

The
Rotary
Foundation



Vocational Training Team Global Grant
Erina Club / District 9685 / District 2430

International Diabetes Workshop

Ankara Turkey
11-15 May 2015

**WHAT IS TODAY'S
BIGGEST WORRY
FOR HEALTH
PLANNERS?**



Diabetes

A group of metabolic diseases in which a person has high [blood sugar](#), either because the [pancreas](#) does not produce enough [insulin](#), or because cells do not respond to the insulin that is produced

Type 1 diabetes



- Lack of insulin
- Autoimmune
- Usually children

Gestational diabetes



- Insulin resistance
- During pregnancy
- Risks to mother and child

Type 2 diabetes



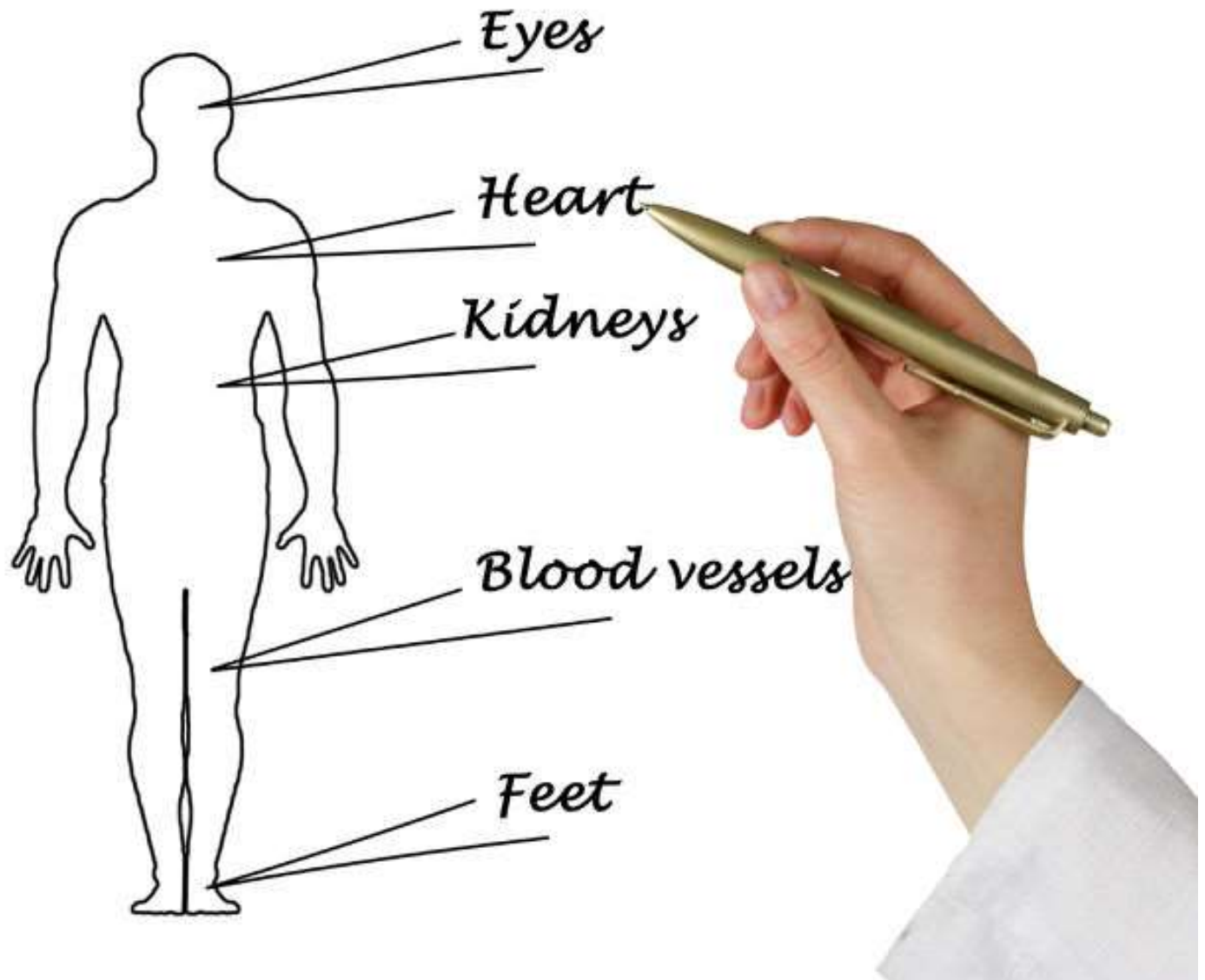
- Insulin resistance
- Lifestyle factors
- Usually adults

