

EUREKA

HEALTH MAGAZINE

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WHAT IS DIABETES? DIYABETE NI IKI?
JOIN US! WORLD DIABETES DAY | **THIRD YOUTH DIABETES CAMP**

RWANDA DIABETES ASSOCIATION

www.rwandadiabetes.com

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FOREWORD OF THE RDA DIRECTOR

Diabetes is a major challenge for health and development in the 21st century. This chronic and incurable disease is largely preventable but remains responsible for millions of deaths annually and many more life-threatening complications. No country, rich or poor, is immune to the epidemic.

According to Diabetes Atlas the prevalence in Rwanda is about 3.16% of the population with 1,918 diabetes related deaths per year.

Rwanda Diabetes Association is a non-governmental organization created in 1997 with the mission to promote diabetes care, prevention and cure in Rwanda; to support diabetics and their families and to join the global efforts to advocate and help diabetics.

Rwanda Diabetes Association joins efforts in providing care with its national and international partners, including the Ministry of Health of Rwanda, International Diabetes Federation from Belgium, Life For A Child from Australia, World Diabetes Foundation of Norwegian, Insulin Zum Leben from Germany, Team Type 1 from USA, University of Pittsburg, Partners In Health (Inshuti mu Buzima) and Marjorie's Fund from USA. Our services within our clinic

and public hospitals include: Diabetes awareness, provision of information on diabetes management, medical treatment, training of health professionals, advocacy for diabetics in Rwanda and abroad, promotion of innovations in diabetes treatment, creating a network between diabetes care stakeholders and registration of diabetics in the country.

This issue of Eureka Magazine wants to raise once again awareness on diabetes and to inform Rwandan and international readers about our activities, like the World Diabetes Day on 14th November, the diabetes camp for young Type 1 diabetics held once a year, the quarterly visits of our staff at hospitals throughout the country and the Diabetes Education centre in Mwulire.

You are welcome to visit us at our headquarters at KN8 Ave, No. 175 Kinamba or write us.

Rwanda Diabetes Association, P.O. Box 2238, Kigali, Rwanda.

Crispin Gishoma
Director
Rwanda Diabetes Association





DIYABETE NI IKI?

Umuntu arwara diyabete iyo impindura ikora umusemburo wa insuline inaniwe kuvubura umusemburo wa insulin, cyangwa se umusemburo ivubuye ntukoreshwe n'umubiri nkuko bikwiriye.

Habaho amoko atatu ya diyabete y'ingenzi: Diyabete yo mu bwoko bwa mbere iterwa nuko impindura ya insulin itayikora, hakaba hataramenyekana ikiyitera. Diyabete yo mu bwoko bwa kabiri iterwa nuko impindura ikora insuline ikora nkeya cyangwa umubiri ukaba utayakira neza, ikaba iterwa ahanini n'umubyibuho ukabije. Naho ubwoko bwa gatatu akaba ari diyabete ibonek a mu bagore batwite kandi batari basanzwe bafite icyo kibazo mbere yo gutwita.

Bimwe mu bimenyetso by'ingenzi bya diyabete ni:

- Kwihagarika cyane bidasanzwe
- Kugira inyota nyinshi cyane idahagarara
- Inzara idasanzwe niyo waba urimo kurya
- Umunaniro ukabije
- Kutabona neza
- Ibisebe bidakira
- Guta ibiro, cyane cyane iyo mu bwoko bwa mbere

Ni ngombwa cyane kwipimisha rimwe na rimwe ngo urebe niba ntayo ufite, cyane cyane iyo uri mu bantu bafite ibyo bimenyetso cyangwa bafite ibyayitera (umubyibuho ukabije). Iyo Diyabete itavuwe neza ishobora guteza ingaruka, zirimo nk'indwara z'umutima, iz'amaso, iz'impyiko, uburemba, gucika ingingo, n'izindi.

WHAT IS DIABETES?

Diabetes mellitus (DM), commonly referred to as diabetes, is caused when either the pancreas is not producing enough insulin or the cells of the body are not responding properly to the insulin produced.

There are three main types of diabetes: Type 1 results from the pancreas' failure to produce enough insulin, the cause is unknown. Type 2 is a condition in which cells fail to respond to insulin properly or the pancreas doesn't produce enough insulin. The primary cause is excessive body weight and not enough exercise.

The third type is gestational diabetes and occurs when pregnant women without a previous history of diabetes develop a high blood sugar level.

Common symptoms of diabetes are:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)

It is important to be tested for diabetes if you are at risk. If left untreated or improperly managed, diabetes can result in a variety of complications, including heart attack, stroke, kidney failure, blindness, problems with erection (impotence) and amputation.



