



world diabetes day

14 November

World Diabetes Day is celebrated every year on November 14. The date was chosen to coincide with the birthday of Fredrick Banting the doctor who discovered insulin. It was first introduced by the International Diabetes Federation (IDF) and the World Health Organization (WHO) in 1991. As of December 2006, **November 14** became an official United Nation day, observed every year by millions of people worldwide. It is a global campaign aimed at increasing the awareness of the diabetes epidemic, focuses on a specific theme each year, and involves a diverse array of activities. The theme for this year is diabetes in children and adolescents and to campaign for "no child should die of diabetes" (www.idf.org).

Diabetes affects people of all ages and races and is a growing public health problem with an enormous burden on the global economy and healthcare systems especially in developing countries where optimal diabetes care may not be readily affordable.

WHO estimates the total number of people with diabetes is more than 180 million worldwide and is projected to more than double by 2030.

(WHO: www.who.int/mediacenter/factsheet/fs312/en/ accessed November 13).

Along with the rest of the world, Libya celebrated World Diabetes Day at the Benghazi Diabetes and Endocrinology Center (BDEC); the ceremony was attended by the Minister of Health of Benghazi and over 100 diabetic patients. Several lectures and educational activities were presented by health care providers. In addition, there were open discussions with diabetic patients who were given the opportunity to convey and voice their concerns about the burden of their diabetes care. Dr. Othman Kadiki, the founder of the first diabetes clinic in Benghazi, was honored for his work and dedication. Dr. Kadiki is widely respected diabetologist in the Arab world. His contribution to clinical practice and diabetes research was duly recognized on several occasions previously. At a national level, he received a long standing ovation following his Ibn Sina Lecture at the Fifth Libyan Diabetes and Endocrinology Conference in 2007.

Comprehensive diabetes management entails health screening, patient education, and medical care to prevent or delay chronic complications. Governments, policy makers and medical organizations are faced with many challenges and have to play an active role in dealing with the diabetes epidemic and promote health knowledge about disease treatment and prevention. Health awareness and public education is one of the most effective tools to fight diabetes and obesity. It will be difficult to tackle the epidemic without efforts to create national diabetes programs, develop standards for diabetes care, conduct educational activities for the public and healthcare providers to promote health screening and early treatment to prevent complications, and to ensure all patients are offered safe and effective therapies.



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For reference and further reading, visit www.worlddiabetesday.org

For more information on diabetes, other endocrine disorders and patient information in Arabic and English visit The Libyan Association for diabetes and Endocrinology @ www.endodiablibya.org

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