Risk Factors

- ☒ Obesity
- ☒ Advancing Age
- ☒ Family History
- ☒ Ethnicity
- ☒ Poor Diet
- ☒ Sedentary Lifestyle



Diabetes Complications



There are SOLUTIONS
for managing and curbing
the diabetes epidemic



Avoid Getting Diabetes

- ✓ Get regular exercise
- ✓ Avoid salty/fatty foods
- ✓ Limit alcohol
- ✓ Stop smoking
- ✓ Control blood pressure
- ✓ Get check up

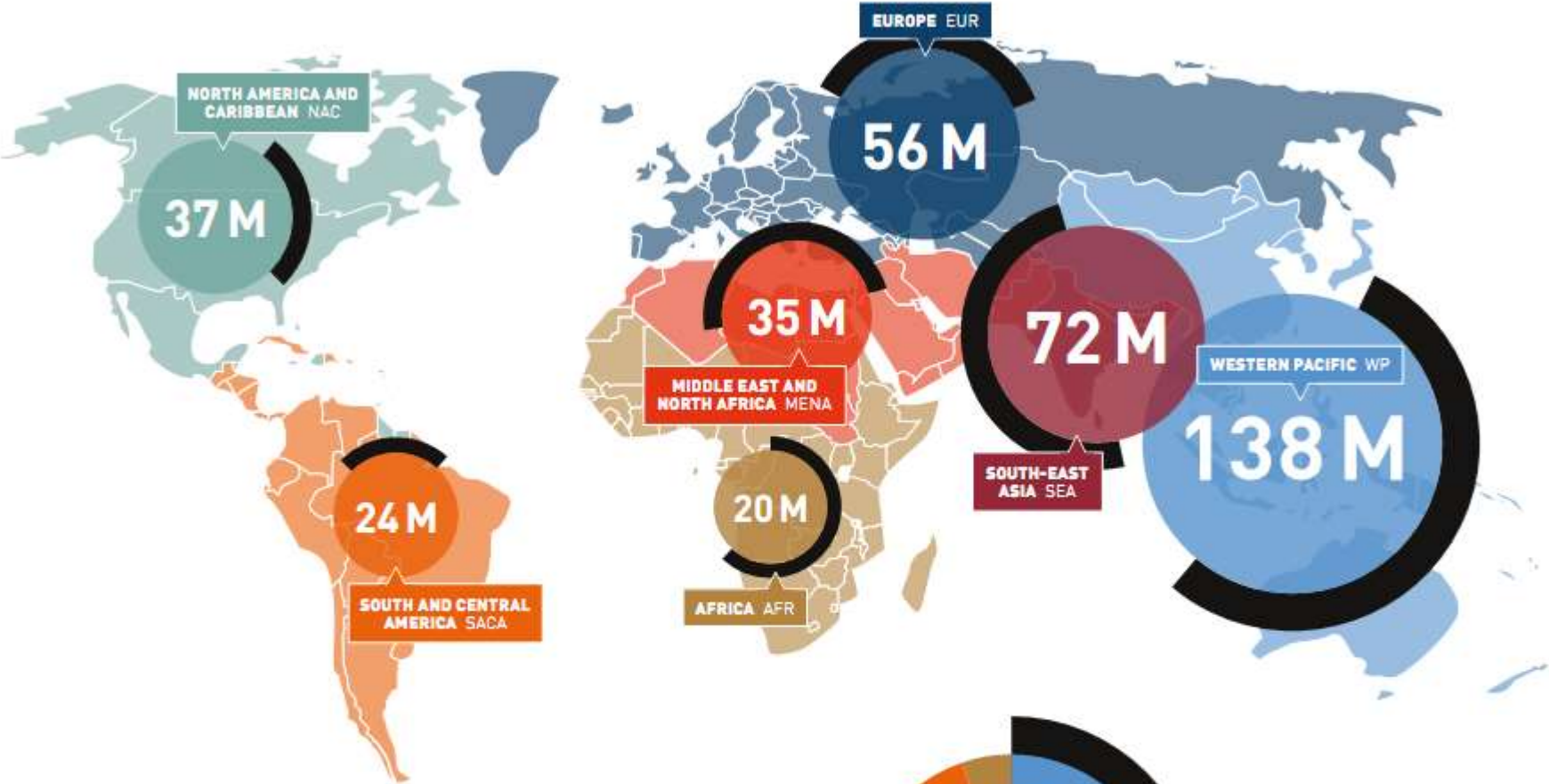
Once you have Diabetes

- ✓ All the above
- ✓ Medication
- ✓ Monitoring

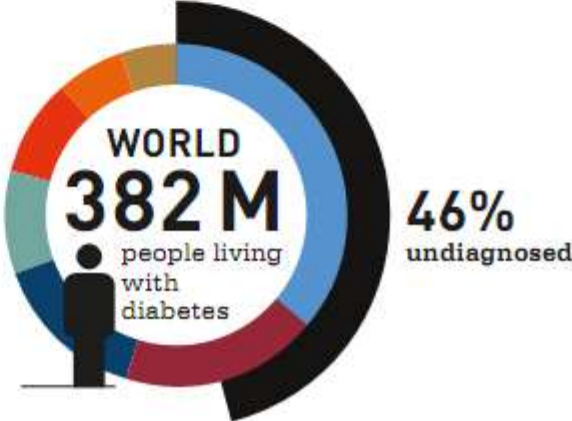
Diabetes is a **huge and growing problem**, and the costs to society are **high and escalating**

- **1 million** people in Australia diagnosed with diabetes today – 4% of population
- Growing rapidly – doubled in 20 years





HUGE GLOBAL CHALLENGE



ADDRESSING THE CHALLENGE

- Get experts together
- Share issues and successes
- Develop action plans
- Monitor progress
- Spread further



Partnership with District 2430 Turkey



International Diabetes Workshop 11-15 May 2015 – Ankara Turkey

- Australia
- Turkey
- Pakistan
- Afghanistan
