



Webinar: Living with different types of diabetes

June 21, 2019

SPEAKERS



Johanah Co
YLD member
Philippines



**Michael
Donohoe**
BCV member
USA



**Osarenkhoe
Ethel Chima-
Nwogwugwu**
BCV member
Nigeria



**Verónica Emilia
Tapia**
BCV member
Ecuador

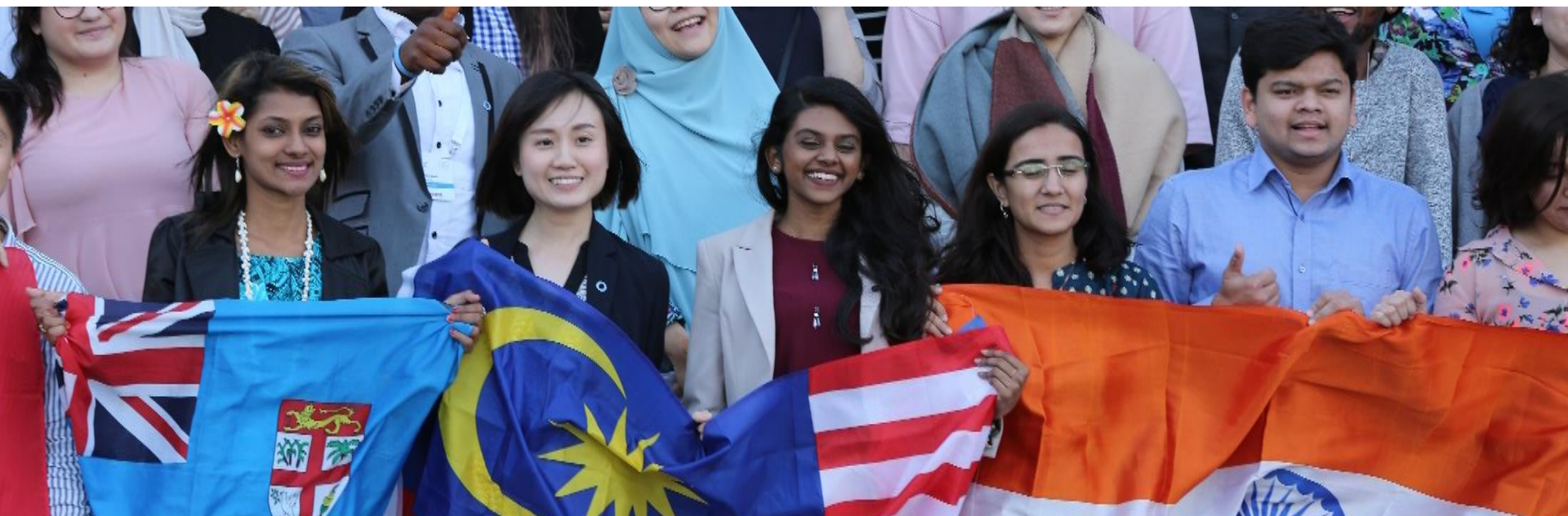


Sigurjón Lýðsson
BCV member
Iceland

Structure of the webinar

1. Living with **type 1 diabetes** – *Johanah Co*
2. Living with **type 2 diabetes** – *Michael Donohoe*
3. Living with **Gestational diabetes** – *Osarenkhoe Ethel Chima-Nwogwugwu*
4. Living with a **less common type of diabetes** – *Verónica Emilia Tapia*
5. **Caring for someone living with diabetes** – *Sigurjón Lýðsson*

Q&A session at the end



1. Living with type 1 diabetes

Johanah Co (Philippines)

- Business Development Officer
- Why the YLD Programme?
 - Network
 - Experience & exposure
 - Give back
- Individual Project:
 - **Project SEA:** support group, education and awareness



My diagnosis

- 2001 – **13 years old**
- Diagnosed due to **extreme fatigue.**
- Symptoms:
 - Blurred vision
 - Sudden weight loss
 - Constant urination
- Feelings:



