been able to implement many distinguished programs in light of this pandemic with all merit and mastery.

We cannot fail to extend our sincere thanks and appreciation to the benevolent hands of the people of this dear Kingdom, individuals and institutions, for their continued support to the Society.

I ask Allah the Almighty to accept our work and reward our efforts with more success, and to help us bear the trust under our royal leadership.



Dr. Maryam Al-Hajri's
Vice President of the Bahrain
Diabetes Association

**Diabetes Care...
If not now...then when????**

It is no secret to everyone that the Kingdom of Bahrain places great importance on the issue of diabetes as one of the most important public health priorities that greatly affect the health of individuals and societies, and have huge consequences for the health and development sectors. The results of the health survey conducted by the Kingdom of Bahrain in cooperation with the World Health Organization in 2018-2019 revealed that the prevalence of diabetes reaches 15% of the adult population, compared to the prevalence of diabetes worldwide, which is estimated at 8.5%. The increasing prevalence of diabetes in the Kingdom of Bahrain makes it a national problem at the individual, governmental and societal levels.

Undoubtedly, this increase has repercussions at all levels, as it affects individuals with diabetes and their families, as well as on institutions, due to the interruption of work and poor production, and at the governmental level because of the costs of treating people with diabetes and its complications, especially on the heart, kidneys, eyes and feet.

Bahrainis are exposed to many behavioral risk factors that cause diabetes, especially an unhealthy diet and lack of physical activity, and this results in high rates of diabetes. Projections indicate that the proportion of people with diabetes will rise to about a quarter of the region's population in the Gulf Cooperation Council countries by 2030.

Therefore, the strategic objectives of the National Diabetes Control Plan strive to limit the spread of diabetes and reduce the health and economic effects resulting from it, by implementing preventive and management initiatives and providing advanced health services, which fall under this plan. The Ministry of Health, public and private hospitals, primary care centers and clinics concerned with control and treatment provide Diabetes Preventive programs that spread health awareness about ways to prevent diabetes, and implement community awareness campaigns that encourage the adoption of a healthy lifestyle, physical activity and healthy eating habits. They also provide early detection programs to diagnose the disease in its early stages and before complications occur, as well as provide comprehensive treatment services created for all patients with diabetes in all health centers and specialized clinics in the health sector in the Kingdom, which applies the latest findings of modern medicine in the care of patients with diabetes of all kinds and stages to reduce its effects and complications at the hands of qualified and specialized medical teams and according to international updated scientific treatment guidelines.

The impact of diabetes and its complications on health is clear, but this effect represents only one aspect of the problem. Diabetes and its complications lead to higher health care costs as well as production losses. The premature death of any human being means the loss of the work output that he will perform in the remaining years of work. In addition, the individual with diabetes and its complications is more likely to be absent for days from work or attendance and engage in work with a low productivity.

Diabetes represents one of the health and development challenges in Bahrain, so combating this disease and limiting its complications will reduce the health and economic burdens.

An economic feasibility study has been prepared for investing in the prevention and control of non-communicable diseases in the Kingdom of Bahrain in cooperation with the World Health Organization, which came to emphasize the importance of taking and implementing a number of economically feasible measures aimed at preventing these diseases, including diabetes, and improving the quality of life. Reducing the economic and health burdens, which contributes to the social and economic development in the Kingdom, which includes policies to reduce the spread of behavioral risk factors associated with diabetes and chronic non-communicable diseases such as lack of physical activity, improved diet and tobacco control.

The Kingdom of Bahrain is moving forward in developing the quality of services, providing advanced care and empowering patients with the skills to coexist with the disease and face its challenges by emphasizing the importance of practicing self-care skills and the positive role that a person with diabetes and his family can play to live well with the disease, avoid complications and improve the quality of life. We hope to bring health services to the best they can be under the guidance and vision of our wise leadership of our dear country, in a manner that expresses the sound visions that have been positively and fruitfully reflected in improving the health and safety of citizens and residents on this land, and through the concerted efforts of all governmental, private and private sectors.



Prof. Dalal Ahmed Alromaihi

Consultant of Endocrinology and Diabetes
Board Member of Bahrain Diabetes Society
Head of the Scientific Committee and Chief Editor
of the Newsletter

Dear readers,

It is my honor and pleasure to present to you with the third issue of the annual newsletter from the Bahrain Diabetes Society (BDS). The Scientific Committee and our outstanding members created the articles in this issue to share their knowledge and experiences to help you live a healthy life with diabetes or to prevent diabetes in those at risk. We also celebrate a year of successful events and activities at BDS and share with you the diverse activities that include awareness campaigns, fund raising, scientific activities and more.

We hope you find the material included valuable, and you help us spread this digital newsletter to all who may benefit from the information it contains. If you wish to reach out to our editorial team, please send us an email to the following address:

sciencebahraindiabetes@gmail.com

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**International
Diabetes Federation**
Middle East and North Africa

Bahrain Diabetes Society is a member of the International Diabetes Federation (IDF), which serves as an umbrella organization of over 230 national diabetes associations in 170 countries and territories. It represents the interests of the growing number of people with diabetes and those at risk.



The Federation has been leading the global diabetes community since 1950.

The federation is a reliable source of information and resources for patients and the medical field and that you can access online through:

idf.org

The scientific committee created regional guidelines to treat diabetes in pregnancy for the region of Middle East and North Africa that can be accessed through the QR code



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For updated information and news
of upcoming events follow us



Become a Member and Lend Us a Helping Hand.
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Safe Return to School

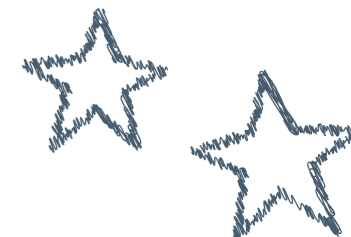


Many parents of children with diabetes are wondering whether the return of their children to schools will be safe during the COVID-19 pandemic. It is important for parents to weigh the specific and general risks and benefits that may apply to their children.

Among the obvious benefits of face to face learning is the achievement of educational intervention and interaction between students and teachers. Furthermore, schools provide not just learning and social support for students but also childcare, without which many parents will not be able to return to work.

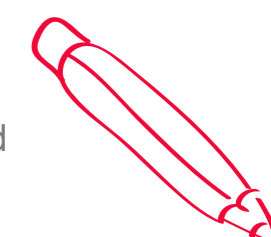
Although the US Center for Disease Control (CDC) has reported that people with type 1 diabetes may have an increased risk for severe illness from COVID-19, medical data indicate that people with type 1 diabetes who maintain an A1c in their target range are not necessarily at higher risk of developing serious complications from COVID-19 compared to children without diabetes.

While children with type 1 diabetes have an autoimmune condition, they are not immunocompromised. This is a fact that many parents are unaware of. On the other hand, in diabetics, any viral illness can increase the risk for Diabetic Ketoacidosis if they do not manage their diabetes carefully. Therefore, monitoring blood glucose and ketones, and following sick day management guidelines are required. Parents are advised to contact their child's primary care provider and seek urgent medical attention if their child has trouble breathing or is experiencing severe symptoms. Parents are also advised to contact their child's diabetes care provider if their child develops low or high glucose levels with ketones.



Following protective measures against COVID-19 at school is mandatory. According to studies released recently by the CDC, schools that didn't have masking requirements at the start of the school year reported far more COVID-19 cases and outbreaks than schools that did have mask rules. A school was considered to have a mask requirement when everybody was required to wear a mask indoor, regardless of vaccination status. To prevent COVID-19 outbreaks in schools, CDC recommends multicomponent prevention strategies, including vaccination, universal indoor masking, screening tests and physical distancing.

Vaccinations against COVID-19 have been approved by the US Food and Drug Administration for children ages 12-15 years and hopefully soon will be approved for children ages 5-11.



Pfizer and BioNTech announced they have submitted the data to the FDA for this age group. It is expected that teachers, and students ages 12 and above are vaccinated as vaccines are provided by the Government of Bahrain.



Currently, the overall significant decline in the number of cases, the protective measures followed by schools and the vaccination status of teachers, administrators and students are very encouraging positive signs.

In conclusion, the above brief discussion does indicate that allowing diabetic children to return to school is reasonably safe at this stage. However, parents are advised to monitor the health status of their children and to be aware of any COVID-19 outbreak in their schools. Furthermore, parents should be aware that type 1 diabetes alone is not considered a medical reason to delay children from returning to school.





Lamis Dawood Al-Mugahwi

Mother of the diabetic child ; **Lama Fadhel**
Nursing Supervisor in Primary Care and Member
of Bahrain Diabetes Society

My child's first week at home with diabetes

In the summer of 2019, specifically in June 2019, the symptoms of diabetes began to appear on my little girl, Lama, and the number of times she went to the bathroom increased, the need to drink water a lot, extreme fatigue, in addition to a noticeable weight loss. We went to the hospital and anxiety and fear were ringing my heart bells for fear of my little girl who was 9 years old. After conducting the necessary tests, my daughter was diagnosed with diabetes, and her health condition required a one-week stay in the hospital, to treat her and monitor her health condition, in addition to preparing us to deal with the new health situation.

We came home, I was very worried. How will we adapt to the new situation? Carbohydrate count!! I don't know how I can do it? I don't know how life will go. In an instant, I felt like the world stopped when my daughter fell ill, I was worried, scared, confused. And suddenly I stopped thinking about this for a moment.

First of all, the mercy of the Lord of the worlds is very wide, and my certainty that my child is in the protection of the the Mighty and Most Merciful, has given me a lot of comfort. Secondly, my child complains of a disease and it has a cure, praise be to God. So there is no need for my excessive fear and my obsessions are not rooted.



I started preparing for the first week of my diabetic child, so we started to take care of healthy food, we constantly monitor the level of diabetes, we monitor the symptoms of high and low blood sugar, we communicate continuously with the nurse of the diabetes clinic for children, and all family members were prepared to deal with all these matters. And it seemed to us that it was normal, my child was special and nothing hindered her from practicing her normal life.