IMIRIRE N'IMYITWARIRE KUGIRANGO UYIRINDE

Kurya neza ni ukurya indyo yuzuye kandi inyuranye:

- Imboga
- Impeke
- Imbuto
- Ibiva ku mata
- Ibishyimbo
- Inyama
- Ifi

Abahanga yo kurya indyo z'ubwoko butandukanye (variety), ku masaha amwe kandi ku ngano ntoya. Ni byiza guhitamo indyo ikungahaye kuri za vitamine, ubutare n'imboga.

Ariko birazwi ko mu Rwanda hari abantu bagifite ikibazo cyo kubona n'ibyo kurya, abarwayi ba diyabete bagomba kurya buri gihe kugira ngo bite ku ndwara yabo.

Kurya neza bikwiye kongerwaho imyitozo ngorora mubiri. Igihe umuntu akora sporo umubiri ukoresha usukali neza kuburyo umuntu agira ubuzima bwiza.

Imyitozo ngororamubiri zituma umubiri wakira neza umusemburo wa insulin, utuma isukali ufite mu mubiri ikoreshwa neza. Imyitozo ngororamubiri rero hamwe n'indyo nziza, byafasha umuntu kutarwara diyabete. Bamwe mu barwayi ba diyabete yo mu bwoko bwa kabiri bashobora gushyira isukali yabo ku murongo bakoresheje imyitozo ngororamubiri n'indyo nziza.





RECOMMENDED DIET AND LIFESTYLE

Healthy eating means eating a wide variety of foods including:

- Vegetables
- Whole grains
- Fruits
- Dairy products
- Beans
- Meat
- Fish

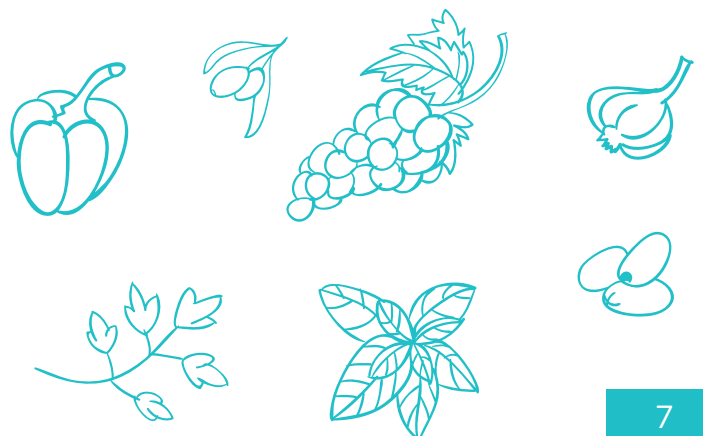
It is always best to include a variety of different foods and to limit portion sizes. Pick foods rich in vitamins, minerals and fiber.

However, in Rwanda it is still a challenge for many to find enough to eat. For diabetics it is especially important to eat regularly in order to manage their disease.

A healthy diet should be supplemented by physical activity.

During exercises, the muscles transform sugar into energy which results in lower blood glucose levels.

Exercise also causes the cells to become more sensitive to insulin, which in turn enables the insulin to work more efficiently to transport sugar into the cells. Regular exercise along with healthy meal planning can reduce a person's risk of developing diabetes. In fact many people with type 2 diabetes can manage their blood glucose levels by meal planning and exercise alone.



WORLD DIABETES DAY PREPARATION

Act to change your life today

Healthy eating is an important part of managing all types of diabetes.

Gira icyo ukora uhindure ubuzima bwawe none

Kurya ineza biri mu bimwe by'ingenzi byatuma ubana na diyabete ubwoko ubwo aribwo bwose.

Act to change the world tomorrow

Access to affordable healthy food is essential to reducing the global burden of diabetes and ensuring global sustainable development.

Gira icyo ukora uhindure isi y'ejo hazaza

Kurya indyo nzima byagabanya uburemere bwa diyabete ku isi bigafasha isi gutera imbere.





JOIN US

celebrating the
World Diabetes Day!

NOVEMBER 14th 2015

During the NCDs week

Learn how to prevent the NCDs

(Non-Communicable Diseases) such as Diabetes, heart failure, hypertension, asthma, cancers, gastric ulcers, cirrhosis, strokes, musculoskeletal conditions, mental illness, and renal failure.

KNOW the
available health
services for
prevention and
management.

Free Health Check.

Detect early!

***SPORTS and DIET For a
Healthy Living!***

THIRD YOUTH DIABETES CAMP

Rwanda Diabetes Association organized the Third Youth Diabetes camp from July 26th to August 1st 2015.

During this years camp held in Rwamagana, 101 youth living with diabetes type 1 learned how to improve their self-management and care in order to limit or prevent complications related to diabetes. The purpose of this camp was to raise hope and knowledge among youth with diabetes in Rwanda and to help them to follow their life objectives.