- **Zero knowledge about diabetes!**

The impact of my diagnosis

○ SUPPORT SYSTEM



My life with diabetes



ADAPT



Counseling
Services

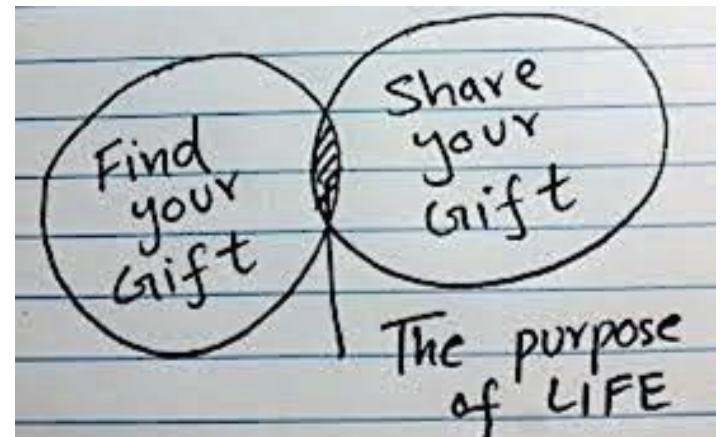


NEW HABITS & TIPS



The default setting is

Open

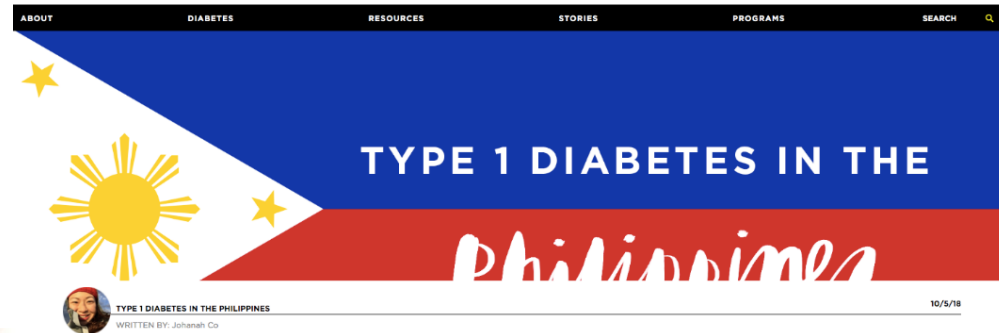


Moving Forward

- Future Projects:
 - Writing
 - Distributing T1DM kits
 - Supporting people living with diabetes



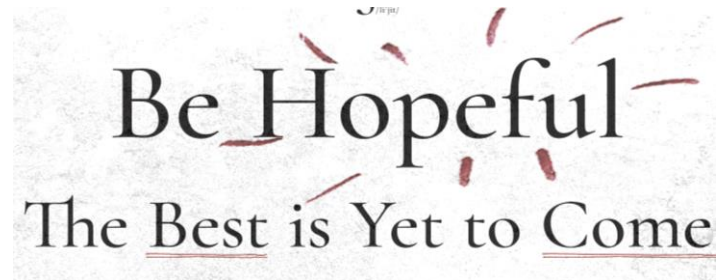
beyond Type 1



- How do I see type 1 diabetes?

MANAGEABLE

Contact: jco.managingdiabetes@gmail.com



Be Hopeful
The Best is Yet to Come

- The future is...ours, to be created.



1. Living with type 2 diabetes

Michael Donohoe (USA)



- **Marketing Project Manager & Digital Producer**
- Over the last several years, after I developed my **complications**, I felt committed to **sharing my story** to help others avoid the same challenges.
- I have always liked sharing IDF's materials with others. Then I became a Lion, and learned of the partnership with the IDF. When the **opportunity with the BCV** became available, I decided this was a great avenue in sharing my story.
- At this point, I am focusing primarily on **advocacy and awareness**. I hope to earn a certification from the AADE as a paraprofessional in the next year so I can extend into educational opportunities with credentials.

My diagnosis

- I was diagnosed **by surprise**.
- I was about to get married when I went in for a physical. I also learned about my **heart condition** through the same physical. What was strange was my mother was diagnosed with Type 2 diabetes only four months before.
- 1996 – **28 years old**
- **Diabetes runs throughout my family**. My dad passed in 2006 from diabetes caused kidney failure. I just knew the family curse was upon me.
- I knew more than most as diabetes was a constant reminder in my family. Many family members were living with or had passed away from **Type 2 diabetes**. There were even several cases of **Type 1 diabetes** on both sides of the family.



The impact of my diagnosis

- **It was hard**, I made changes and back slid many times.
- I deal with retinopathy, neuropathy, cardiovascular disease and possible kidney issues. All avoidable. Knowing how deep the hereditary effect was has been **stressful in managing** day in and out.
- I have a **strong healthcare support team**. They know me and they talk to me directly.
- Having worked in pharmaceutical marketing for years, and serving as a digital producer on many healthcare professional programs, my **working knowledge is very high**.
- I also have great family support and through my advocacy efforts, I am building relationships with others whom deal with diabetes.



