

Patients to find relief in controlled insulin and diet therapy; Diabetes treatment is a lot about human behaviour, says expert



ICLDC continues to educate region on Diabetes; Experts address monthly gatherings at ICLDC

Abu Dhabi, May 2008: The successful treatment of Diabetes has as much to do with lifestyle behaviour and good communication as it does with insulin, according to Diabetes specialist, Professor Tadej Battelino.

"There is good clinical evidence that at every age and every situation the insulin pump is successful, however insulin is only one part of a successful Diabetes management strategy," observed Professor Battelino.

Professor Battelino of the University Medical Centre of Ljubljana in Slovenia was speaking to more than 100 Abu Dhabi-based medical professionals at Imperial College London Diabetes Centre (ICLDC). He stressed the radical developments in insulin pump therapy and importance of carbohydrate counting.

"It is very important to ensure that individual eating patterns are in rhythm with prescribed insulin therapy," he said.

Meanwhile, Wafa Ayesha, Head of Clinical Nutrition at Dubai's Rashid Hospital, supported Professor Battelino's observations stressing the importance of carbohydrate counting.



She said that an easy method now assigns each food item with a 'point value' based on the amount of carbohydrates contained, therefore stream-lining the process for the patient.

"However, we continue to find that patients are confused about what constitutes a carbohydrate.

"Patients bring me a box and point out that it reads 'sugar free' on it. I have to explain that there are things other than sugar which are carbohydrates, such as potatoes and wheat," said Ms Ayesh.

Professor Battelino confirmed the recently-launched, Internet-based monitoring component of the insulin pump therapy.

"This will play a vital role in the treatment of Diabetes as it provides healthcare professionals with direct and up-to-the-minute information, such as blood glucose levels," he concluded.

For more details visit: www.icldc.ae www.diabetesuae.ae

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Notes to the Editor

About Imperial College London Diabetes Centre

The Imperial College London Diabetes Centre is a state-of-the-art specialised out-patient clinic dedicated to help detect, prevent and treat diabetes. The centre is a one-stop-facility that specialises in Diabetes Treatment, Research, Training and Public Health. Located in Abu Dhabi (next to the Zayed Military Hospital), ICLDC allows the highest level of specialised patient care, from first diagnosis to the continued management of all complications associated with diabetes.

Imperial College London holds a renowned history and expertise in the study of diabetes, bringing one of the leading medical academic institutions in the world to Abu



Dhabi as a core working partner. Under ICLDC practices, one of the Centre's primary objectives will be to provide continuing education for health professionals and the general public. For more details visit: www.icldc.ae

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