



### Editorial committee-

Dr K.M. Prasanna Kumar, P Dinakaran, Dr Shuchy Chugh, Dr Onkar Swami & Anupama Rau Attawar

#### Reaching out Dashboard

|                             |   |      |
|-----------------------------|---|------|
| No. of children (YTD)       | - | 2050 |
| No. of HCPs trained (YTD)   | - | 137  |
| No. of children camps (YTD) | - | 43   |

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Type 1 diabetes is one of the most common endocrine & metabolic diseases affecting around 480,000 children under the age of 15 years world-wide (according to IDF). Insulin treatment is lifesaving & lifelong for each child with type 1 diabetes. This, combined with regular monitoring, disciplined diet & physical activity helps them lead a productive & healthy life. For many children with type 1 diabetes economic constraints results in limited access to insulin and other treatment required to live a normal life, often leading to early complications and untimely death.

## Our commitment to changing diabetes in children in India

The Changing Diabetes® in Children program is part of Novo Nordisk's vision to ensure access to care and builds on four priorities within the right to health, Viz. Availability, Accessibility, Affordability and Quality of healthcare. India is the seventh country to roll out this program, which was launched by Dr. APJ Abdul Kalam - Former President of India in September 2011. The event was witnessed by more than 1300 people which included eminent personalities like the Ambassador of Denmark to India, Secretary to Govt of Karnataka, Health and Family Welfare Department, representatives from Local bodies, Center Directors from all over India, doctors from Bangalore and other parts of Karnataka, more than 100 children with type 1 diabetes, their parents and employees of Novo Nordisk & the Novo Nordisk Education Foundation among others.

This program aims to reach out to over 4000 children with type 1 diabetes up to the age of 18 years from economically under-privileged families over the next 3 years.

## What we aim to achieve through the CDiC Program

"To initiate and strive for comprehensive diabetes care to the economically underprivileged children with type 1 diabetes."

In the long run, the objective of CDiC program is to improve understanding, management, control status and complication profile in children with type 1 diabetes

## Editorial Desk



Dear Colleagues and Friends,

It gives me immense pleasure to be a part of the Changing Diabetes in Children program. Diagnosis of diabetes in children not only brings immense shock to the child and the entire family but also a huge economical burden to the parents. This program aims to offer comprehensive care along with psychosocial support to children with diabetes belonging to economically underprivileged class under the age of 18 years and thus help them have a better future.

We had a great start to the program in India, as it was inaugurated by our former president - distinguished scientist and visionary Dr. APJ Abdul Kalam.

I pray to the almighty to give us strength as we move ahead to implement this program for the needy children with diabetes. This news letter will serve as a tool to give a glimpse of all activities undertaken to reach out to these needy children viz: patient education camps, training and education activities for health care professionals and materials made for increasing awareness and improving understanding of type 1 diabetes. We aim to reach out to around 4000 children by end of December 2012.

We all have made a great beginning and as we move ahead with this noble cause we must learn from each other and also share best practices to provide maximum benefit to the economically underprivileged child with type 1 diabetes.

It will be great if every centre head can share their real life experiences, while managing these children with type 1 diabetes, especially success stories of the CDiC children. These experiences can make this a referral newsletter for all young doctors dealing with children with type 1 diabetes.

I once again thank you for your passion and commitment for joining hands in this noble cause.

With Regards,

Dr KM Prasanna Kumar  
Chairperson CDiC



Dear Colleagues

CDiC is an opportunity which is knocking at our door. A little effort from our side can produce great change in the destiny of underprivileged children with type 1 diabetes. We have always wanted Insulin, Syringes, Monitoring Devices, Diagnostic tests for the child as well as training and education for building our capacities to handle this disorder. Through this program, everything is being provided in a platter to treat children with type 1 diabetes. I request everyone to actively participate in the CDiC program and contribute to this noble cause of reaching out to the underprivileged children below 18yrs with type 1 diabetes.

With Best Wishes

Prof. Ashok Kumar Das



Dear Friends,

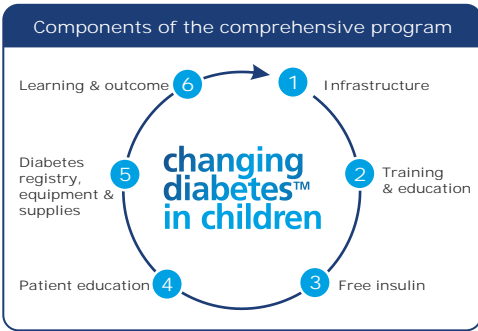
We are very hopeful as well as excited with the launch of Changing Diabetes in children program in India. This program is a testimony to the commitment we have to helping people with diabetes live a healthy life. Every child with diabetes deserves timely and the best possible treatment. We are confident that this program will help in reaching out to a deserving child who need our support and also create awareness about type 1 diabetes.