My life with diabetes

- It has been hard, since **I deal with other comorbid conditions**. The simplest way though, is to focus on **the triad of diabetes management**...exercise, low carb diet and compliance to my healthcare needs.
- My **new habits**...
 - Little to no processed foods
 - Exercise as much as I can with 30 minutes a day walking as a must, which I still have not bought into
 - Trying to stay away from white pasta is the worst for me
- **Tips?**
 - The biggest is attitude. I see it often on social media the most, where everyone is very negative. **This is my life, and it includes diabetes.**
 - Also, **sharing with others** helps me more than anything else.



Moving forward

- Creating a sample **Diabetes Awareness Week Program** in my own county for 2019
- **Developing a program with the Lions** to make this successful.
- I hope that I will be able to **replicate this** in many areas for 2020. Also, expand **my company, A1C Wellness** to provide programs in advocacy, awareness and education, as well as becoming recognized as a speaker and writer on this subject
- **Diabetes is my reality**, so I prefer to live it as it is my personal norm. Some days are a battle and more so with the mind, but either I choose to fight it or just cast it to the side
- I would like to continue to **speak and write more often**, as well as **develop marketing programs for other diabetes groups**, primarily through digital means...
 - Maybe create the best diabetes Apple and Android app ever!



THANK YOU

Contact: . michael.donohoe@a1cwellness.com

3. My history with gestational diabetes

Osarenkhoe E. Chima-
Nwogwugwu (Nigeria)

- Humanitarian, entrepreneur
- Help my community, improve my advocacy skills
- Face of diabetes
- Member of Diabetes Association of Nigeria (DAN)
- Advocate on social media
- Supporter of different NGOs
- Wellness activist



My diagnosis

- Pregnant with my 2nd daughter
- Routine hospital check-up: traces or high level protein and **glucose in my urine**
 - So doctors conducted an additional blood test
- 2001 – **33 years old**
- I was inquisitive about what was happening
- But I was feeling relaxed
- At that time, I cared for my late parents, who both lived with diabetes
- I already **had some knowledge about diabetes**



The impact of my diagnosis



- Gestational diabetes (GDM) was **challenging**:
 - Hospitalisation
 - Sudden diet change
- But I was **open-minded and positive** about this change in my life
- **Lucky to have had support** from:
 - My husband
 - My healthcare providers
 - My children
 - My friends

My life with diabetes

- After the birth of our 3rd daughter: diagnosis with **type 2 diabetes**, I had my 4th and 5th daughters with type 2 diabetes
- I lost my mother to type 2 diabetes > I decided to **become a diabetes advocate**
- I adopted a **healthy diet**
- I encouraged my loved ones to join me on my everyday walks to promote regular **physical activity** and raise awareness about diabetes – I am the face of diabetes



My personal advice:

- If you can, breastfeed your babies exclusively for 6 months: **immunity boost.**
- **Stay positive** about diabetes: I had my babies without complications,
- “When life gives you lemons, make lemonade”: I distribute medical care items
- **Educate your loved ones:** every member of my family knows how to respond to a hypo and to use a glucometer

Moving forward

- I hope to **sponsor a bill for diabetes** in both Lagos State and in our the Nigerian national assembly.
- With a registered NGO, I can **raise awareness about GDM**, advocate for our rights, and help prevent diabetes-related complications.
- Educational talks in schools can help empower young people to launch awareness campaign and help them to **fight stigmatisation and discrimination**
- I believe that it is essential to **join our efforts with all key diabetes stakeholders** to make a real change: NGOs, people with diabetes, carers, healthcare providers, etc. Together we can **win global high level political support** for Universal Health Coverage.
- I am living with diabetes and I will continue to fight to understand how to **control my glucose levels** and how to **prevent severe complications** – I have mild neuropathy.
- I believe that **campaigning for healthy lifestyles** can make a change for our children to live in a world with less people with GDM, and with less people with all types of diabetes.