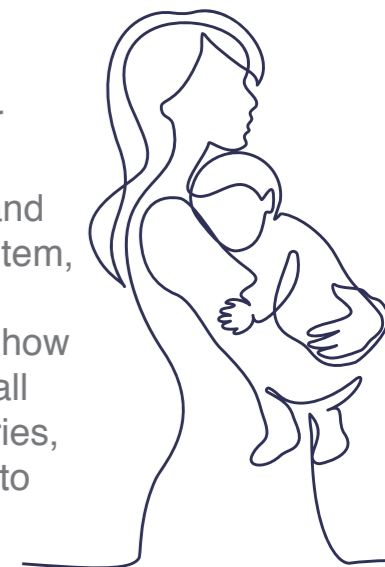
She used to practice her favorite hobbies, such as cycling, swimming and drawing.

We also prepared her for school and how to deal with diabetes at school. Then I realized that there was nothing to worry me as long as we follow the steps and the correct way to deal with diabetes, such as a healthy lifestyle, monitoring the level of diabetes and knowing the signs of low and high blood sugar level and how to act in these cases.



I will never forget the role of the Bahrain Diabetes Association and how it contributed to enhancing my child's self-confidence. Starting with the wonderful Shorouk camp, and its various educational and recreational programs that contributed to encouraging my daughter and all the diabetic children who participated in that wonderful camp, and how It refined their personality and strengthened their love of life and self-confidence and that nothing is impossible for a diabetic child, and since then, my daughter is not diabetic, but a hero and a friend of diabetes and works to keep that friend.

My brothers and sisters.. Dear parents, and everyone who sponsors a diabetic hero, you do not need to be afraid and your child does not need deprivation to treat it, but you must have confidence and certainty, that your child is special and strong, and all you need is attention and awareness of the Healthy food system, the normal and required level of your child's blood sugar level, knowing the symptoms of high and low blood sugar levels, and how to treat them at home and abroad, with the preparation of a small beautiful bag containing a diabetes test device and its accessories, a water bottle, biscuits and fruit And a healthy meal, in addition to continuous follow-up with the diabetes nurse and the specialist doctor.



And last but not least, my best wishes for health and wellness for the Diabetic Champions. And do not forget that your children are very strong, so do not be afraid of them, but continue to encourage them and urge them to succeed, and excel.





Professor Dalal Alromaihi

Consultant Endocrinologist
Associate Professor at the Royal
College of Surgeons in Ireland

Gestational Diabetes - Why Do We Care?



Gestational diabetes is one of the most common health problems during pregnancy and is considered a temporary type of diabetes that ends with the end of pregnancy. Yet, there are some women who have diabetes before pregnancy, but they are not aware of their diagnosis, and hence their diabetes is only discovered during medical examinations during pregnancy. These women have type 2 diabetes, which continues with them even after childbirth.

It is very important to take care of the level of the blood sugar during pregnancy in order to obtain the best health results for the mother and the newborn. As high levels of sugar during pregnancy increase the chances of high blood pressure during pregnancy and an increase in the newborn's birth weight, which necessitates a cesarean delivery, or subjects the newborn during natural delivery to shoulder injuries, in addition to the increasing the possibility of hypoglycemia in the newborn after birth or an imbalance in calcium level or increasing the chances of jaundice. High glucose unfortunately also increases the possibility of premature birth or pregnancy loss.

The desired blood sugar level during pregnancy is as follows:

After fasting for **8 hours**: 3.9-5.2 mmol/L or 70-95 mg/dL

Two hours after eating: 5.6-6.7 mmol/L or 100-120 mg/dL
(time is calculated from the start of the meal)



The treatment plan for gestational diabetes begins with education of the need to adhere to healthy foods in terms of limiting the amount of carbohydrates or starches, while choosing healthier options such as brown bread and brown rice instead of white, and avoiding sugar-sweetened beverages and foods, along with a commitment to exercise and physical activity in line with the health status of the pregnant woman. In the event of a commitment for two weeks to proper nutrition and physical activities, and despite that, the glucose values continue to exceed the desired goals, the medical team starts the pregnant woman on medications.

The safest drug during pregnancy is insulin, as it does not cross the placenta and has multiple doses and types that enable the medical team to help the pregnant woman succeed in controlling diabetes. As for the other option, it is Metformin or Glucophage tablets, which, although easier to take, are not without some side effects such as indigestion or diarrhea at the beginning of use, and it crosses the placenta and reaches the fetus. The results of studies on newborns who were exposed to Glucophage during pregnancy are reassuring, but they are short-term studies and we do not yet know the long-term effects of exposure to it.



Women who are diagnosed with gestational diabetes are more likely to develop type 2 diabetes in the future, with a 50% chance of developing diabetes during the next ten years, and they can protect themselves from diabetes by following a healthy lifestyle, maintaining an ideal weight while committing to breastfeeding.





Breastfeeding with Diabetes:

Benefits and Recommendations

Breastfeeding is a simple and natural process. Even if you have diabetes, you should plan to breastfeed for at least six months.

Dr. Amal Alghanem
Consultant Family physician
Master in Diabetes

Benefits for Your Baby



Breastfed babies have lower risk of :

- 1- developing type 1 diabetes and type 2 diabetes.
- 2- becoming overweight or obese later in life.

They're also less likely to have



Asthma



Eczema



Respiratory disease



Ear infections

Benefits for You

Mothers who breastfeed find that:

- They tend to lose the weight gained in pregnancy more quickly than mothers who do not breast-feed.
- Their uterus shrinks back to a normal size more quickly.
- There is a lower risk of pre-menopausal breast cancer and some forms of ovarian cancer.
- They may need less dose of insulin.



How does breastfeeding affect diabetes management and blood sugar levels?

Breastfeeding mothers with T1DM and T2DM have been shown to have improved metabolic function and greater insulin sensitivity, where the body utilises insulin more efficiently. If mothers require insulin to manage their diabetes, breastfeeding may reduce their dose due to more efficient metabolic function, for example one study on T1DM mothers who breastfed showed **21%** less insulin was required compared to their pre-pregnancy dose.



Are Your Medication Safe for Your Baby?

Insulin: has been proven to be safe to take while breastfeeding.

Metformin: research shows that may also be taken with minimal effect on the baby.

Sulphonylureas: do get into breast milk to some degree, so there may be a risk that the baby's blood glucose level will fall.

Other newer anti-diabetic drugs for type 2 diabetes: **need to be evaluated for their safety during breastfeeding.**



cholesterol

Cholesterol-lowering medication should not be used during breastfeeding.



Blood pressure medication only certain blood pressure medications are considered to be safe.



Remember to discuss all your medications with your doctor.



Dr. Hamda Alnashmi

Psychiatry Specialist KHUH

Diabetes, Anxiety and Depression

Is there a relationship between diabetes, depression and anxiety?

How do I deal psychologically when the doctor tells me that I have diabetes?

I receive a lot of similar questions by virtue of my specialization, so I wanted to start with these questions to clarify this relationship and how a person with diabetes can manage diabetes effectively and overcome it psychologically.

Especially since there are 3 types of people in dealing with the issue of diabetes: The first adheres to the instructions, adapts with diabetes, exercises and eats healthy. The second neglects self-treatment and commitment, which affects him or her negatively over time. As for the third, which is the focus of our conversation today, it is the person who experiences psychological trauma, the first to receive the news, and suffers from symptoms of depression, such as frustration, laziness, inaction, disappointments, physical pain, a feeling of weakness and loss of passion.



At the outset, we must briefly review that diabetes is a chronic disease that occurs when the pancreas is unable to produce insulin (a hormone that regulates the level of sugar in the blood) in sufficient quantity or when the human body is unable to effectively use the insulin it produces in order to absorb glucose by the cells of the body. This causes glucose to accumulate in the blood leads to an increase in the concentration of sugar in the blood. In the long run, high blood sugar can lead to severe damage to many body systems, especially the heart, arteries, eyes, kidneys, and nerves. Some foods, diseases, and lack of exercise also contribute to raising blood sugar levels. However, there is another factor that can increase blood sugar levels, which is stress and psychological pressure and this is what I wanted to point out in this article.

Anxiety is a psychological and physiological state composed of a combination of cognitive, physical and behavioral elements. It creates an unpleasant feeling usually associated with unease, fear or hesitation, and many different forms of anxiety. There are many psychological symptoms that also form feelings of fear or dread, difficulty concentrating, feeling tense or nervous, expecting the worst, irritability, insomnia, and anticipating (and waiting for) signs, events or danger, and a feeling of emptiness of mind.



So, what is the relationship between that and diabetes?

In reality when the body is exposed to stress, the adrenal glands increase in activity and release two hormones (adrenaline and noradrenaline). While the main role of these hormones is to prevent low blood pressure, adrenaline is an important substance for regulating blood glucose. Raising blood sugar is important in stressful situations, as the body prepares itself for a lot of physical and mental activity. The secretion of adrenaline helps to achieve this, and in addition to the increase in blood pressure, it also ensures the supply of oxygen and glucose to all parts of the body. In the presence of diabetes, stress may contribute to an increase in blood sugar for several days, weeks or months.

Therefore, a person with diabetes who suffers from a bad psychological state and enters into a bout of anxiety and depression, and often withdraws and lacks passion, must realize that these symptoms are temporary and need strength of will, acceptance and work to treat the causes and continue treatment because sugar, stress and anxiety are two sides of the same coin.

Especially the patients with diabetes, in addition to adhering to a healthy lifestyle, exercising, eating healthy and adhering to the treatment approved by the doctor who specializes in these diseases, he or she must constantly strive to reduce stress and psychological pressure, and that is by learning how to relax during difficult moments by using deep breathing exercises. Doing exercise regularly and continuously, staying away from any influences that may cause you inconvenience, tension and anxiety, and this is reflected on life and mental wellbeing.

It should also be noted that the lack of commitment of patients with diabetes to treatment, diet and sports exposes them to complications that affect every part of the body. From psychological standpoint, patients must know the causes and deal with this disease intelligently, so we have to start educating and learning about the effects of the disease and how it occurs and what are the most prominent symptoms.