We aim to serve at least 4,000 needy unprivileged children with diabetes through this program and as on date we have been able to reach out to more than 2,000 children.

My sincere thanks to each one of you for your commitment and passion to Changing Diabetes in children in India.

With Best Wishes

Melvin D'souza,  
Managing Trustee NNEF &  
Managing Director Novo Nordisk India Pvt Ltd



### How will children with type 1 diabetes benefit

The program aims to improve access to diabetes care and improve outcomes for children with type 1 diabetes. Every child participating in this program will get,

- Free insulin & syringes
- Free glucose meter and strips
- Free laboratory tests and fundus examination
- Diabetes education and counselling
- Psychosocial support

## Why & How we intend to change diabetes in children

The International Diabetes Federation estimates that almost half a million children worldwide now have type 1 diabetes. About a quarter of a million live in developing countries with inadequate healthcare which leads to high mortality. India accounts for most children with type 1 diabetes in the South-East Asian Region, estimated by IDF to be around 1.12 lakhs. Since, India is wide spread and has a large child population, we have so far set up 16 CDiC centers across the country to reach out to the needy children with type 1 diabetes. Our ambition is to serve at least 4000 children below 18 years from the economically under-privileged section of the society.

## Awareness messages to reach out to children with type 1 diabetes



## Partners in care, making a difference to children with type 1 diabetes across India.

| S.No | Name of Center Director                  | Initiation Date             | Name of Center  | Address  | Phone Number                  |
|------|--|-----------------------------|---|--|-------------------------------|
| 1    | Dr KM Prasanna Kumar                     | 10 <sup>th</sup> Sept, 2011 | Bangalore Diabetes Hospital<br>Bangalore - 560002         | 16/M, Miller Tank Bed Area,<br>Thimmaiah Road, Vasanth Nagar,  | 080-22372980                  |
| 2    | Dr Archana Sarda                         | 24 <sup>th</sup> Sept, 2011 | Sarda Center for<br>Diabetes & Selfcare                   | 4, Venkatesh Nager, Jalna Raod,<br>Aurangabad - 431001   | 0240-2333851 /<br>09823040323 |
| 3    | Dr SS Srikanta                           | 2 <sup>nd</sup> Oct, 2011   | Jnana Sanjeevini<br>Diabetes Center                       | 2, 1A Cross, Marenahalli, JP Nager,<br>II Phase, Bangalore - 560078  | 080-26493040                  |
| 4    | Dr Vijay Viswanathan                     | 2 <sup>nd</sup> Oct, 2011   | MV Hospital for<br>Diabetes Private limited               | No. 4, West Mada Church Street,<br>Royapuram, Chennai - 600013   | 044-25954913<br>09840804179   |
| 5    | Dr Ashok Jhingan                         | 7 <sup>th</sup> Oct, 2011   | Delhi Diabetes<br>Research Center                         | J-136, Rajouri Garden,<br>New Delhi - 110027   | 011- 25419776,<br>25419777    |
| 6    | Dr Vaman Khadiolkar                      | 7 <sup>th</sup> Oct, 2011   | Hirabai Cowasji Jehangir<br>Medical Research<br>Institute | 32, Sasoon Road, Old Building<br>Basement, Jehangir Hospital,<br>Pune 411001   | 020-26141340                  |
| 7    | Dr Anuradha Muddanna<br>C/o. Dr P.V. Rao | 9 <sup>th</sup> Oct, 2011   | DiabetOmics India<br>Hyderabad 500082                     | C-24, Kantisikhara Apts, Panjagutta,   | 09848039111                   |
| 8    | Dr Bipin K Sethi                         | 12 <sup>th</sup> Oct, 2011  | Tapadia Diagnostic<br>Center                              | RTC CrossRoads, Ashok Nagar,<br>Hyderabad - 500020   | 040-27667554<br>09397899965   |
| 9    | Dr Aspi Irani /<br>Dr Deepak Dalal       | 16 <sup>th</sup> Oct, 2011  | Juvenile Diabetes<br>Foundation                           | 1, Samruddhi Co-op Housing Society,<br>Building No 29, MHADA HIG<br>Complex, Oshiwara, Andheri W,<br>Mumbai -400053                | 022-28597634 /<br>09967654764 |
| 10   | Prof. P. Raghupathy                      | 14 <sup>th</sup> Nov, 2011  | IGICH   | Indira Gandhi Institute of<br>Child Health, D.R. College Post,<br>South Hospital Complex,<br>Bangalore - 560029                    | 080-26541799                  |
| 11   | Dr Sunil M Jain                          | 4 <sup>th</sup> Dec, 2011   | TOTALL Diabetes<br>Hormone Institute,                     | BCM Health Island, PU-4, Scheme<br>No 54. Near Bombay Hospital,<br>Behind Prestige Institute of<br>Management, Indore, MP - 452010 | 07312443344 /<br>09009849259  |
| 12   | Dr Sanjay Kalra                          | 12 <sup>th</sup> Dec, 2011  | Bharati Hospital  | Bharati Hospital &<br>Bharati Research Institute of Diabetes<br>& Endocrinology, Karnal - 132001                                   | 09896048555                   |
| 13   | Dr Banshi Saboo                          | 15 <sup>th</sup> Dec, 2011  | DiaCare   | 1 & 2 Gandhi Park Apartments,<br>Near Nehru Nagar Cross Road,<br>Ambavadi, Ahmedabad - 380015                                      | 079-26304104 /<br>65454444    |
| 14   | Dr Rishi Shukla                          | 26 <sup>th</sup> Dec, 2011  | SPAD  | Society for Prevention & Awareness of<br>Diabetes, Shahi Darbar Apartments,<br>Swaroop Nagar, Kanpur                               | 0512-2531749                  |
| 15   | Dr. Nalini Shah                          | 28 <sup>th</sup> Dec, 2011  | KEM Hospital- Mumbai                                      | Seth GS Medical College &<br>KEM Hospital, Parel, Mumbai - 400012  | 022-24168714                  |
| 16   | Prof. Subhankar Chowdhury                | 1 <sup>st</sup> Feb, 2012   | IPGME&R and<br>SSKM Hospital, Kolkata                     | Ronald Ross Building, 4th Floor,<br>Room No:8, 244, AJC Bose Road,<br>Kolkata - 700020   | 033-24187451                  |

