

# CDIC INDIA NEWSLETTER



Issue 20, - February 2019

## Spoorthy G R

with HE Syed Akbaruddin  
permanent Representative of  
India to the United Nation



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### Editorial Committee:

Prof. P. Raghupathy, Dr. Guruprasad Thimmaiah, Dr. Shuchy Chugh, P. Dinakaran, Sandhya Madhvapathi Rao



OUT REACH DASHBOARD	No. of children	No. of hcps trained	No. of children camps
	3952	7035	650

## Editorial desk



**Dear Colleagues,**

Wishing you and your family a very happy new year 2019!

It gives me immense satisfaction when I see our CDiC children with type 1 diabetes growing up and having an improved quality of life, measured in terms of reduction of HbA1c and acute complications.

To ensure that all our children with type 1 diabetes succeed in their endeavour of life, we need to focus on advocacy along with strengthening scientific data. The data from this large population and our joint efforts on utilizing this information will go a long way in improving our understanding of type 1 diabetes and creating a standard line of treatment.

As always I look forward to hearing from you, your invaluable ideas and thoughts, and I once again thank you for your passion and commitment.

**With regards,  
Prof. P. Raghupathy  
Chairperson, CDiC**



**Dear Colleagues,**

The Changing Diabetes in Children programme is creating a huge impact on the future of children with type 1 diabetes. It is our responsibility to create advocacy and awareness, collate our learnings and work for sustainability, so that the benefit of the program reaches to many more children. The journey to sensitize the health authorities and government to the burden and complexity of type 1 diabetes is not going to be simple, but I urge all of you to work towards this direction.

Also, I would like you to Join IMPACT India campaign run by Novo Nordisk Education Foundation to thank Insulin for having saved so many lives of children with type1 diabetes in India as we are going to complete 100 years of discovery of insulin in 2022. We are sure this campaign will go a long way to further bring a positive change to the lives of children with type1 diabetes in India and across the globe.

**With best wishes,  
Prof. Ashok Kumar Das**



**Dear Friends,**

As you all know, CDiC is very close to our hearts and we are committed to the cause. I firmly believe that to help more children we need to collectively work for advocacy and support from the government. This requires all of us to continuously work together for the benefit of children with type 1 diabetes.

As we move into 2019, I would like to wish you, your families and every one working towards the cause a very happy and prosperous new year.

Thanks a lot for your commitment and passion.

With best wishes and season's greetings

**Melvin D'souza  
Managing Trustee, NNEF  
CVP and GM, Novo Nordisk India Pvt Ltd**

Special thanks to Dr Shrikantha for his vision and effort to make arrangements for travel and stay of Ms Spoorthy Renukamurthy to UN after winning third prize at Global Art Contest award.



## Looking back - 2018

CDiC is a unique programme with a vision to improve access to diabetes care for children with type 1 diabetes coming from socioeconomic families. Over the last eight years since its launch, the programme has been providing comprehensive care to over 4,000 children.

In the last year, along with providing comprehensive care we reiterated our commitment to awareness and advocacy for better treatment and long term sustainability.

**The following activities were undertaken as part of the programme:**

### Awareness

1. CDiC extended to three more states – Jammu & Kashmir, Punjab and Rajasthan
  2. >40 camps run, reaching around 3000 children
  3. Awareness and education through more than 10 social media messages and videos
- Video of journey of CDiC released on World Health Day
  - Special video to create awareness about type 1 diabetes featuring changing diabetes® ambassador Anil Kumble and a message to include type 1 diabetes in disability act. Video was created both in English and Hindi for International Parents Day
  - Video on exercise and type 1 diabetes released on Sports Day.



You can see the video by scanning the QR code

## Anil Kumble spreads awareness about type 1 diabetes



Scan the QR Code to see the video.

## Exercising while travelling



Scan the QR Code to see the video.



# changing diabetes® in children

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## Advocacy

1. A run to showcase that insulin is essential for survival was organized 27 July at Bangalore and on 14 October at ISPAD in Hyderabad.
2. Team Novo Nordisk ambassador Brais Dacal visited four CDiC clinics to inspire, educate and empower the children at Hyderabad on 13 October.
3. More than 30 CDiC children participated in the UN-organized NCD Child Global Art Contest. Out of these, a video by Spoorthy, a CDiC child from Bangalore titled "Children with diabetes – future stars" won the third prize. Spoorthy was invited to the UN to receive her prize.