We often start with training in measuring blood sugar and taking insulin syringes, making sure that patients understand what they are doing and why until they are at ease and to recognize the symptoms of low and high blood sugar. Additionally, it is essential to learn how to live with diabetes and to have the power to seek to control through diet, exercise and medications.

I would also like to address in this article children with diabetes, “often having type 1 diabetes” that develops at an early age. It is not possible to ignore the fact that children find it more difficult to accept the repeated use of needles, because the needle is associated with a feeling of pain and physical discomfort. Children with diabetes can suffer from feelings of despair and abandon commitment to treatment, which exposes them to developing high blood sugar and the accompanying recurring complications, such as ketoacidosis, which requires frequent admission to the hospital to receive treatment, which negatively affects the lifestyle of these children and exposes them to early infection with complications of diabetes, so it is necessary to consult a psychiatrist in such cases to receive diagnosis and behavioral or pharmacological treatment, if necessary.





Dr. Taghreed Omran Ajoor

Chief of Oral & Dental Health Services
Consultant Dentist

Oral and Dental Health for Patients with Diabetes



Diabetes affects all parts of the body, including the mouth and teeth, where studies have shown an increase in the incidence of gum disease in a patient with diabetes, making oral and dental diseases part of the complications that can affect them (e.g. myopathy, kidneys, nerves, etc.). Severe gingivitis can also lead to higher blood sugar levels such as other infections, which in turn makes diabetes more difficult to control. Inversely, the treatment of gum disease leads to an improvement in blood sugar control.

Effect of diabetes in the mouth and teeth:

High blood sugar increases the likelihood of the following problems:

- **Tooth decay**
- **Gingivitis:**

which may develop from simple to advanced inflammation when not treated, and may reach a stage where it causes tooth loss.

Other problems that diabetes may cause to the mouth:

- **Thrush:** a fungal infection of oral tissue.
- **Dry mouth:** that may cause some pain or mouth ulcers, also contributes to tooth decay, difficulty speaking, chewing and exacerbation of fungal infections.
 - **Poor sense of taste.**
 - **Delayed healing and healing after extraction of teeth.**



General guidelines for maintaining oral and dental health in a patient with diabetes:

- Controlling blood sugar level (this is the most important factor).
- Brush teeth at least twice a day with a brush and toothpaste, and use dental floss or a water flosser at least once a day.
- Completely refrain from smoking of all kinds and forms.
- Prevent dry mouth caused by diabetes by adjusting the level of sugar and drinking water adequately in moderate doses during the day and using sugar-free gum or some medications to help moisturize the mouth.
- Visit the dentist at least every six months for examination and follow-up.
- You should tell your dentist that you have diabetes.



Guidelines when visiting your dentist:

- It is preferable to make appointments in the morning, where cortisol is high, which reduces the likelihood of hypoglycemia.
- Avoid stress and fatigue before your dental clinic appointment.
- Patients using insulin are advised to avoid taking a dental appointment during the peak period of insulin work, to avoid a bout of low sugar.
- Your dentist may postpone the surgical procedure if the blood sugar not controlled, unless it is an emergency.
- Make sure you eat your meal and take medication as usual.
- If the dental procedures to be done at the clinic requires the patient not to eat after a certain period, you should coordinate in advance with your diabetes doctor to adjust the dose of medications and the time of eating.
- If you feel symptoms of low sugar (confusion/tremor/sweating/increased heartbeat...) during treatment, you should inform your dentist directly.
- The dentist can perform most of the treatment procedures in the dental clinic for most patients with controlled diabetes like other healthy people, including dental implants.



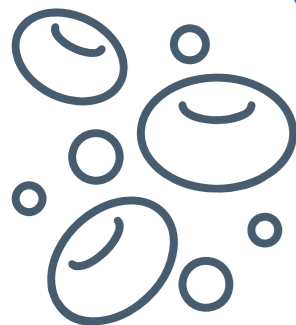
Using Stem Cells to Treat Diabetes, Is It a Dream or Reality?

Is There a Vaccine Against Serious Diabetes?

There are two types of diabetes: type 1 diabetes is characterized by a deficiency in the function of the pancreas, which gradually leads to complete failure and the inability to secrete insulin in sufficient quantity for the body's need. This evolves rapidly and needs multiple injections of insulin or the use of insulin pump. On the other hand, type 2 diabetes results from overweight and obesity in which the pancreas fails to produce enough insulin for the increased body demand due to insulin resistance.

This can be treated with lifestyle changes, tablets for diabetes or injections.

A dream for many patients with diabetes is to get "a cure" and end up without needing any type of medications.



Dr. Asaad Al-Daftar

Consultant Internal Medicine
Member of the British Glands Society and Fellow
of the British Royal College in London
Certificate of Specialization in Endocrinology
and Diabetes UK

After a year of experiments, a British team discovered a substance in the form of an immunosuppressive drug that prevents the destruction of pancreatic cells, and this drug is an antibody that targets specific cells of this immune system responsible for destroying pancreatic cells.

The experiment was conducted on 24 diabetic patients between the ages of seven and twenty-seven, and the results were good after only a year, as ten of the twelve patients who used the new drug no longer need insulin, but only 2 of the 12 group who did not use the drug did not need insulin anymore.

The same idea was also applied to the so-called diabetes vaccine, which works to prevent the self-destruction of pancreatic cells in research in Britain. The results of these studies are preliminary and long term effects are not known so we cannot recommend them yet.

One of the treatment options is transplanting the pancreatic cells taken from one of the deceased donors and transplanting them into the liver, where it provides blood and the necessary nutrition.

Ritchard Lain, a 61 years old man, was the first who was successfully treated and did not need insulin injections after 35 years of using them. He was joyously pinching himself to find out if he was in a dream or if it was reality.

As for stem cells and their use in the treatment of diabetes, scientists have made strenuous efforts to try to use the primary cells taken from embryos and to be programmed to turn into what we need from missing tissues such as beta cells that secrete insulin, but the fear of these cells turning into cancer cells and as cell division becomes uncontrolled. An American team conducted research on fruit flies and found that the cells that secrete insulin are similar to nerve cells. So, a group of scientists added a variety of chemicals to the immature cells of the brain and implanted them in the kidney cavity of mice, and soon the results were fast with the response of these cells to high sugar by secreting insulin, despite not transforming into the form of pancreatic cells. The experiments lasted for more than a month with success, which is optimistic and could be a treatment we use in the future if it is proven to be safe on the long term.

The scientist Doug Melton was one of the pioneers in the search for a cure for diabetes, as his son suffered from type 1 diabetes at the age of 6 months, which changed the life of this world, and he actively sought to find a definitive cure for diabetes by suppressing immunity that attacks beta cells with proteins and cells to defend any bacterial infection that attacks the body. Sima laboratories have also made relatively impressive scientific developments in this field by creating stem cells that are more quantitative and qualitative than other research completed by Vertex Company to initially conduct a research that includes 17 diabetic patients with special conditions as they suffer from severe hypoglycemia after a malfunction of the sympathetic system. He used continuous glucose monitoring, an insulin pump, and many other conditions, including not participating in any similar study.

The treatment (VX880) represents a treatment using stem cells that are expected to transform into beta islet cells to help significantly treat diabetes.



Diabetes Surgeries

It did not occur to **Dr. Edward Mason** when he performed the first gastroduodenal bypass surgery in 1967 that he would give many patients with diabetes the chance to get rid of the disease. It was an accident that had not been planned by the surgeon. The famous American, aiming to limit the ability of these patients to eat in large quantities and consequently lose weight gradually, however, after following up on his patients, the happy surprise was that many of the patients with diabetes became cured of high blood sugar readings, the reason for the high blood pressure and the reason the Disease is associated with obesity depend on weight loss.



This belief has become prevalent among many doctors interested in the treatment of obesity since that time until 2004 AD, when the Italian surgeon **Francisco Robinho** conducted a long study that proved that the cure for diabetes is caused by the loss of weight after the bypass of the small intestines, It takes a few days after surgery before these patients lose weight.



Sultan Bin.Fhaid Al-Tmyat

A doctor interested in health and humanitarian affairs

And the doctors of endocrinology and diabetes have hesitated for a long time before suggesting to their patients the surgical option as one of the possible solutions for the treatment of this disease, however, after we invited them to participate in our annual conferences, and then to inform them of these cases, the doctors followed up on these cases. Bypass surgery is not only one of the options available for the treatment of diabetes, but it is the best option, as the recovery rate for patients with diabetes (type II) is about 90% of patients with significant improvement for the rest.

In this context, we can point out a very important matter that may become the first challenge for health agencies and institutions in the Gulf Cooperation Council countries, which is that the incidence of diabetes in our region reaches 28% of the population, and this percentage rises to 55% for those who are more than the age of 60. Adults Diabetes or type II diabetes constitute more than 90% of the number of patients, while the incidence of childhood or type 1 diabetes is less than 10% of the total number of patients. It is also noted that 90% of people with type 2 diabetes are overweight or obese, and these high numbers constitute a major challenge for health service providers in our region.

A medical report was shown a few months ago on one of the television channels, showing our experience in bariatric surgery over the past fifteen years, and about the connection between the modifications we make with the cure for diabetes, bringing it a huge amount of questions and calls to inquire about the accuracy of the report, the number of cases, etc.

It mostly come from patients with type I (children's diabetes) or their parents, and the one from which recovery is not possible in this type of operation, but rather what happens is the disposal of excess weight only for those who are overweight, which rarely is the case for type I diabetes patients who are mostly within ideal weight range

What encouraged me to write in this regard, is the urgent need to find channels of communication between health departments responsible for citizens' health and doctors who work in medical specialties, which is witnessing a tremendous development and achievements, a relationship that respects the experience of these doctors and help them to spread that experience and developed to serve patients, such as research and medical studies support And holding medical seminars and conferences, it also requires reassuring its medical cadres of their ability to deal with the rapid and successive changes of the era.