AIIMS New Delhi and PMCH Patna will soon be functional.



### Delivering Comprehensive care, to the children with type 1 diabetes

For survival, children with type 1 diabetes require insulin. Delay in the diagnosis or treatment or the severe lack of insulin results in diabetic ketoacidosis (DKA) and death can occur in days. With proper treatment, children with diabetes can grow up to be productive, fertile and long lived adults. Regular Insulin, proper monitoring, balanced diet and exercise are the 4 pillars for management of diabetes. By providing comprehensive support, we aim that every child with diabetes should live a long and healthy life.

While reaching out to the children with type 1 diabetes through the changing diabetes in children program, we have distributed

- 2,000 CDiC kit bags to carry diabetes management essentials
- More than 35,000 insulin vials
- Around 15 lakh syringes
- Approximately 2,000 meters and 2,25 lakh glucose monitoring strips
- As much as 2,000 HbA<sub>1c</sub>, Microalbuminurea, CBC, TSH and Fundus tests undertaken
- Close to 3,500 doctor consultations, so far.





## Empowering children & families with diabetes education for better management of diabetes & improved outcomes

Diabetes management is always 24x7, Along with insulin and monitoring, management of diabetes requires education about diabetes. Keeping in mind both diabetes education and proper overall development of child, we have been able to conduct around 40 camps for children. Every camp has 3 basic components -

- Diabetes education— It is basic, simple and involves practical aspects of dealing with diabetes like understanding diabetes, taking insulin, food and diabetes, exercise and diabetes, annual tests to be done, interpretation of test results, traveling and diabetes, party and diabetes, exams and diabetes, coping with stress etc. In all these programs we ensure that parents and siblings are involved.
- Experience sharing- Children and their parents share their experiences and problems. This helps the child and the parents to get solution and also serves as an eye-opener for other participating children and parents to manage similar situations. "Mishti", a story of a little girl with diabetes is an illustrated children's book developed on similar lines of experience sharing. To date 2 issues of Mishti have been released.
- Fun activities- To motivate the children & increase participation in these programs, fun activities are made part of camps. Fun activities include drawing competition on healthy living, magic show, sports competition and other activities. We have designed a soft toy - NOTTI (Novo Nordisk Teaches to Take Insulin) which demonstrates insulin administration sites and site rotation. These activities help the child to enjoy and learn to manage this disorder better and lead as normal a childhood as possible.

