

# LIFE FOR A CHILD WITH DIABETES

the International Diabetes Federation's child supporting program



Update n° **15** | January 2009 | Congo, Sudan and Ecuador



Children at the Fundación Aprendiendo a Vivir con Diabetes (FUVIDA) in Ecuador

**No child should die of diabetes**



International Diabetes Federation

in partnership with



## Congo RDC

In Kinshasa, in the **Democratic Republic of Congo**, around 250 children and youth with diabetes are seen regularly.

The Life for a Child Program directly supports 90 of these children, and indirectly helps many more.

## London meeting

In October, the International Diabetes Federation hosted a meeting in London to discuss **access to essential diabetes medicines for children in the developing world**.

Representatives from IDF, the pharmaceutical industry, WHO, professional associations, Rotary International, and other organisations were present.

Various commitments were made.

## Countries supported

Today, **Life for a Child supports about 1,100 children in 18 countries:**

Azerbaijan, Bolivia, the **Democratic Republic of Congo**, **Ecuador**, Fiji, India, Nepal, Nigeria, Mali, Papua New Guinea, the Philippines, Rwanda, Sri Lanka, Solomon Islands, **Sudan**, the United Republic of Tanzania, Uzbekistan, and Zimbabwe.

## CONGO

Kinshasa is the capital of the Democratic Republic of the Congo (DRC). Since achieving independence in 1960, the country has had a very troubled history, with decades of corrupt government followed by shattering civil wars.

Some stability has returned to most of the country, but fighting has flared up again recently in the east.

The capital Kinshasa is on the southern bank of the mighty Congo River before it races down from the plateau to join the Atlantic Ocean. It is a city of 7-8 million people.

Around 250 children and youth with diabetes are seen regularly. The Life for a Child Program directly supports 90 of these children, and indirectly helps the remainder. Each year we also support the perinatal care of 10 young mothers with type 1 to ensure safe deliveries for mother and baby (stillbirth and other complications are otherwise very common).

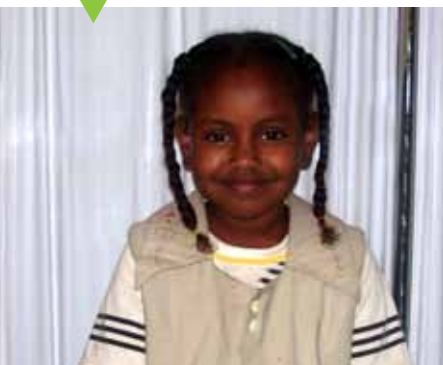
We are planning to extend our support within Kinshasa, and also start assisting in the troubled eastern provinces.

## SELMA

Selma is 10 years old, and has lived with type 1 diabetes for half of her life.

The large family of 10 struggled to meet all their needs as well as cover the cost of insulin for Selma. As a result, she had repeated episodes of ketoacidosis and problems staying in school.

With the support from Life for a Child, Selma now has adequate insulin, regular follow-up, and can monitor her blood glucose at home. Her life has totally changed. Last year, for the first time since the diagnosis of diabetes, Selma was not admitted to hospital because of out-of-control diabetes, and was able to attend school regularly.



Most adults are unemployed and survive "à la débrouille" (in the informal system – managing through various methods to keep going). Infrastructure is limited and hospitals are very poorly equipped.

Children and youth with diabetes are cared for by a network of Catholic and Salvation Army Health centres, with some Government assistance.

Most children visit these health centres every week or fortnight for a check-up, diabetes education, and blood and urine glucose testing. At the main clinic where they are seen, the children test their own urine, building a makeshift Bunsen burner with a used insulin bottle, cotton wool ball and lighter fluid.

They then mix a sample of their urine with Benedict's solution, boil it over the burner, and record the colour change – which indicates the amount of sugar in the urine



## SUDAN

Wad Medani is a city on the banks of the Blue Nile in Al Jazirah State. The area is fertile and heavily populated.

The Educational Development and Research Centre of the University of Gezira in Wad Medani has developed a service which provides comprehensive management and education for children with diabetes and their families.

The State Government has just started providing insulin for children. We are helping them with blood glucose monitoring, syringes and lancets.



## ECUADOR

Guayaquil is the most populous city in Ecuador, it is also the main port of the country. The Fundación Aprendiendo a Vivir con Diabetes (FUVIDA) provides quality care and education for an increasing number of children in and around Guayaquil whose families cannot afford care. We are supporting insulin and blood glucose monitoring for 50 children. The insulin is provided in partnership with Insulin for Life.

## LONDON MEETING

In October, the International Diabetes Federation (IDF) hosted a meeting in London to discuss access to essential diabetes medicines for children in the developing world. Representatives from IDF, the pharmaceutical industry, WHO, professional associations, Rotary International, and other organisations were present.

The meeting discussed the issue of access to care and supplies, and more specifically how to increase the number of children supported by Life for a Child from the current 1,000 to 10,000 and beyond over the next few years. Various commitments of support were made. These include substantial donations of insulin to the Life for a Child program by Eli Lilly and Bioton. This means that 2009 will be a year of increased commitment to children with diabetes worldwide.

Access to  
Essential  
Medicines  
for Children  
in the  
Developing  
World



THANK YOU FOR YOUR SUPPORT

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