Dr. Nariman Lotfi
Clinical Nutrition Consultant

Vitamins and Minerals for Patients with Diabetes

It always comes to mind if a patient with diabetes needs vitamins and minerals as dietary supplements? and if so, what are these vitamins and minerals that are important to them?

Vitamins and minerals are inorganic substances that do not provide the body with energy, however, the body needs them in small quantities, but they are very necessary for the functioning of the body's organs.



Perhaps the best way to get it is through a balanced diet that contains all the major nutrients, which include:

1. Carbohydrates, including rice, bread and potatoes.
2. Proteins and their sources are fish, meat, chicken, eggs, milk and its products.
3. Fats which must be from good fats and their sources are olive oil, coconut oil and avocado.
4. Vegetables and fruits, preferably fresh, not canned or frozen.

In general, vitamins are divided into two groups:

1. The nine water-soluble vitamins. There are eight B vitamins, called the B group (B-complex), in addition to vitamin C. Since they are not stored in the body for a long time, patients with diabetes are more likely to suffer from their deficiency, especially in cases of frequent urination associated with irregular blood sugar.
2. The four fat-soluble vitamins: A, D, E, and K. Although the body can store them for a longer period if they are available in the diet, patients with diabetes are exposed to their deficiency because the patient avoids eating fat for fear of obesity or high blood cholesterol.



As for minerals, they are divided into two parts according to the amount that the body needs daily:

- 1- Major (primary) minerals such as calcium, potassium and magnesium.
 - 2- Minor (secondary) minerals such as iron, zinc, selenium and chromium.
- These minerals mentioned above are among the minerals that are most consumed by people with diabetes, as their level in the blood needs to be monitored regularly.

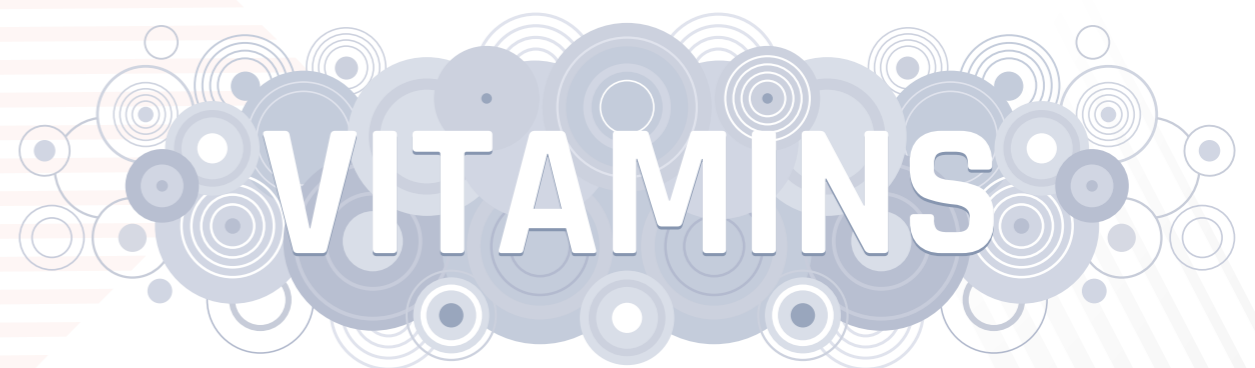
A sufficient amount of calcium and potassium may not be available in the multivitamin pill, then the patient needs to take calcium as a separate pill, while potassium is preferably obtained when needed through foods rich in it such as bananas, avocados and oranges.

These vitamins and minerals play an important role in regulating the functions of all body organs, in addition to the organic interactions within cells, such as regulating the secretion and activity of the hormone insulin, which is responsible for regulating blood sugar, raising immunity, the health and safety of bones, muscles, the nervous system, the digestive system, the health of the heart and arteries, and the safety of the eyes and eyes. They also improve diabetes complications such as eye and kidney complications.

Accordingly, a patient with diabetes needs vitamins and minerals on a daily basis, and his need for them increases in the event of an irregular blood sugar level.

There are currently many types of comprehensive pills for vitamins and minerals that may cover the need of patients, but the patient must follow up with the specialist to obtain the appropriate quality and adequate dose.

It is always preferable to take a vitamin pill with food so that it is easily absorbed in the first hours of the day.





Dr. Najwa Abdullah Aboutaleb

Elderly People and Diabetes

◆ Elderly population are distinguished by their privacy from other age groups due to the different performance of the functions of the organs, which begin to weaken gradually

- A distinction must be made between the changes that occur in the functions of organs with age and those that occur in these organ.
- The number of elderly people has increased in recent decades due to advances in health and social care.
- Diabetes is one of the most prevalent diseases among the elderly, and by 2030, the number of people with diabetes will increase, according to the expectations of the World Health Organization, such as those at the age of sixty, by 36%, and after the age of seventy, the percentage will reach 20%.
- Diabetes may appear in the elderly in the form of simple recurrent inflammation (in the teeth, tonsils or urine), urinary incontinence - mental disturbances, poor memory or depression.



◆ Prediabetes

It is a transitional stage from a normal person to a person who shows symptoms of diabetes, and this stage is very important, as it is possible to prevent diabetes and protect against complications as the elderly pass through (such as poor vision - fatigue and weakness of the body - thirst - continuous hunger - paresthesia in the limbs - urinary incontinence - mental disturbances). The elderly may ignore these symptoms and think that they are just getting old however, they might be the signs of the onset of their diabetes.

Therefore, the doctor's opinion must be taken and the cumulative blood sugar level should be checked, as well as two hours after eating, so that the detection becomes early to facilitate the ease of treatment and resistance to complications.

In most cases, this stage improves with a regular medical strategy and following healthy patterns (appropriate nutrition for the elderly, appropriate physical and mental activity for them, good sleep and social life) and regular checks for blood sugar levels.

Complications that appear with diabetes in the elderly depend on the number of years with diabetes and inattention, as well as the concomitant diseases such as high blood pressure or heart disease, kidney disease, retinal insufficiency, as well as mental disorders (Alzheimer), depression, fractures and osteoporosis...

Treatment in the elderly depends on special tablets and it is preferable to stay away from strong medicines so that the elderly patients are not exposed to cases of drop in blood sugar level and may need treatment with insulin injections.

Our beloved Kingdom, the Kingdom of Bahrain, is distinguished by caring for the elderly. The mobile medical unit that reaches their homes has been allocated to them. It includes the medical staff, a clinical examination, periodic and immediate blood draws, a foot and retina examination, a social worker, a nutritionist and a psychiatrist, as well as this care in the health center for primary care and the role of parents and health awareness media from newspapers, radio and television.





Eman AlJahmi

Hyperbaric Oxygen and Wound Care
Deputy Nurse Manager

The Importance of Diabetic Foot Examination



Diabetes and the lack of good control of blood sugar may lead to problems in the feet, as it causes a group of neurological, arterial, and articular disorders, to clarify more it leads to damage to the nerves and blood vessels that feed the feet in some patients, that causes loss of sensation and sluggish blood circulation to the foot. These changes may develop slowly and sometimes go unnoticed by the patient.

Diabetic foot is one of the most important complications of diabetes, as its treatment can reach amputation. More than 85% of amputations resulting from diabetes and diabetic foot can be avoided, which requires diabetics to know these complications and their causes to avoid their occurrence. Therefore, prevention and early detection of this problem remain the best. For this reason, it is necessary for patients with diabetes to check their feet on a daily basis by themselves and periodically at the specialist doctor in order to avoid diabetic foot problems.

If you notice any of the following, **please visit a doctor** specializing in diabetic feet

- Sores or cracks or bubbles in the skin.
- Pain in your feet.
- Inflammation or swelling in your feet.
- Heat or redness in your feet.
- Deformation or change in the shape of the feet or fingers.
- Change the color of the skin.



In this article, we offer you some simple and necessary tips to maintain your feet and take care of your feet at home:

- 1. Check and wash your feet daily:** You should wash your feet daily with warm, soapy water, and you should check the water temperature with your elbows before use. Make sure to dry your feet carefully, especially between the toes.
- 2. Nails:** Trim nails regularly and straight, avoiding cutting the sides of your nails. Use a nail file to avoid sharp edges. Please follow up with the foot care specialist to trim the nails in the following cases: poor vision, inability to reach the feet, or changes in the shape of the nails, such as changes in color or thickness.
- 3. Maintain daily foot hydration:** Moisturize your feet daily, avoiding wetting between the toes.
- 4. Avoid walking barefoot even indoors:** If you walk barefoot, you increase the exposure of your feet to danger by unexpected injuries to the tips of your toes or walking on sharp objects.
- 5. Check your shoes:** Check your shoes before wearing them to make sure that there are no obstructions, such as a piece of glass, stones, or any small solid object inside your shoes.
- 6. Choosing the right shoes:** Choose the appropriate and comfortable size for the foot and provide good protection and ventilation, and a foot care specialist can be used to help choose the right shoes for your feet.

Remember that when there are wounds in the skin, you must sterilize and cover the affected area immediately with a sterile bandage and check it daily. Do not try to squeeze the bubble, if any. If you do not improve within a few days and notice signs such as (swelling, redness, or pain), you should see your doctor immediately.



Useful information you should know to prevent diabetic foot

- Cumulative glucose < 6.8%
- Blood pressure <120/80
- LDL cholesterol <100; HDL < 50
- Vitamin D <50 ng/ml
- Doing sports (maintaining weight).
- Feet care.
- Stop smoking.
- Wearing appropriate shoes.



Do I Have Foot Gangrene? Will I End Up on a Crutch?

Diabetes foot complications can be one of the biggest fears for people living with diabetes.

The good news is there is a lot that can be done for prevention to protect them from such complications and help them lead healthy and productive lives.



As doctors, we always like the word early examination. Early examination always avoids dealing with difficulties and complications later on. As it has been said, prevention is better than cure. How can I prevent myself from complications of diabetic foot in particular?

