

PRESS CLIPPING SHEET

PUBLICATION:	Egyptian Gazette
DATE:	20-September-2015
COUNTRY:	Egypt
CIRCULATION:	60,000
TITLE :	Camps to help children deal with diabetes
PAGE:	05
ARTICLE TYPE:	NGO News
REPORTER:	Staff Report

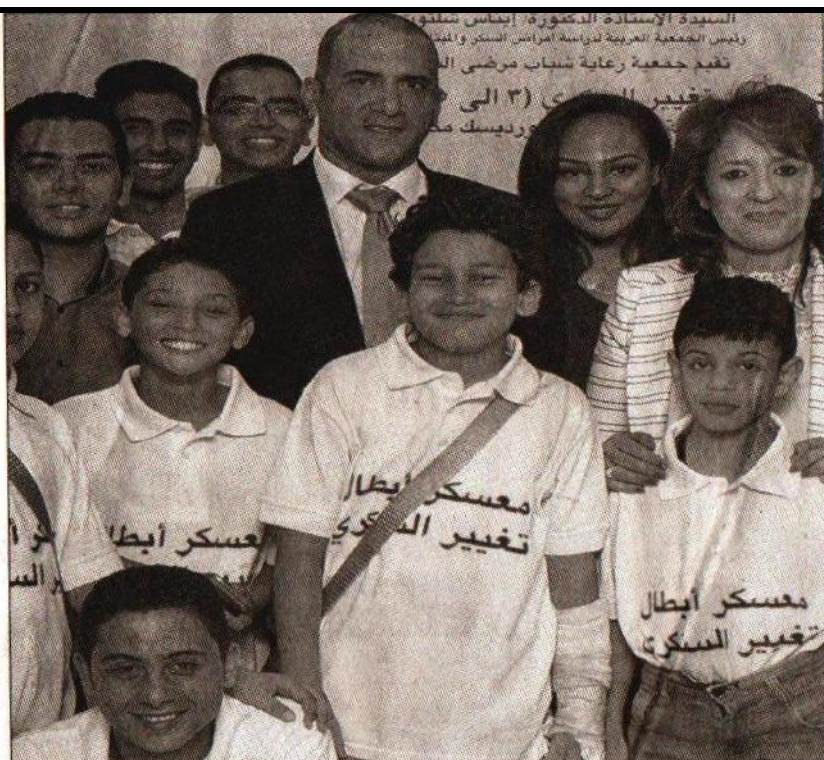
PRESS CLIPPING SHEET

Camps to help children deal with diabetes

A **TYPE 1** Diabetes children's camp dubbed "changing diabetes in children" has been launched for the first time in Egypt. The 3 day camp, was organised by the Diabetes Youth Care Association (DYCA) under the supervision of Dr Adel Abdel Aziz, head of the International Diabetes Federation (IDF) in the Middle East and North Africa, and Dr Inas Shaltout, Head of the Arab Association for the Study of Diabetes and Metabolism (AASD). The camp provided a very friendly and interactive atmosphere for the children. It taught them how best to manage their type 1 diabetes by providing them with information about insulin, healthy food, foot care, exercise and by giving them other tips to help them enjoy a better life.

"According to the latest statistics, there are now 382 million people suffering from diabetes throughout the world. The number is expected to rise to 592 million by 2035. In terms of diabetes prevalence, Egypt ranks ninth globally and first in the Middle East and North Africa," Dr Mohamed El Dababy, General Manager of the pharmaceutical company Novo Nordisk told the *Egyptian Gazette*. As part of the commitment to improving access to care and essential medicine for people living with diabetes, special attention has been given, since 2001, to vulnerable categories such as children and pregnant women, el-Dababy noted.

According to Dr Inas Shaltout, "We have to increase people's awareness of the importance of adopting an active and healthy lifestyle, for the sake of our children, so as to set them a good example. This lifestyle includes working out for at least 30 minutes a day and eating a well-



DR Inas Shaltout and Dr Mohamed El Dababy with the children at the diabetic training camp for children.

balanced and nutritious diet. This is the way we can reduce the prevalence rates and ensure that our children enjoy a healthy future. We must also raise awareness of the importance of detecting diabetes early, so as to make sure that those who do have diabetes are able to manage it properly.

Dr Shaltout added, "We have to launch a national campaign to fight the prevalence of diabetes among children by arranging professionally supervised intensive training sessions for obese and overweight children in schools, clubs and youth centres."

The IDF head, Dr Adel Abdel Aziz said, "In type 1 diabetes which is the type that usually affects children and young adults, the body does not produce insulin, which is vital for converting sugar and other food into the energy needed for

everyday life and activities. Children with type 1 diabetes require insulin therapy, in addition to learning how to manage their condition and improve their life.

"Many countries run diabetes children's camps. These educative camps greatly help the children to learn more about diabetes, insulin, foot care, healthy eating habits and a healthy lifestyle. The camps are essential for children to learn how to live a better and more enjoyable life."

People with diabetes can have a good quality of life provided they can maintain a healthy and active lifestyle and learn how to manage their condition effectively. One of Egypt's champions, Amr Ossama, who is a diabetic, has won several medals in Taekwondo and Kung Fu, thanks to his determination and dedication and the powerful support of his family.