## Patient education material



To increase understanding and reach, all patient education material have been created in 8 languages - English, Kannada, Hindi, Marathi, Gujarati, Tamil, Telugu and Bengali

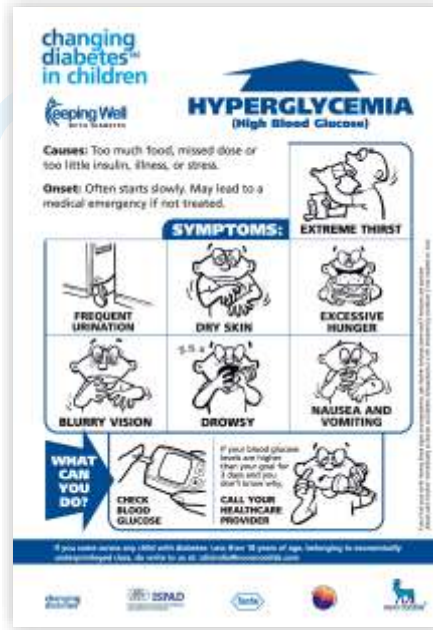
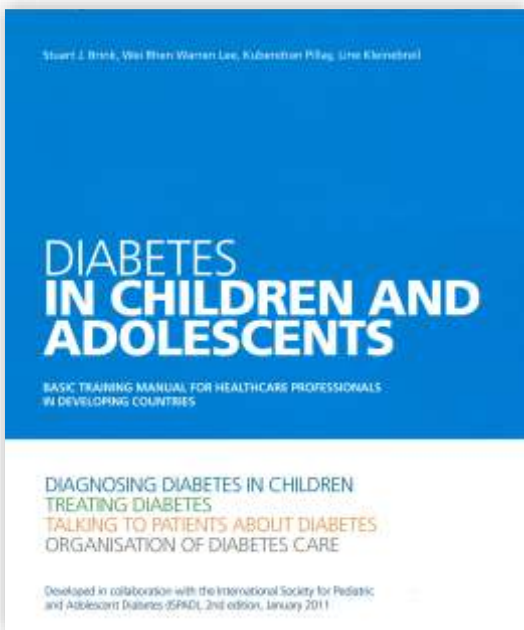




## Reaching out to HCP's for enhancing capabilities to diagnose & treat children with type 1 diabetes

Treating Children with diabetes is different from treating adults with diabetes. So far, we have conducted 5 workshops reaching out to 137 health care professionals. The first one was a 2 day workshop on 11<sup>th</sup> and 12<sup>th</sup> August at Bangalore. Subsequently, two 1 day workshops were organized on 17<sup>th</sup> December at Bangalore and 18<sup>th</sup> December at Mumbai. These 3 workshops were conducted by Dr. Warren Lee from ISPAD. The fourth and fifth workshops were jointly conducted by Dr. Anju Virmani (Consultant Endocrinologist) from ISPAD and Dr. Abhishek Kulkarni (Paediatric Endocrinologist) on 21<sup>st</sup> & 22<sup>nd</sup> April at Hyderabad and Mumbai respectively. The main topics covered in these workshops were diagnosing diabetes in children, emergency care, differences in treating diabetes in the growing child and various psychosocial aspects to be dealt while treating children with type 1 diabetes.

## Training & education support material



## YOUR SPACE

We request you to share special instances, good outcomes, etc., that you have observed with the children participating in CDiC program.

### Success story of Lavanya, a Child from Samatvam CDiC centre



Lavanya was diagnosed with diabetes at the age of 12. She was enrolled in the CDiC program on 2<sup>nd</sup> October, 2011. Her initial reports had shown that her diabetes was quite uncontrolled with HbA<sub>1c</sub> as high as 12.2%. After 4 months, when her HbA<sub>1c</sub> was checked, it was 7.3%. In the child's own words, "I was able to control diabetes by following the advise of doctor aunty properly. I took insulin on time, had proper diet - 6 times a day, checked my sugars and wrote them in the sugar dairy. I attended all diabetes education classes and learnt how simple things can help in

managing diabetes properly." Lavanya is very active and participates in all the extra curricular activities in the school. She nurtures an ambition to become a doctor and thereby help humanity to a larger extent. Dr. S.S. Srikanta says, "This is the largest and best project ever launched in the world by any institution focused to improve the life of underprivileged children with type 1 diabetes. Lavanya's story is not the only story but there are many others success stories like her. It is just a testimony that every child with type 1 diabetes, can keep it well under control and live a healthy and normal life."

We thank everyone involved in the Changing Diabetes in Children program. Your presence & participation makes it a great platform to create awareness and identify new avenues for improvement in management of type 1 diabetes in children. We would like to make this newsletter a medium for best practice sharing for children living with type 1 diabetes. Please write to us at: [CDiCIndia@novonordisk.com](mailto:CDiCIndia@novonordisk.com), so that we can share your ideas with all those who wish to bring a positive change in life of children with type 1 diabetes.