THANK YOU

Osassy, my 2nd daughter
(17 years and 8 months old)

4. Living with LADA

Verónica Emilia Tapia (Ecuador)

- Architect
- I needed to know that we exist
- Diabetes boot camp 2018

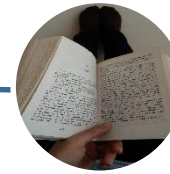


My diagnosis

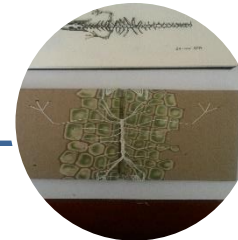
- **Symptoms:** thirst, headaches, etc.
- **2006 – 26 years old**



My life with diabetes



Read



Made books



Raised a puppy



Started a
master's



Knitted

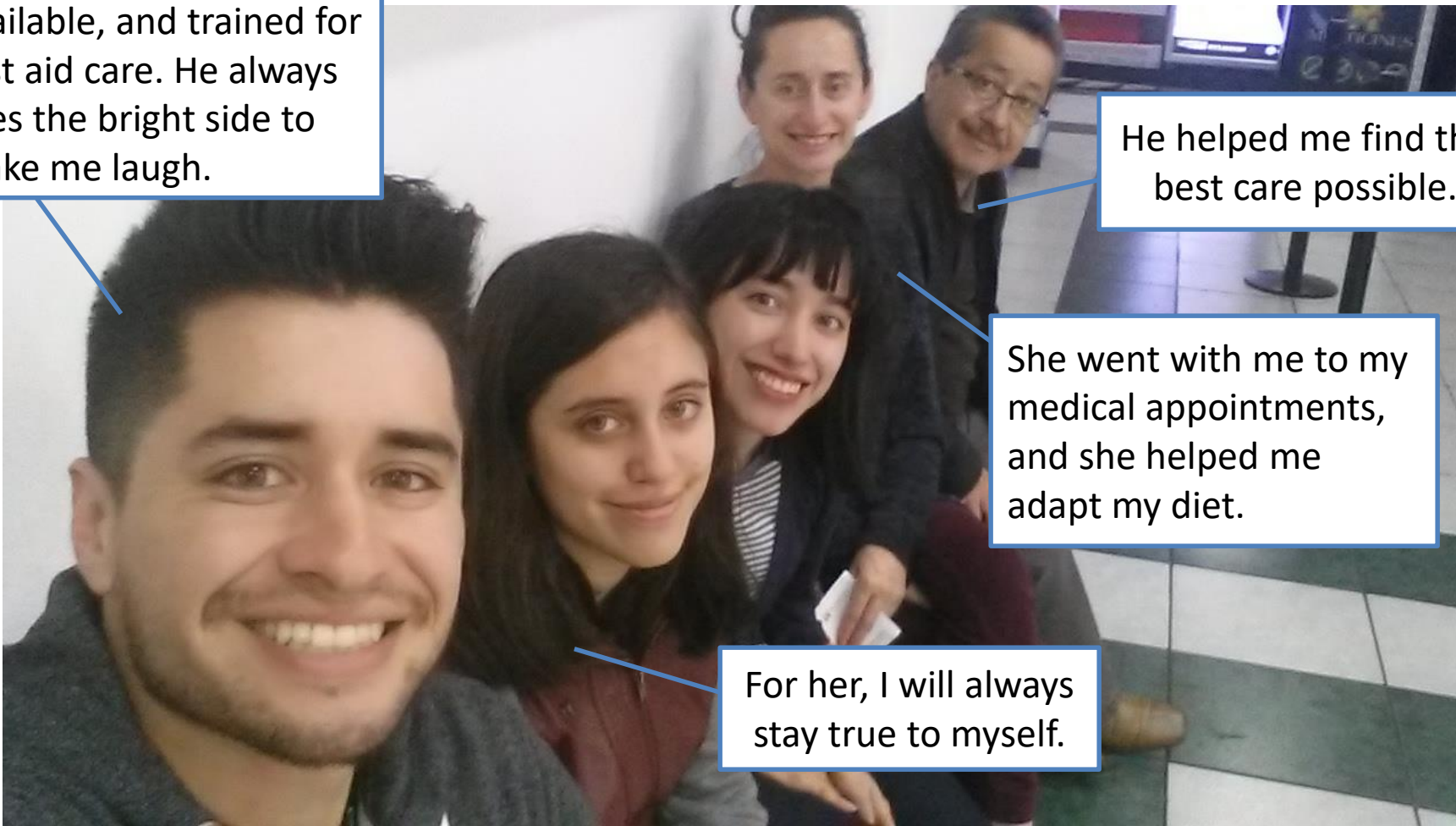
The impact of my diagnosis

He read all the literature available, and trained for first aid care. He always sees the bright side to make me laugh.