## Treatment

- Comprehensive care continues for all the enrolled CDiC children and insulin for young adult group between 18- 22 years
- 10th Advisory Board was conducted at Bangalore with a vision to consolidate the learning from this program and take this experience to medical fraternity for the benefit of the children with Type 1 diabetes.
- Huge participation at ISPAD 2018 to create a loud voice for better treatment for children with type 1 diabetes

Thanks to each one of you for your support and commitment!



You can see the video by scanning the QR code

## Future Star



Scan the QR Code to see the video.

## ISPAD Cycling



Scan the QR Code to see the video.



## ISPAD 2018

ISPAD is the only international society focusing on all types of diabetes among people aged 25 and below. In 2018, for the first time, the ISPAD conference happened in India (11-14 October). Around 1100 doctors and educators from all over the world participated in the event.

Being a conference about diabetes in young people, CDiC had a strong presence. It was gratifying to see CDiC's landmark contributions being acknowledged by all speakers at the Plenary Session. The inaugural function featured a wonderful dance performed by Sarda CDiC center children.

CDiC also conducted a symposium titled "A hope for tomorrow". Ulrik Uldall Nielsen, Dr KM Prasanna Kumar, Dr Banshi Saboo, Dr AK Das and Dr P V Rao were the presenters at this symposium

which was attended by more than 125 doctors. The diabetes registry maintained by the scientific committee of the CDiC programme was presented to the attending doctors who appreciated the efforts to methodically codify data with a view to improving treatment.

Diabetes Education Specialist Dr Shuchy Chugh's talk on "Teaching the Illiterate" showcased the best practices followed for diabetes education within the CDiC programme.

Team Novo Nordisk ambassador Brais Dacal visited four CDiC clinics as part of the ISPAD congress. Brais Dacal and team reached Osmania OPD at 8 AM in the morning and from there they visited Tapadia center at RTC cross road, followed by Gandhi Hospital, ending at DRS. In all, the team met over 120 children.

Dr A.K Das at CDiC symposium



Dr Banshi Saboo at CDiC symposium



Brais with children at DRS center



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On the last day of the congress, a 5k Run was organized. This was a unique event because along with two professionally-trained T1D athletes, more than 110 children from different CDiC centres participated. Along with them were T1D family members, doctors and educators, all united in one cause. Brais Dacal was in attendance, though on his cycle, circling around the route to spot if anyone was in trouble. Prizes were given to the first three winners in the categories under 10 y (2.5km route) and 10-18y (5km route). Little Aditya the winner in the under 10 group, came first in spite of running in loose slippers! All the children went off in their event T-shirts, happy and motivated. In the words of a CDiC child: “I am so happy to be here at this event as I learnt I can play sports, including cricket, and grow with diabetes.”

Children gathered for run at ISPAD 2018





## Joy of Giving

Joy of Giving week is celebrated between 2 to 8 October, every year. This week commemorates Gandhi Jayanti by engaging people through "acts of giving" - gifts, time, resources, skills and ideas involving goodness for society. At Novo Nordisk we involved ourselves in activities through the CDiC programme for the second year running.

Two key programmes with messages crucial for everyone, not just people with diabetes, were executed.

**1.** Education is essential to win in life and win over diabetes - Posters were designed and displayed at the Novo Nordisk India head office which urged people to donate books, pencils and pens to support the cause of education for needy children with type 1 diabetes. More than 600 note books and a similar quantity of pens, pencils and colour boxes were collected to support around 250 CDiC children at six centres.

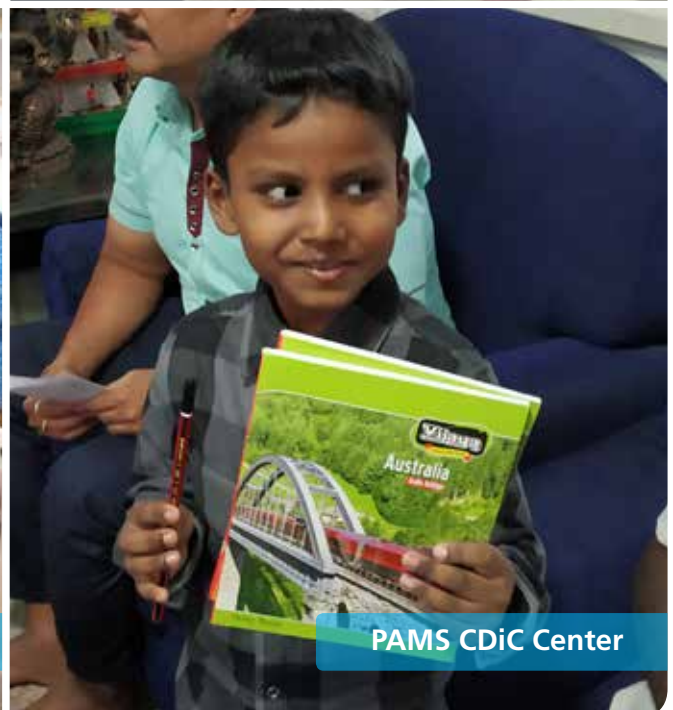
**2.** Share your time with a person with type 1 diabetes - In the case of the second activity, we wanted to encourage some simple conversations to encourage support and reduce stress. Posters were sent to all CDiC centres to encourage volunteers to take the lead along with educators.