Diabetes is a disease that combines in its treatment many different specialties in medicine because it is a disease that transcends the physiological limits of one organ and crosses them to the various parts of the body, starting with blood sugar levels and then infiltrating the rest of the organs. When we talk about the diabetic foot, there are several organs or tissues affected in the foot by sugar, starting with the skin and connective tissues beneath it, reaching the muscles, and then blood vessels and peripheral nerves of various kinds.



Dr. Abdulla Ismaeel Mohamed

General Surgery Specialist with Special Interest in Wound Care and Diabetic Foot

Lecturer in Surgery Department in the College of Medicine and Medicinal Sciences in the Arabian Gulf University

Before the sugar penetrates the extremities, you can stop this attack in cooperation with an endocrinologist and diabetologist to control blood sugar levels and stop this attack on various organs, especially the feet. At the same time, you can do this with the help of a nutritionist by adopting a healthy diet suitable for diabetes. Furthermore, we should not forget the importance of stopping any type of smoking because it is the right arm of sugar in its attack on various organs, especially the limbs. To give up a bad habit like this, it is not only possible to get rid of it, but it must be replaced with a useful one. Is there anything better than sports for the general public and the diabetic in particular? (The idea is from the book *The Power of Habits* and is based on research).

Moreover, before diabetes leads you to a vascular or diabetic feet clinic, there is what is known as the early examination of diabetic feet, which takes about one minute only, and through which diabetic patients are classified in terms of their risk of any of the complications of the diabetic foot or foot ulcers, which may be superficial in the beginning, but with neglect and lack of appropriate treatment from the specialist may lead to amputation.

Here, it should be noted the pioneering project launched by **King Hamad Hospital**, led by a group of people interested in diabetes and diabetic feet, that challenged the COVID-19 pandemic and facilitated access to appropriate health care for diabetic feet by developing a program that enables diabetics to examine their feet by themselves at home or with the help of a relative, and compares them with several illustrations of different expected complications. By filling out the electronic form, the program classifies the patient's condition and directs him to the appropriate specialist for his condition.

What are you waiting for?

You can reach out to the electronic form through the link:
<http://ntb.boc.org.bh/ords/f?p=102:99:15612843206766:A::AAV:NO:RP:CODE>

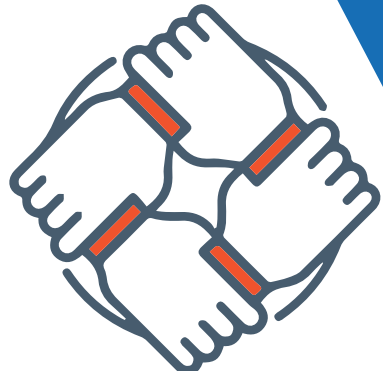
Or through:



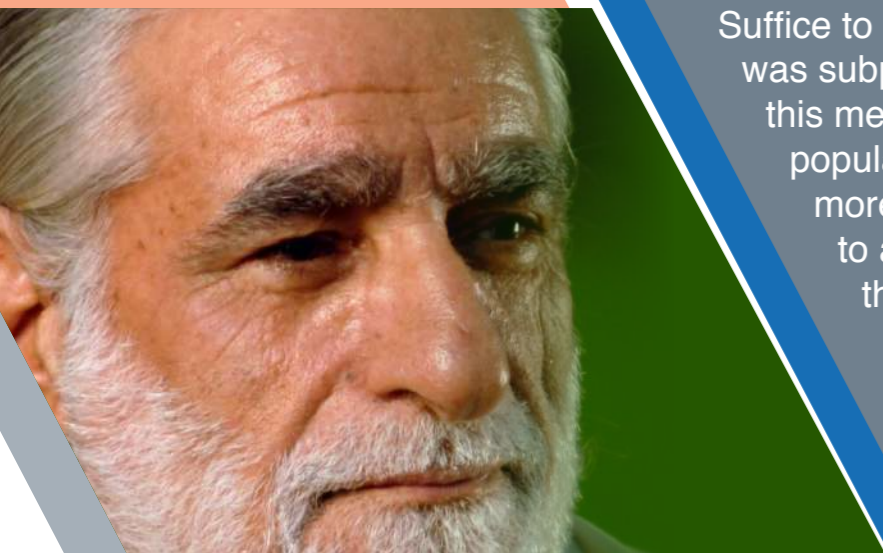
The Joy of Volunteering at Bahrain Diabetes Society

When I was asked to write this article, I had thought of prefacing it with a motivational phrase ubiquitously present in literature and beyond – one that perhaps emphasized the importance of taking action instead of simply promising it – in hopes of inspiring a passion for volunteer work. The plan didn't work as well as I'd hoped, the result was too dull to make an impression, if even a dent.

Then I remembered that I'm a storyteller: I relay most things through a string of anecdotes and oftentimes get carried away, but it is through my own experiences that I shall (ambitiously) attempt to capture the true value of volunteer work.




I was first acquainted with the Bahrain Diabetes Society in July 2008, after I had accompanied my good friend, the artist **Abbas Almosawi**, to a meeting with the society's board members. We had a lengthy discussion that day on how to organize an art workshop for children with type 1 diabetes mellitus. I must admit that at that time, what I knew about diabetes came from what I had read in magazines or watched on TV. Suffice to say, my knowledge on the subject was subpar, considering how prevalent this medical condition was among the population, so I was interested in learning more. The society was quite welcoming to anyone who wanted to educate themselves on diabetes, and so began my journey as a member of the society.



Haider Rafiey

Chairman of Membership Committee - Bahrain Diabetes Society



Upon joining, I noticed that the overwhelming majority of the members either had diabetes, lived with a person who had diabetes, or was a healthcare worker. I fit into none of those categories (back then at least), and so I wondered if my contributions would matter. At first I had offered my services as a photographer, tagging along to various events and health campaigns to snap pictures of the members, and maintaining a photographic archive for the society. Soon enough, I had been attending almost every function related to the society without fail, making sure I document each step the society and its members took towards achieving the goal of spreading awareness on diabetes. It was a busy schedule but I was more than happy to oblige – I had found a way to contribute to a beautiful cause. I'm also what you'd call a social person – I thoroughly enjoy meeting new people and experiencing new environments, so there was never a dull moment. The members, too, spared no effort in answering whatever questions I had that sprang to mind, staying true to their message of education is for everyone.

Over time, I became familiar with how to use the glucometer, how to measure blood sugar levels, healthy lifestyle choices and how to adhere to them. I was now capable of educating others on the subject (keep in mind, however, that learning never stops), and I could apply what I learned in real life settings. I also became increasingly involved with the society's work and the organizing process, eventually becoming a board member myself. It was a bigger responsibility, and I wasn't getting any younger, so again I wondered how far my contributions would go. And this was when I thought long and hard about what volunteer work meant to me – and it was also when I recognized what it meant to those around me. It wasn't about me and my contributions, it was about those I was trying to help with my contributions. It was about the members having faith in each other's work, and it was about the difference we made together on others and each other, no matter the magnitude.

It wasn't a huge revelation, and it wasn't anything new by any means, but it was a nice reminder of why I chose to do this. The spark in people's eyes when someone gives them the time of day to listen to their struggles with diabetes, or when someone genuinely accommodates them when they have questions, or when they realize that diabetes shouldn't stop them from trying new experiences, is more than enough for me.

The take-home message is simple: volunteer work is about being kind and trying your best to improve what you can, and maybe somewhere down the line, you'll find a new appreciation for what it means to you and to those around you.



Eng . Mohammed Saad Al-Sahli

Marital status: Married & Father of three Daughters

Position: General Manager of the Capital Municipality

My Life with Diabetes

Firstly, I would like to extend my sincere thanks to all those in charge of this publication and the Bahrain Diabetes Society for the invitation to participate in the magazine. Diabetes is one of the most common diseases in our Bahraini and Gulf society as a whole, but despite this spread, it remains one of the most challenging diseases to understand and deal with. This is due to several factors, including genetic and cultural. I aspire, by presenting some features of my experience with this disease, to clarify some of the ambiguities associated with it and to encourage newly diagnosed patients to look at it positively and optimistically, because, with the difficulties associated with it, there are many positives related to the continuous follow-up of the patient's health status and avoiding many other unrelated health risks.

My start

At the age of 19, I had some unusual symptoms, so I rushed to do a comprehensive medical examination, and I was diagnosed with diabetes. In the beginning, I was shocked, which made me feel upset because I was still a university student but, with time, getting used to it. I did not feel that having diabetes had restricted my life. I continued to achieve my ambitions and graduated from the university and obtained a master's degree, as I passed through different stages to reach a feeling of satisfaction and coexistence, which is an understanding of the nature of the disease, acceptance, and awareness based on knowledge of the specificity of my sick condition, then persistence in taking medicines and carry out the necessary examinations.

Continuous search

I used to search a lot from the limited learning resources available at the time, constantly learn about everything related to diabetes, and read everything that reached my hands. I was curious to know the medical details that lead to diabetes, which gave me the result information that allowed me to deal with my disease and avoid the causes properly that might worsen my condition, but it was curiosity that enabled me to pass this information on to others recently diagnosed and help them face life better.

Acceptance

It is never easy for a person to discover that he has diabetes, and he may sometimes feel tired, upset, and wish to escape from his new life. However, a mature dealing with the nature of his condition and the conviction that diabetes is not a disease, but rather a condition that needs to change lifestyle to reach the correct adaptation of the body in dealing with various foods, with some compromises, the patient will feel relaxed, more robust, and able to do what he wants and adapt to new healthy habits.

Doctor visit

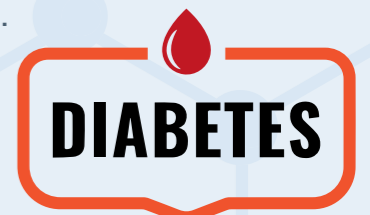
Through my experience with diabetes, I was sure that it becomes a natural thing if a person deals with it daily. Medicines become a habit, and exercise becomes part of the routine. Searching for foods with few or no carbohydrates becomes automatic, and searching on health websites about foods that reduce sugar in the blood is always an obsession, and then everything will be fine.