The camp was organized in collaboration with Rwanda Biomedical Center and financially supported by Insulin Zum Leben and RDA.

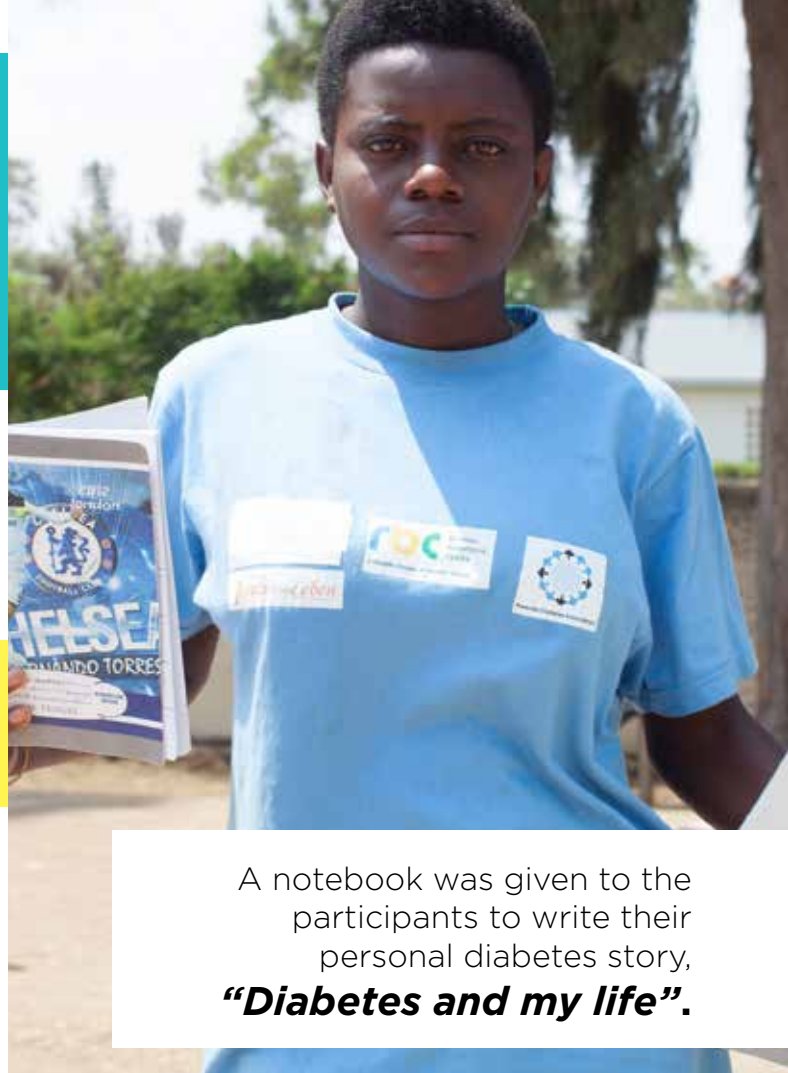


Slogans of the camps 2014 and 2015

The 61 female and 40 male participants were recruited from RDA and different districts hospitals, throughout the Life for Child quarterly visits, in which around 1000 type1 patients receive care, medication, diabetes education and materials to measure blood sugar for free.

From the morning up to the evening on the first day, the camp team received and registered the participants, check blood sugar and blood pressure.

The youth were organized into 4 groups: UBUMWE GROUP, UNITY TEAM, STRONG FAMILY and LIGHT GROUP



A notebook was given to the participants to write their personal diabetes story, **“Diabetes and my life”**.



Diabetes and insulin

Each person received two note books and one pen. The first book was used to record blood sugar. The participants were taught how to fill in those books, with dates, hours, and blood glucose result, the dose of insulin and comments.

The participants closed the day with physical activities like football, basketball, and volley ball. Facilitators showed some exercises examples to do at home when running is not possible. The youth also listed the importance of physical exercises in the management of diabetes and the normal values of blood sugar.

Diabetes care and family

The family is very important to help the patients living with diabetes and it was the opportunity to ask the youth to express not only about their problems but also about their dreams and life objectives and explain how dreams could be involved in diabetes care in order to avoid stigma and to emphasize on self-reliance. Diabetes patients need to be with others in order to share.



Diabetes Conversation Map



Nutrition and diabetes

The big problem for the youth living with diabetes type 1 is to adjust the amount of insulin they inject according to the carbohydrates they eat. The youth listed all food available at their homes and the facilitators helped them to identify how many carbohydrates are contained in each food and to specify which quantity of insulin they must take.