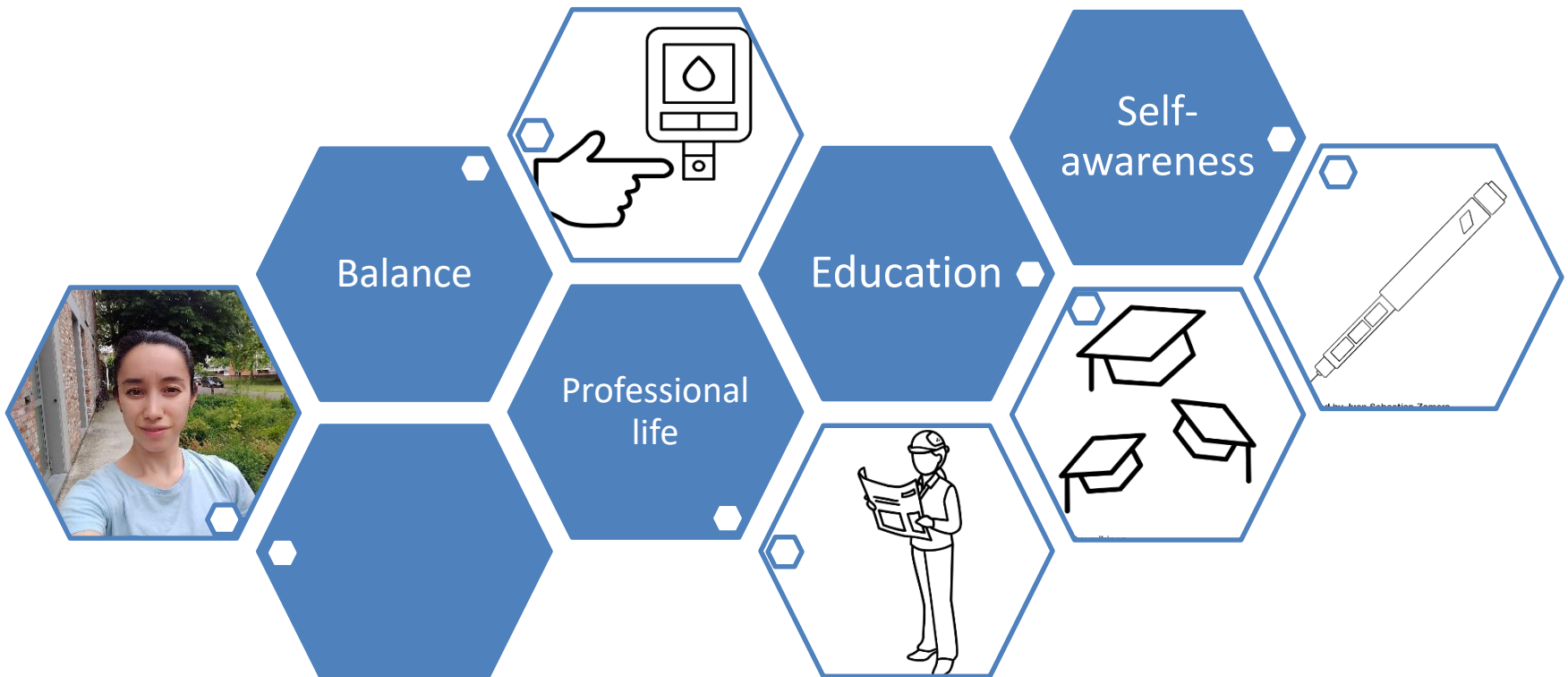
He helped me find the best care possible.

She went with me to my medical appointments, and she helped me adapt my diet.

For her, I will always stay true to myself.



Moving forward



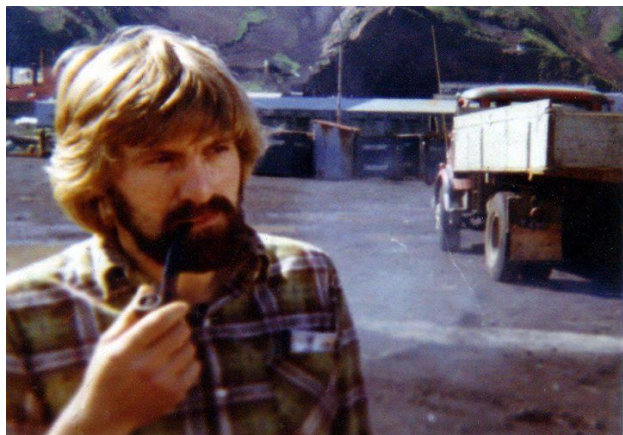


5. Caring for someone living with diabetes

Sigurjón Lýðsson (Iceland)



The early years



Diagnosis

My dad started to get the typical symptoms of type 1 late in his 29th year. What saved his life was a doctor who was present as a substitute knew that symptoms from his residential year only couple of months prior.