CDiC Center Patna



DRS CDiC Center



PAMS CDiC Center

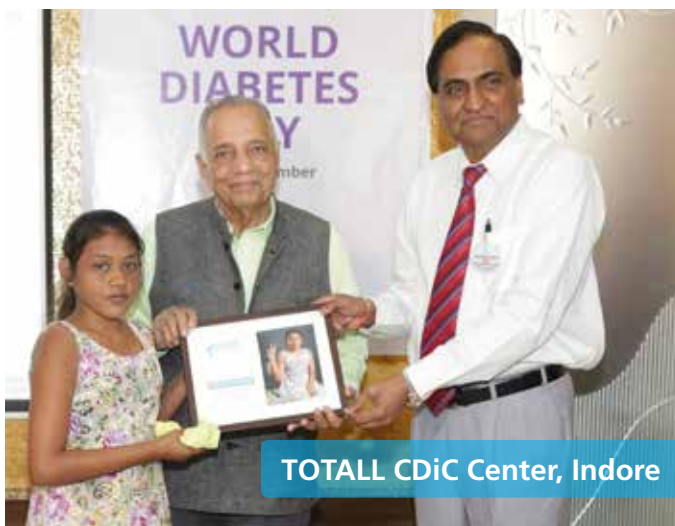


## World Diabetes Day

### Over 1500 CDiC children reached on World Diabetes Day

The CDiC programme in India marked World Diabetes Day, first introduced in 1991 to raise awareness about diabetes, its causes, its prevention and the devastating effects it has on human lives and healthcare systems worldwide.

Around 15 activities were conducted at the centres across India with Aurangabad, Ahmedabad, Bangalore, Delhi, Kolkata and Srinagar centres taking the lead by engaging with over 1000 children. In addition, multiple activities were conducted at other centres at Delhi, Hyderabad, Patna, Indore, Kanpur and Bangalore.



TOTALL CDiC Center, Indore



SSKM CDiC Center, Kolkata



SPAD CDiC Center, Kanpur



IGICH CDiC Center, Bangalore





## As part of this year's WDD theme- 'Family and Diabetes', the main activities revolved around:

- 1) Creating awareness about diabetes in children
- 2) Creating awareness among parents about the importance of right diabetes management for children with type 1 diabetes
- 3) Emphasizing the prevention of complications among children with type 1 diabetes by empowering parents.

To inculcate the importance of physical exercise in daily life, emphasise the role of the family in diabetes management and reinforce the message that a family that plays together stays together, all participating children were given frisbees.



SARDA CDiC Center, Aurangabad



AIIMS CDiC Center, Delhi



PAMS CDiC Center, Bangalore



IGICH CDiC Center, Bangalore

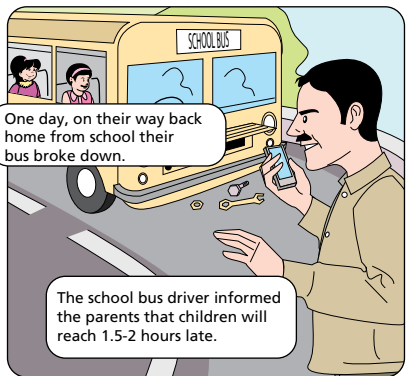


# Mishti: Ready for an emergency



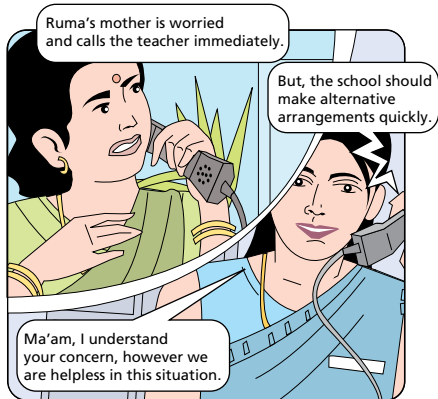
Mishti and Ruma are best friends. Both have type 1 diabetes

Hi happy birthday Ruma!..



One day, on their way back home from school their bus broke down.