I have gained a level of awareness to deal with changes in my body, as a result of maintaining regular and regular visits to the specialized doctor every three months since the beginning of my diabetes, as it is a given in society that a person in the prime of his life enjoys good health. This disease made me maintain that I exercise regularly, pay attention to the quality of food, and see its contents in detail to choose the best for my health. Moreover, I can also deal with the psychological pressures resulting from life circumstances with the increase in the pace of work and preventing its impact on my health. It is essential to adhere to the medicines and treatments prescribed by the doctor specifically for each case, which comes in parallel with regular physical exercise and the organization of meals. Modern devices and technology have made it more accessible and easier to calculate the daily level of sugar.

Diabetes culture

The most important experience I came out with Diabetes is the person's knowledge of the nature of his condition. My experience with the disease made me review many things in various aspects of life, "Diabetes is a culture. Hence, we need a health educator to educate people about the importance of choosing food and dealing with feelings, which will help build a positive aura around the affected people and take their hands to revive their mental health and brighten their lives by making them more aware. With awareness, wellness will become our companion forever.



Bahrain Diabetes Society role in facing COVID-19

Vaccination of diabetes heroes against Covid-19 virus



The President of Bahrain Diabetes Society, His Excellency Lieutenant-General, Doctor Sheikh Mohammed bin Abdullah Al Khalifa, and some members of the Board received the COVID-19 vaccine



Activities of the Bahrain Diabetes Society Coinciding with the World Diabetes Day

Under the Slogan “Nurses Make the Difference”

Activity	Details	Platform
Virtual Marathon	<p>A virtual marathon was broadcast live on Zoom platform on Saturday, November 28, at 4:00 pm with the participation of nearly 160 participants from inside and outside the Kingdom of Bahrain.</p> <p>To watch the event recording: https://youtu.be/LB-38DEufcs</p>	Via Zoom App

The virtual community walk initiative online via Zoom with the Bahrain Diabetes Society and under the generous patronage of His Excellency Sheikh Mohammed bin Abdullah Al Khalifa, in cooperation with the Health Promotion Unit of the Bahrain Petroleum Company and the Ministry of Health.



Activities of the Bahrain Diabetes Society Coinciding with the World Diabetes Day

Under the Slogan “Nurses Make the Difference”

Activity	Details	Platform
Instagram Live interviews	Regular interviews on Instagram Live to discuss several topics about health services through which nurses contribute to the care of diabetes patients	Via Instagram Interviews by Dr. Kawthar Eid

Activity	Details	Sponsor
Video was produced to highlight nursing role in diabetes	<p>Video (1) in which diabetes nurses provide successive messages expressing their role in caring for diabetes patients while at work</p> <p>Video (2) in which children and adults with diabetes, present a rose to nurses with words of thanks expressing their appreciation for the role they play</p> <p>Video (3) Tips provided by nursing staff</p> <p>Video (4) Virtual Walking Summary</p>	<p>Novo Nordisk Company</p> <p>General Supervision Dr, Dalal Al-Rumaihi</p>



Activities of the Bahrain Diabetes Society Coinciding with the World Diabetes Day

Under the Slogan “Nurses Make the Difference”

Activity	Details	Sponsor
Lighting blue lights on the kingdom's buildings	Highlighting the importance of diabetes in the Kingdom of Bahrain	Many major buildings, institutions, and hotels



In conjunction with the celebration of World Diabetes Day under the slogan “Nurses make the difference”, the Cyclones team, in cooperation with the Bahrain Diabetes Society and the Health Promotion Unit at Bapco, organized a cycling event with the aim of spreading community awareness to prevent diabetes. T-shirts were distributed to the team.



Activities of the Bahrain Diabetes Society Coinciding with the World Diabetes Day

Under the Slogan “Nurses Make the Difference”

Activity	Details	Sponsor
Promoting lectures to introduce the importance of nursing role	It is attended online by nursing staff, doctors and health workers to make them aware of the importance of nursing role for diabetic patients	International Diabetes Federation

الرابط للمحاضرات:

<https://www.idfdiabeteschool.org/Short-Course/diabetes-educator/en>

The screenshot shows the IDF School of Diabetes website interface. The main heading is "The Role of Diabetes Educator" with 35459 views, 80 minutes duration, and English language. It features a 4.4-star rating and 1270 learners certified. The course objective is to help nurses and other health professionals support people with diabetes. Benefits for learners include evidence-based clinical recommendations, CME from the European Union of Medical Specialists (EUMS), and access to a global multidisciplinary community. The course duration is 80 minutes of self-paced learning. The assessment & award section states that completion earns the IDF "Certificate of Completion" and one European CME credit.

Launching the latest Medtronic pumps in the Gulf starting with the Kingdom of Bahrain

Under the generous patronage of His Excellency Lieutenant-General Dr. Shaikh Mohammed bin Abdullah Al Khalifa, Chairman of the Supreme Council of Health and President of Bahrain Diabetes Society, the Bahrain Diabetes Society held a ceremony to launch the latest insulin pump in the region, which was decided to launch in the Kingdom of Bahrain first, followed by launches later in other countries in the Arabian Gulf, and this is part of the activities of the Bahrain Diabetes Society to celebrate World Diabetes Day.

The importance of using modern technologies such as insulin pumps that continuously pump insulin with the ease of taking the necessary doses of carbohydrates and to correct high blood sugar with the feature of automatic stopping when falling and before landing to maintain regular rates for as long as possible. Moreover, the modern pump enables its users to use an application on mobile phones to see the information in the pump, such as the level of sugar and the amount of insulin used, as well as the new pump, allows for more than one person to monitor the level of sugar remotely through an application on mobile phones. For example, parents can use this technology to track the sugar level of their children who use the pumps while they are at school. The external shape of the pump was developed to increase the ease of access to information and data and to facilitate its use through clear screens that display the data in simple and colorful images. This modern pump is the closest that Medtronic has achieved to modern technology in its quest to reach an integrated “artificial pancreas” where the pump automatically deals with high and low sugar and sends alerts to the user and those who follow the user such as the doctor, nurse or guardian so that the user has partners to help him in controlling the blood sugar level. Diabetes and its control.

The event was attended by Her Excellency Dr. Maryam Al-Hajri, Assistant Undersecretary for Public Health and Vice President of Bahrain Diabetes Society, Dr. Juma Al-Jufairi, General Manager of Universal Medical Devices, Mr. Irfan Al-Lbabidi, from Medtronic Management, and Mr. Ghassan Nabulsi, Training and Marketing Officer at Medtronic, along with several members of the Bahrain Diabetes Society Board of Directors and a group of Consultants in the Kingdom of Bahrain.



The event of Abdul Rahman Kanoo School coinciding with the celebration of World Diabetes Day



Alwatan newspaper dedicates a full page to highlights the importance of diabetes during celebrations of world diabetes day in November 2020



Activity	Details	Sponsor
Bahrain Diabetes Society Annual Bulletin	Periodic bulletin containing awareness articles prepared by the Scientific Committee of the Bahrain Diabetes Society	AstraZeneca Company



Activities of the Bahrain Diabetes Society Coinciding with the World Diabetes Day

Under the Slogan "Nurses Make the Difference"

	Community Awareness Seminars	Date	Speakers	Topics	Collaborator
1	Diabetes and Healthy Lifestyles	November 9, 2020	Dr. Kawthar Eid Dr. Mariam Al-Junaidi	Healthy Lifestyles Obesity & Breast Cancer	Bahrain Diabetes Society Royal Hospital for Women and Children
2	Facts and Information about Diabetes	November 15, 2020	Dr. Dalal Alromaihi	General Information on Diabetes Prevention and the Foundations of Treatment	Sheikha Moza Comprehensive School for Girls
3	Information About Diabetes	November 18, 2020	Dr. Dalal Alromaihi Ms. Arij Al-Saad Ms. Lamis Al-Maqhawi	General Information About Diabetes Proper Nutrition for Diabetics Diabetes Foot Care and Prevention	Bahrain Red Crescent Society
4	Combating Diabetes and Reducing its Complications	November 19, 2020	Dr. Hassan Larayedh Dr. Abdulrahman Al-Ghraib Dr. Rabaa Al-Hajri	Diabetic Eye Complications and Care The Importance of Proper Sleep for Diabetics Prevention of Diabetes	Association of Private Health Institutions
5	Information about Diabetes	November 22, 2020	Dr. Rabaa Al-Hajri Dr. Asaad Al-Daftar	Important Tests for Diabetics Prevention of Diabetes	University of Bahrain
6	Facts and Information about Diabetes	November 23, 2020	Dr. Najat Shabib Ms. Fathia Rajab	Diabetes - Prevention and Treatment Nursing Care for Diabetics	Damistan Village Charity Association
7	Taking Care of Children with Diabetes in Schools	November 24, 2020	Dr. Haya Al-Khayyat Ms. Asma Al-Khan Nursing College Students	Taking Care of Diabetes Children at School The Impact of Diabetes on Mental Health The Role of the Mobile Diabetes Unit in Schools	Ministry of Education Defense Force Hospital Royal College of Surgeons of Ireland

