

DIABETES EDUCATOR

World Diabetes

Increasing prevalence of Diabetes is a huge economic burden-Prof. Basit **Advance Nurse Practitioners are becoming essential elements of contemporary health care setting - Farhana Tabassum**

The Diabetic Association of Pakistan and WHO Collaborating Centre Karachi organized a meeting to celebrate World Diabetes Day on November 8, 2020. The theme for World Diabetes Day was "Diabetes: Nurses make the difference." During the scientific session, several distinguished speakers discussed important subjects related to diabetes.

Prof. Abdul Basit, Director of BIDE at Baqai Medical University, delivered a lecture on the "Current Status of Diabetes Care in Pakistan" during a memorial event dedicated to late Dr. A. Samad Shera, the General Secretary of the Diabetic Association of Pakistan (DAP). In his presentation, Prof. Basit highlighted the high prevalence of diabetes in Pakistan, with over 19 million people currently affected, and a projection of 26.2 million by the year 2030.

He noted the concerning increase in childhood overweight and obesity, with nearly 9.6 million children affected. The incidence of hypertension has doubled, and obesity has tripled in the past years, contributing to a significant economic burden. Prof. Basit emphasized the economic impact by citing the direct cost of treating a diabetic foot ulcer, which ranges between 21 to 378 pounds.

Prof. A. S. Shera, in his efforts to address diabetes, prioritized diabetes education and supported the establishment of the National Association of Diabetes Educators of Pakistan (NADEP). Under his guidance, a one-year university-level training course in diabetes education was introduced. Additionally, a nationwide Diabetic Foot Clinic network, supported by the World Diabetes Foundation, was established, comprising 150-foot clinics. These initiatives have successfully contributed to a 50% reduction in the amputation rate.



Exercise can help to lose weight, lower blood sugar, and boost sensitivity to insulin - Zaman Sheikh

Good control of blood glucose before and during pregnancy reduces the risk of complications - Shabeen Naz Masood