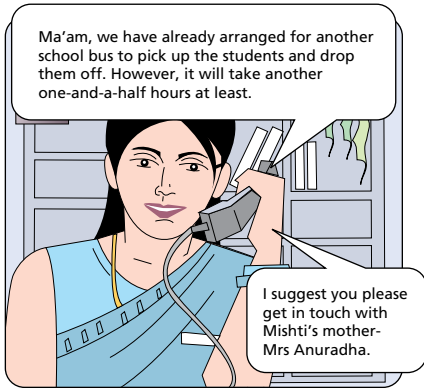
The school bus driver informed the parents that children will reach 1.5-2 hours late.



Ruma's mother is worried and calls the teacher immediately.

But, the school should make alternative arrangements quickly.

Ma'am, I understand your concern, however we are helpless in this situation.



Ma'am, we have already arranged for another school bus to pick up the students and drop them off. However, it will take another one-and-a-half hours at least.

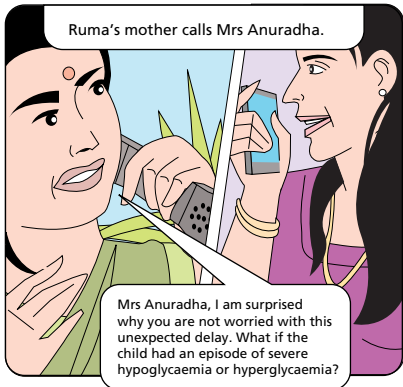
I suggest you please get in touch with Mishti's mother- Mrs Anuradha.



Sure, but how it will help my Ruma?

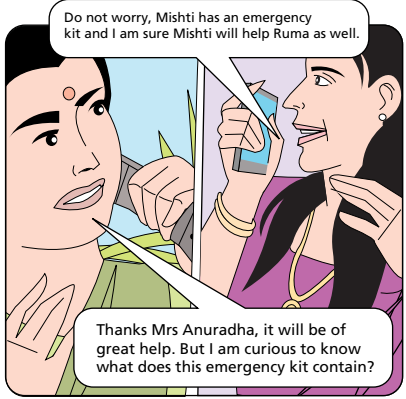


Mishti also has type 1 diabetes and she always carries an emergency kit with her. You can check with Mrs Anuradha if Mishti can help Ruma.



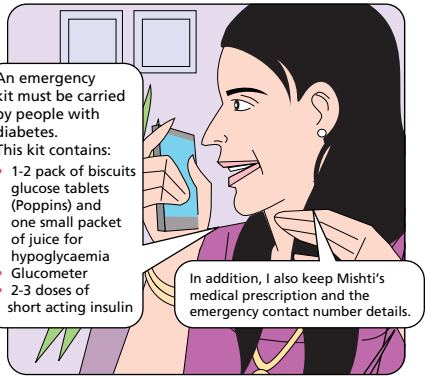
Ruma's mother calls Mrs Anuradha.

Mrs Anuradha, I am surprised why you are not worried with this unexpected delay. What if the child had an episode of severe hypoglycaemia or hyperglycaemia?



Do not worry, Mishti has an emergency kit and I am sure Mishti will help Ruma as well.

Thanks Mrs Anuradha, it will be of great help. But I am curious to know what does this emergency kit contain?



An emergency kit must be carried by people with diabetes.

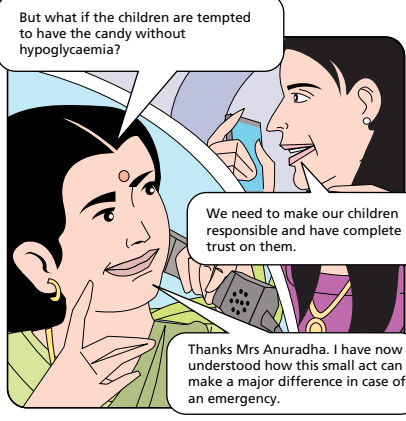
- This kit contains:
- 1-2 pack of biscuits
  - glucose tablets (Poppins) and one small packet of juice for hypoglycaemia
  - Glucometer
  - 2-3 doses of short acting insulin

In addition, I also keep Mishti's medical prescription and the emergency contact number details.



It is always good to have these things handy. Last month, while coming back from a movie on a Sunday evening, we were stuck in a traffic jam for over an hour. The snacks and water not only helped Mishti but also saved us as well.