When he got the hang of measurements and injections he was released from hospital and told to get a job on the mainland. He refused, got his chef on the ship to handle his syringes and kept on fishing as a captain.

From the start to the end he was a captain in the fullest sense of that. He managed his condition his way. He was always in charge.

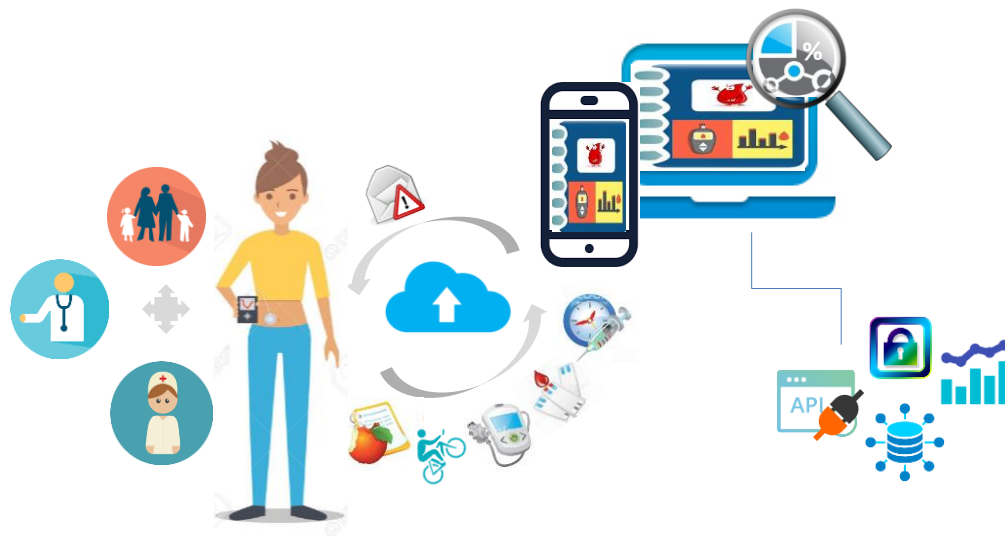
Importance of follow up's

Therapy advances

My dad was a loner and as mentioned a captain. He lived his life like he wanted to.

In one chapter of his life he did not meet any endocrinologist. In total of 11 years! This is between 1993 and 2004. At that time, new insulin types had emerged.

Newly appointed endocrinologist decided to research his condition more only to find out he had Addison disease among other things.



Why important ?

- ✓ **New technologies emerge every month**
- ✓ **New endocrinologists with new treatments and interest**
- ✓ **New medicine**

CANCER and diabetes

- 2010: my dad is diagnosed with cancer
 - Was there for his first appointment
- Medication amongst steroids
 - Causes hyperglycemia
- Tools lacking
 - Insulin pens are static
 - Glucometers are too complicated and cumbersome



Last few MONTHS



- Cancer treatment faulty
 - Radiation to brain damages
 - Affected memory
 - Balance
- Dementia and diabetes
 - Do not work well
- Last injection
 - The captain was no more

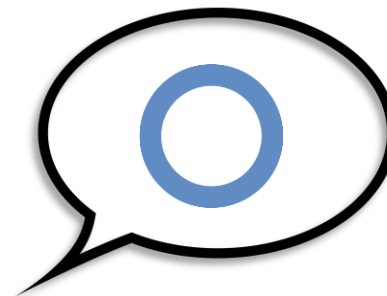
Thank you !

Contact: Sigurjon Lydsson
Email: sigurjon@medilync.com

QUESTIONS?

- Was something *unclear*?
- Did you not *understand* the purpose of this webinar?
- Are you not sure *what to do* next?

Ask away! All questions are welcome!



THANK YOU!

- **YLD Trainees 2019:** one final step to complete now: respond to the **feedback questionnaire** you will receive via email! You have **two weeks to complete it.**
- If you are watching the recording and have any questions, please contact us at: advocacy@idf.org