A feet check was done by a team from the Kigali University Teaching Hospital, and among the 101 youth more than half had a fungal infection and received medical prescriptions and advice to prevent complications that could lead to amputations.

The event ended with a Miss and Mister Camp contest and a performance by the famous music group ***“Urban Boys”***

Diabetes Story Painting:
Their feelings.

RWANDA BIOMEDICAL CENTRE INTERVIEW

Mr. Simon Pierre Niyonsenga from Rwanda Biomedical Center (RBC), an institution under the Ministry of Health (MoH), officially opened the camp in representation of the minister of health. He talked to Eureka about the history of diabetes in Rwanda and the role of RDA in it, the partnership between RDA and the MoH, and finally, the governmental plans to fight diabetes.

- What's the role that RDA has played in the improvement of attention to diabetics in Rwanda and how is the relation with the MOH?

At the beginning, the RDA was a pioneer in providing care to the diabetic population. They set up most of the services and raised awareness at different levels, among the community and the government. Recently, the MoH, in accordance with the global trends for NCDs, established RBC (Rwanda Biomedical Center), and Non-Communicable Diseases as a division. Before that, diabetes was associated with cardiovascular diseases, which means that there was not much attention to diabetes. The diabetes unit was created, it is dealing with special care for diabetes only, meaning prevention, treatment, and care, awareness, and mobilizing funds and partnerships. We appreciate the initiative from RDA, which made it possible to be where we are today, and we are building on that. We work together and we are partners. The services which MoH is providing are for beneficiaries, the people who are living with diabetes, and these people are represented by RDA. RDA is for us, the ambassador to reach the population, and the association is also a channel from the population to the MoH.

They do activities that we do not do, like accommodating this camp for youth. It is difficult to reach the 1000 kids that they follow-up, but they can become messengers, and once they have learned how to manage their diabetes, they'll share the experience and become educators for the others diabetic children.

- What's the future of the diabetes care in Rwanda?

We are doing very well. Now we have the Ministry of Health strategic plan where diabetes is a component. There is a NCD strategic plan. So there is a vision to have these issues solved.

The strategic plan for diabetes is meant to raise awareness among the community for routine checkup, to avoid the risk factors of diabetes and also to raise awareness among health care providers by training them, and training also the media and whoever can contribute to awareness of diabetic prevention. The second point is the decentralization, from district levels to health centers level; avail the hiring of staff, training them, doing mentorships. Availing drugs and infrastructure at health facility level, meaning exam labs, machines for glycaemia tests, and everything regarding quality care is considered in the strategic plan. The third point is monitoring and evaluating what we are doing, and reporting of data to know the evolution of the trends. All that is in the strategic plan, and we are also looking for international partnerships to make this happen.

THE RWANDA DIABETES ASSOCIATION

Our Vision:

An environment whereby nobody is dying because of diabetes.

Our Missions:

- We prevent and treat diabetes and its complications.
- We educate and mobilize the population of Rwanda to diabetes awareness.
- We do research and promote the welfare of people living with diabetes and their families.
- We advocate and partner with the Rwandan government, national and international organizations in the fight against diabetes.

Our activities:

In our **clinic in Kinamba**, Kigali, we provide medical treatment, information on diabetes management and nutrition, counselling and medical supply. We promote innovations in diabetes treatment, create networks between diabetes care stakeholders and we lead the registration of diabetics in the country.

Our **“Care for Youth with Diabetes Program”** (Life for A Child) provides care and education for children and young adults up to 25 years who live with diabetes. Thanks to this

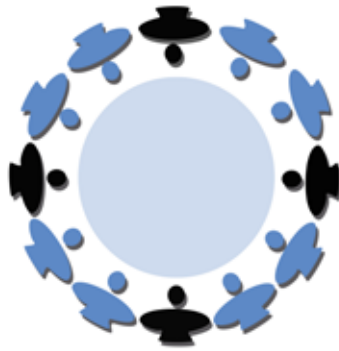
program, their supplies of free insulin, needles, glucose meters and test strips have been guaranteed since 2003. We reach diabetics in the whole country through quarterly **visits of our health team to district hospitals** where we provide the necessary support, awareness, diabetes education and also medical supplies.

At our **Diabetes Education Center in Mwurire** (near Rwamagana) we provide a six months training on diabetes management and vocational skills especially for vulnerable young diabetics to enable them to be self-reliant after the program mentioned above.

In addition we organise **yearly diabetes camps** which assist youth and young adults with diabetes to overcome some of the challenges they face, raising hope in their lives.

Other regular activities include the free diabetes screening and information during the **World Diabetes Day** and other public or private events, **training of health professionals**, awareness through **radio talk shows** and **newspaper articles**.





Rwanda Diabetes Association



Leben retten weltweit
Insulin zum *Leben*
Schweiz