	Community Awareness Seminars	Date	Speakers	Topics	Collaborator
8	Your Life Cycle and Diabetes	November 24, 2020	Dr. Dalal Alromaihi Ms. Arij Al-Saad Ms. Fatima Sultan Ms. Habiba Jassim Ms. Iman Al-Jahmi	Diabetes Definition & Prevention Health Nutrition Treatment for Diabetics Dealing with Hyper and Hypoglycemia Co-existence with Diabetes Diabetic Foot - Prevention and Examinations	King Hamad University Hospital
9	Facts and Information About Diabetes	November 24, 2020	Dr. Rabah Salman Dr. Sameh Rajab Dr. Gfran Jassim	Complications of Diabetes Prevention of Diabetic Ear Tests for Diabetics	Stanford Medical Center
10	General Information On Diabetes in Bahrain	November 25, 2020	Ms. Mona Al-Asfour Dr. Dalal Alromaihi	Diabetes in the Kingdom of Bahrain Diabetes - Prevention and Treatment	Babco - Al-Awali Hospital Health Promotion Department
11	Diabetes and Physical Activity	November 26, 2020	Dr. Naji Alameddine Dr. Amal Al-Ghanim Dr. Nour Janahi	The Importance of Sports for Diabetics Dealing with the Decline in Diabetics Preventing Diabetic Foot	Bahrain Sports Medicine Association
12	Seminar to Launch the Latest Medtronic Pumps in the Kingdom of Bahrain	November 29, 2020	Ms. Lina Riahi Professor Goran Petroski	Specifications of the Latest Medtronic Pumps Scientific Evidence on the Use of Insulin Pumps	Universal Medical Instruments Co.
13	Information and Facts about Diabetes	November 29, 2020	Dr. Rabaa Al-Hajri Ms. Fathia Rajab	Diabetes - Prevention and Treatment Nursing Homes for Diabetes Patients	AMA University
14	Diabetes and the Health of Senior Citizens	November 30, 2020	Dr. Rabaa Al-Hajri	Living with Diabetes	Kind Word Society
15	Diabetes Health Care	December 3, 2020	Dr. Kawthar Al-Eid Dr. Rabaa Al-Hajri	Tips for a Healthy ifestyle Living with Diabetes	Abdulrahman Kano Parent Club

Activities of the Bahrain Diabetes Society Coinciding with the World Diabetes Day

Under the Slogan “Nurses Make the Difference”

	Community Awareness Seminars	Date	Speakers	Topics	Collaborator
16	Diabetes Health Care	December 3, 2020	Dr. Rabaa Al-Hajri Ms. Arij Al-Saad Mr. Mahdi Ahmed	Diabetes - Prevention and Treatment Healthy Nutrition for Diabetics Role of Nursing in Prevention of Diabetic Foot	Alwany Association
17	Diabetes Prevention	December 8, 2020	Dr. Mariam Al-Hajri	Bahrain Diabetes Society's Role in Diabetes Prevention	Rotary Seef Bahrain Club
18	Living with Diabetes	December 8, 2020	Dr. Rabaa Al-Hajri	How to Organize your Life with Diabetes	Al Jazeera Cultural Center
19	Information about Diabetes	December 9, 2020	Dr. Rabaa Al-Hajri Dr. Nour Janahi	Living with Diabetes Prevention of Diabetic Foot	Bahrain Sports Medicine Association
	Seminars for Health Workers	Date	Speakers	Target Group	Collaborator
1	Nursing Role for Diabetes Patients Based on Medical Evidence	November 16, 2020	Dr. Khadija Al-Metrok	Nursing Crews	Royal College of Surgeons of Ireland
2	Workshop on the Latest Developments in Diabetes Treatment	November 16, 2020	Several Speakers in Family Medicine, Diabetes and Nutrition	Doctors Working at Central Diabetes Clinics	Ministry of Health - Primary Care Dr. Abeer Al-Sweir
3	Seminar on Nursing Role in Health Care for Diabetics	November 26, 2020	Dr. Dalal Alromaihi	King Hamad University Hospital Medical Staff	King Hamad University Hospital

The following are the links to awareness seminars for community members through the Bahrain Diabetes Society channel:

1. Diabetes and healthy lifestyles: Dr. Kawthar Eid and Dr. Mariam Al-Junaidi: <https://youtu.be/-tIVrR4oYIo>
2. Workshop for nursing role to care for diabetes based on medical evidence: Dr. Khadija Al-Metrok: <https://youtu.be/5cwvDzjEIC4>
3. Lecture to the public on a number of important topics for diabetics Dr. Hassan Larayedh- Dr. AbdulRahman Al-Ghraib- Dr. Rabaa Al Hajri: <https://youtu.be/TVUSAO27dEg>
4. Awareness seminar in cooperation with the Charity Association in Damistan: Dr. Najat Shabib and FathiaRajab: <https://youtu.be/bwzV-i94n7M>
5. Information and Facts Seminar on Diabetes: Dr. Rabah Salman, Dr. Sameh Rajab, Dr. Gfran Jassim: https://youtu.be/fCcZw-5N_Ec
6. Seminar with the Bahrain Society of Sports Medicine: Dr. Naji Alameddine, Dr. Amal Al Ghanim, Dr. Nour Janahi: <https://youtu.be/ADG1ELYzglA>
7. Seminar in collaboration with AbdulRahman Kano Club on Diabetes: Dr. Kawthar Eid and Dr. Rabaa Al Hajri: <https://youtu.be/oiTM-h3b9lo>
8. Lecture by Maryam Essam and Fatima Dhaif al-Banna on Diabetes: <https://youtu.be/yEx-pSaXqyM>

Collaboration with the Kind Word Society to Provide Insulin Pumps

A memorandum of understanding was signed between His Excellency Lieutenant-General Sheikh Mohammed bin Abdullah Al Khalifa, Chairman of the Supreme Council of Health and President of Bahrain Diabetes Society, with Mr. Hassan Mohammed Buhaza, President of the Good Word Society, on February 25, 2020, to collaborate in the field of charitable projects by launching the (Trahum) project to provide insulin pumps for children with diabetes. A media campaign was launched on different social media channels, through which two insulin pumps were provided and delivered to the children through a ceremony broadcasted via a virtual platform on September 22, 2020. The parents expressed their appreciation to the Bahrain Diabetes Society and the Good Word Society for this kind gesture that would improve the quality of life and the health of their diabetic children. This campaign has been running since February 2020 and everyone can contribute through the project's account by scanning the below QR code:



للمساهمة في المشروع
عبر خدمة بنفت بي



Glucose Sensors Donation

A donation has been received from a philanthropist to support children with diabetes for glucose sensors. One of the donors and his generous family members provided the cost of the sensors for six children. As the use of this technology to measure blood sugar facilitates tracking the level of sugar and improves the ability of the child and his family to control diabetes successfully. The sensors were delivered through a ceremony broadcast on a virtual platform on January 18, 2021.



The parents thanked the Bahrain Diabetes Society and the generous donor for this kind gesture that would improve the quality of life and the health of their diabetic children. This campaign is still in place for those who would like to donate the cost of glucose sensors as the annual cost per child is 600 Bahraini Dinars.

Online Diabetes Summer Camp

Under the kind patronage of Lieutenant-General Doctor Sheikh Mohammed bin Abdullah Al Khalifa, the “Diabetes Champions Summer Camp” was launched through the activities of the Shorouk Camp Committee and the Parents Committee. This activity aimed to enhance self-confidence in children with diabetes and to raise their awareness of the foundations of good diabetes control through education that is presented in a manner packed with play and amusement. The program was delivered via Zoom to 58 newly diagnosed children with type 1 diabetes who were diagnosed in 2020 and 2021. The educational sessions were conducted in two groups over three sessions. The content of the first session was learning the ways to inject insulin, while the second session focused on calculating carbohydrates and ways to properly deal with high and low blood sugar. The third session focused on positive thinking and included an expressive story by writer Nada Al Fardan, a story writer and mother of a child with diabetes who passed a meaningful message through a story that urges diabetes champions to achieve all their dreams. The programs included competitions, games, and entertainment. The fourth session was devoted to parents, where successful experiences of living with diabetes were presented. The program was prepared under the leadership of Dr. Samia Al-Qattan and the supervision of Dr. Maryam Al-Hajri. A financial donation was obtained from a philanthropist to support gifts for children, and financial support was obtained from Novonordisk, and Al-Anwar stores. A survey was directed to evaluate the effect of the camp on the participants and found that 80% of the participating children did not manage to meet other children with diabetes prior to the camp. Furthermore, the children’s self-confidence and acceptance of diabetes increased after participating in the program. Expressions of thanks and appreciation continued from parents who encouraged the continuation of these programs that enhance children’s confidence and enable them to lead successful and healthy lives with diabetes.

Working team: Dr. Maryam Al-Hajri, Dr. Samia Al-Qattan, Dr. Najwa Abdullah, Dr. Dalal Alromaihi, Dr. Kawthar Al Eid, Mr. Sami Al-Emadi, Dr. Jassim Al-Mohannadi, Dr. Rabaa Al-Hajri, Ms. Fathia Ragab, Ms. Ruqayya Ibrahim, Ms. Lamis Al-Maqhawi, Mr. Mahdi Ahmed, Ms. Eman El-Jahmi, Ms. Areej Al-Saad, Mr. Adnan Al-Tubalani, Ms. Sarah Zainal, Mr. Riyadh Abdullah



Ramadan Celebration 2021

The Bahrain Diabetes Society, in cooperation with the Bahrain Petroleum Company “Bapco”, held a “Gergaoun Night” party for children with diabetes, remotely via the Zoom platform, under the patronage of the President of the Supreme Council of Health and Chairman of the Board of Directors of the Bahrain Diabetes Society, Lieutenant-General Doctor Sheikh Mohammed bin Abdullah Al Khalifa. Sheikh Mohammed bin Abdullah indicated that in terms of social responsibility and partnership, society thanks the Bahrain Petroleum Company “Bapco” for its permanent support and cooperation with society, and for the great works and humanitarian and charitable services it provides, which aim to raise health awareness and promote public health and contribute significantly to the service and care of diabetic patients.

He explained that this annual event comes from the basis of the goals and visions of the Bahrain Diabetes Society, pointing out that the society has adopted many distinguished humanitarian initiatives to provide moral and social support to children with diabetes so that they can control and coexist safely with the disease, such as the Shorouk Camp, the summer activity, and the mobile unit for diabetes awareness raising, and the initiative to support children and their parents.

Sheikh Mohammed bin Abdullah thanked the Bahrain Petroleum Company “Bapco”, its president and officials, all the participants in this ceremony, and the organizing committee.

On the other hand, Mr. Nawaf Al-Ghanim gave a speech on behalf of Bapco, in which he thanked the Bahrain Diabetes Society for its great and humanitarian services provided to diabetic patients in general and diabetic children in particular. He stressed on the company’s commitment to supporting the Society within the framework of community partnership and the company’s efforts to consolidate the concept of community partnership and efforts to support health initiatives that are in the interest of the Bahraini family and achieve disease prevention, health and safety for individuals.