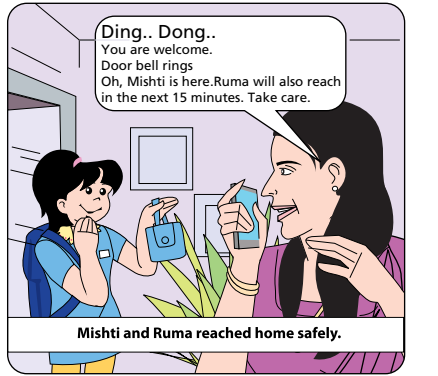
This is an absolutely brilliant idea, Mrs Anuradha. This emergency kit is a must-carry for children with diabetes. Thank god, Mishti and Ruma are in the same bus.



But what if the children are tempted to have the candy without hypoglycaemia?

We need to make our children responsible and have complete trust on them.

Thanks Mrs Anuradha. I have now understood how this small act can make a major difference in case of an emergency.



Ding.. Dong.. You are welcome. Door bell rings Oh, Mishti is here. Ruma will also reach in the next 15 minutes. Take care.

Mishti and Ruma reached home safely.



## New Jersey Creates Day of Recognition for People with Type 1 Diabetes

Following an inspiring meeting with junior ambassadors from JDRF, New Jersey legislators proposed a joint resolution to create a type 1 diabetes awareness day - also known as T1Day - to be held each November.

Officially titled "A Day in the Life - Type 1 Diabetes Day," it was held on November 19, 2018, and going forward will occur on the Monday before Thanksgiving each year.

JDRF will work to elevate "A Day in the Life - Type 1 Diabetes Day" through multiple activities for creating awareness, advocacy and gathering support for people with type 1 diabetes. On this note, we would request you to gather stories from your centre on the theme "A Day in the Life of a child with type 1 diabetes." Please send them to [cdicindia@novonordisk.com](mailto:cdicindia@novonordisk.com) so that we can work together for awareness, advocacy and support.



Samatvum CDiC Center



SAPAD CDiC Center



Samatvum CDiC Center

## IMPACT India Pledge

### Join the IMPACT India moment

Impact India is an initiative from the Novo Nordisk Education Foundation (NNEF) to reach out to our key stakeholders in the healthcare set-up, patient communities and the society at large to improve diabetes care. This change will be visible, measured, and reassessed for further improvement.

NNEF will lead this effort with the help of patient associations and like-minded doctors. We hope that most of you have taken a pledge for making a change. If you have still not taken the pledge, please take a minute to do so. Thank you for joining the moment.



Scan the QR Code to see the Video.



## The Story of Spoorthy



### Life Insights

"I want to become a doctor and bring hope and smiles for all children with type 1 diabetes."

### Spoorthy receiving award from Dr Michelle Farmer (Chair NCD child)

Spoorthy hails from a small village called Arasikere, near Bangalore, Karnataka, India. She is very close to her father Renuka who is an accountant. A few months after turning 9, Spoorthy started becoming weak and developed fever frequently. The parents first tried home remedies, and then took her to a local doctor but the child's condition did not improve. The parents then took her to a doctor who misdiagnosed her condition and prescribed a highly nutritious diet. When Spoorthy's condition further worsened as a result of the new diet, the doctor prescribed a few blood tests. When the report came, the parents were shocked to see that their child had extremely high blood sugar levels. By then, Spoorthy had become extremely unwell, with severe vomiting and stomach ache. Renuka rushed her to a hospital where the child was diagnosed as being in a state of ketoacidosis. In Renuka's words, "At that time I almost felt that I had lost my daughter."

The doctor referred the family to Dr Shrikantha at Jnana Sanjeevani (JS). By that time, the family had started losing all hope. But after visiting the centre, their whole outlook changed. They were educated about type 1 diabetes and the dedicated educators and doctors filled their lives with hope and motivation. But Renuka's worries were yet not over as the cost of treatment was way beyond his means.

Dr Shrikantha gave Spoorthy a second life by enrolling her in the CDiC programme and put her on the road to recovery and a healthy life. This change in approach had a positive impact not just on the child but also her near and dear ones. For example, today Renuka is so well-versed in diabetes that he is able to guide the adults with type 2 diabetes in his village on the right management of the disease.

As time passed, Spoorthy and her family adjusted to their new reality, acknowledging the chronic disorder yet looking forward to the future with a positive outlook. Today, Spoorthy is a happy and well-adjusted child who enjoys various creative art forms. In 2018, she participated in the NCD Child Global Art Contest organised by the United Nations. Her video "Children with diabetes – future stars" received the 3rd prize and she was invited to the UN Assembly to receive the prize in person on 27 September 2018.

In her words: **"When one way is closed, several new ways open up."**

What a remarkable journey Spoorthy has undertaken! Congratulations Spoorthy and may you continue to make your parents proud and inspire others around you!