- Kenya
- Tanzania



Aga Khan Health Services

Australian Delegation To Ankara

- Professor Greg Fulcher
- Professor Stephen Colagiuri
- Dr Sally Duke
- Margaret McGill
- Dr Duncan Stuart
- David Dean
- Dr Sandro Demaio

Special Thanks to:
Prof Martin Silink



Aga Khan Health Service Delegations

- Karachi Pakistan (5)
- Kabul Afghanistan (3)
- Nairobi, Mombasa, and Kisumu Kenya (6)
- Dar-es-Salaam Tanzania (2)

Teams of:

Doctors, Nurses, Dieticians, Pharmacists

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Vice President, Health Services

Aga Khan University, Karachi

Turkish Host Delegation

Professor Dr Rengin Erdal

Dr Sevgin Bicer

Dr Alper Sahin

Dr Irem Budakoglu



Meeting Preparations in Australia

17-24 March

- Diabetes Centre – Royal Prince Alfred
- Diabetes Program – Royal North Shore
- Type 1 Diabetes – Westmead Children's
- Diabetes Education – Gosford Hospital
- Disease Management Unit – Alfred Hospital
- International Diabetes Institute – Melbourne
- Diabetes Victoria – Melbourne
- Plus -

Kangaroos, Koalas, Sharks and Rotarians