The ceremony included a full program full of surprises and fun, through a competition for the most beautiful costume, drawing, and the prey activity, in addition to entertaining competitions and presenting gifts to the participating children.



Lake of Distinguished Pilots Story

With: **Nada Ahmed Fardan**



Honoring the Diabetes Champions of the Second Forum:

Click on the link to see the video:

https://www.instagram.com/tv/CVQx4aOMzI2/?utm_medium=share_sheet



Bahrain Obesity Briefing Book

The briefing book "Obesity in the Kingdom of Bahrain" was launched, which was prepared in Arabic and English by a group of obesity and health experts in the Kingdom of Bahrain from all government hospitals represented in Salmaniya Medical Complex, Bahrain Defense Force Hospital, and King Hamad University Hospital in cooperation with the University of Bahrain, the Arab Gulf University and the Royal College For surgeons in Ireland through a kind invitation from the Bahrain Diabetes Society and the Supreme Council of Health. The book, which was prepared in a simplified scientific style, includes the latest national statistics on the reality of obesity in Bahrain with a presentation of the challenges that must be overcome to address the steady increase in obesity in children and adults. Also, highlights the available national programs and health services provided by the Kingdom of Bahrain to obese patients. Moreover, it aims to raise the importance of obesity as a health priority for all decision-makers from various governmental and non-governmental agencies and civil society institutions. Addressing obesity will not be possible without concerted efforts, to ensure the safety of individuals, society, and the national economy. The book was officially launched in March 2021 through a virtual ceremony under the generous patronage of His Excellency Lieutenant-General Doctor Sheikh Mohammed bin Abdullah Al Khalifa, in the presence of the Ambassador of Denmark to Saudi Arabia, Kuwait, Bahrain, Oman, and Yemen, Mr. Ole Mosemy and Dr. Akin Aksekeli, General Manager and Vice President of Novonordisk, the sponsor of the book, coincides with the World Obesity Day. It is available as a free electronic copy on the Bahrain Diabetes Association website.



The Bahrain Obesity Academy

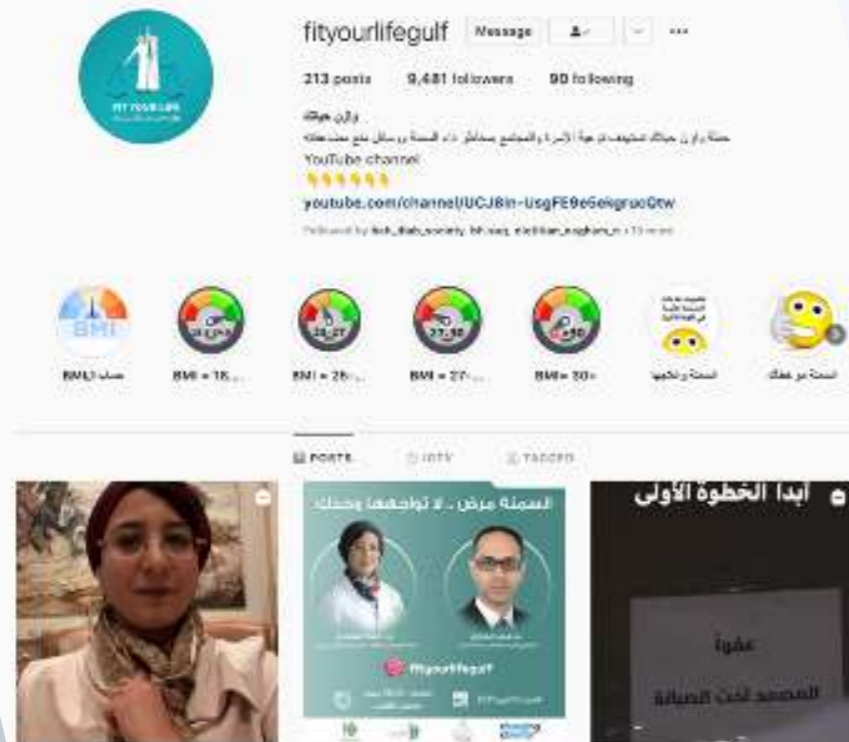
"Bahrain Obesity Academy" was launched under the kind patronage of His Excellency Lieutenant-General Doctor Sheikh Mohammed bin Abdullah Al Khalifa, Chairman of the Supreme Council of Health and President of Bahrain Diabetes Society that strives to improve awareness of healthcare providers about the latest updates in the prevention, diagnosis, and treatment of obesity in the Kingdom of Bahrain. This will create a medical environment conducive to providing the health support and services needed by overweight and obese sufferers. The first phase of the program is represented by the Obesity Academy conference in September 2021, which was held as a conference that includes the personal and virtual attendance of speakers and attendees, during which you will pass valuable lectures over 14 accredited training hours given by experts in obesity sciences from the Kingdom of Bahrain, Kuwait, Oman, Saudi Arabia, UK and the United States of America. After that, participants in the Obesity Academy will move to the second phase of the program, which includes attending online courses to enhance their knowledge of everything related to obesity through SCOPE courses accredited by the International Obesity Federation. The trainees will then move to the third phase of the program, which is organized as specialized obesity clinics at King Hamad University Hospital, through which participants will be introduced to the best ways to evaluate obese patients and effective methods to help them overcome obstacles that prevent them from reaching a healthy weight through stimulating communication methods that move away from negativity or stigma. After the completion of the three stages, the evaluation of the participants will be followed by obtaining a certificate of completion of this comprehensive course. It is worth mentioning that the Bahrain Obesity Academy conference is considered the first medical conference to be held with personal attendance after the COVID pandemic, and all health precautions were taken in conjunction with the instructions of the traffic light, taking care to attend a specific number of speakers and attend in person, while the conference was transferred via video communication platforms to more 125 participants from inside and outside the Kingdom of Bahrain.



Fit Your Life Campaign

The Bahrain Diabetes Society participated in an electronic awareness campaign directed to all community categories that aim to raise the awareness of obesity hazards and ways to prevent, treat it easily and interestingly for all. Moreover, Fit your life campaign continues on Instagram, and several members of the Board of Directors of the Bahrain Diabetes Society contributed to the preparation of the awareness videos, including Dr. Rabaa Al-Hajri, Dr. Kawthar Al-Eid, and Dr. Dalal Alromaihi. Now, you can take advantage of the awareness materials through the account of the campaign on Instagram

 [@fityourlifegulf](https://www.instagram.com/fityourlifegulf)



Truth about Obesity Website

The Bahrain Diabetes Society participated with a website launched by Novo Nordisk Company to spread knowledge about scientific facts related to obesity. The content was reviewed by members of the Board of Directors of the Bahrain Diabetes Society, including Dr. Dalal Alromaihi, Dr. Rabaa Al-Hajri, and Dr. Kawthar Al-Eid. You can benefit from awareness materials and calculate body mass through the website

<https://www.truthaboutweight.global/bh/ar.html>



The participation of the Bahrain Diabetes Society in the awareness lecture on the sidelines of

the Diabetes and Obesity Conference February 2020



Introducing the Bahrain Diabetes Society in Live Instagram "National Bank of Bahrain" May 2020



GCC DIABETES ACADEMY



Tuesday 9th March 2021
20:00 - 21:45 Saudi time

SHAPING THE FUTURE OF CARDIORENAL METABOLIC PATIENT MANAGEMENT

CLICK HERE TO JOIN THE MEETING



Prof. Stefano Del Prato
President of EASD
Professor of Endocrinology and Metabolism
at the School of Medicine,
University of Pisa,
Chief of the Section of Diabetes
University Hospital of Pisa, Italy



Dr. Fatheya Al Awadi
MSC Diabetes and Endocrine,
FRCP, FACE, ECNU
President of Emirates Diabetes Society
Consultant Endocrinologist
Head of Endocrine Department
Dubai Hospital



Dr. Dalal Alromaihi
Consultant Endocrinologist
King Hamad University Hospital
Board member of Bahrain
Diabetes Society
BDS Scientific Committee Chair



DIABETES

THERE ARE ORGANS BEING AFFECTED THAT WE DO NOT SEE

#BEYONDSUGAR

DID YOU KNOW THAT DIABETES AFFECTS YOUR HEART AND KIDNEYS? TALK TO YOUR PHYSICIAN TO FIND OUT HOW TO LOOK AFTER THEM.

TAKE CARE OF YOUR HEART

These lifestyle changes can help lower your risk for heart disease as well as help you manage diabetes:²



Follow a Healthy Diet

- Eat more fresh fruits and vegetables, lean protein, and whole grains.¹
- Avoid eating fats.¹



Be Active

Being physically active makes your body more sensitive to insulin, which helps manage your diabetes.¹



Try to Keep Your Blood Pressure

below 140/90 mmHg



Stop Smoking

or do not start it.¹



Aim for a Healthy Weight

- If you are overweight, losing even a modest amount of weight can lower your triglycerides and blood sugar.¹



Get Regular Hemoglobin A_{1c} Tests

- to measure your average blood sugar over 2 to 3 months.¹



Manage Stress

Stress can raise your blood pressure.¹

Talk to your physician in all cases, who can help you find the right diabetes treatment plan for you and your lifestyle

*A hemoglobin A_{1c} test measures the average level of blood sugar over the past three months, a normal hemoglobin A_{1c} level is below 5.7%, a level of 5.7% to 6.4% indicates prediabetes, and a level of 6.5% or more indicates diabetes.^{2,3}

References:

1. Centers for Disease Control and Prevention. (2020). *Diabetes and Your Heart*. [online] Available at: <https://www.cdc.gov/diabetes/library/features/diabetes-and-heart.html> [Accessed 18 March 2021].
2. Centers for Disease Control and Prevention. (2018). *All About Your A1C*. [online] Available at: <https://www.cdc.gov/diabetes/managing/managing-blood-sugar/a1c.html> [Accessed 18 March 2021].

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