



Hamari Meethi Zindagi

Great Life Despite Diabetes

I BELIEVE I CAN FLY!



Hamari Meethi Zindagi- A Quarterly Magazine

The Voice of People With Diabetes

Issue 2: March - May 2016

The Power To Change Lies With You!

Meethi Zindagi believes in the power of people with diabetes as advocates and change influencers.

Empowerment of people with diabetes (PWD) is its first and foremost mission.

Meethi Zindagi relies on its empowered PWD advocates for realizing its vision of a great life despite diabetes!

Be the change you wish to see!

Speak Out!

Let the world see the realities of living with diabetes!

In the next issue:

- We'll be starting an Urdu section in the magazine.
 - Mr. Masood Toor, the renowned writer, will be regularly contributing to the Urdu section.
- There will be an 'Arts for Diabetes' section. You can also contribute for this section.
- There will be a 'Poetry Section' (in both Urdu and English). You can also send in your poems for this section.

Meethi Zindagi acknowledges and appreciates the contribution of a number of individuals who sent us their articles, artwork and poetry.

Special thanks to the Editorial Board whose hard work has made this possible:

Sana Ajmal
Erum Ghafoor
Anum Anwar
Sameen Hamid
Sadaf Umer

Meethi Zindagi (eMZee)



Message From the President

“Can people with diabetes live a healthier life?” This is a question which people with diabetes, especially young insulin dependents, often ask. The question becomes more valid in low and middle-income countries with limited education and health facilities. Non-communicable diseases have become a burden not only on the developed economies of the world but also for the developing countries like Pakistan. Two-thirds of deaths globally occur because of these diseases. Diabetes is amongst the top four.

The Secretary General of United Nations said, “Diabetes, cancer and heart diseases are no longer the diseases of the wealthy. Today, they hamper the people and the economies of the poorest populations, even more than infectious diseases. This represents a public health emergency in slow motion”. (Ban Ki-Moon, US Secretary General, 2009)

The prevalence of diabetes is on the increase globally, with a more rapid increase in developing countries. It is estimated that currently, 382 million people are living with diabetes and this may rise to 471 million by 2035.

Diabetes is a common cause of sudden deaths, amputations, kidney failure, heart attacks, stroke and blindness. Although hospital care is available to people with complications of diabetes, yet it is available to less number of deserving candidates, and at some places is far from satisfactory.

In government policies, health care is still at a low priority. This has resulted in helplessness amongst the less privileged persons on one hand, and increasing rate of complications on the other. Poor quality medicines and quacks with misinformation are yet other problems in our country.

We educate, prevent and manage diabetes. We must strive to make essential drugs available at an affordable price. Meethi Zindagi strives to fight ignorance amongst the masses and seeks Government's help in achieving other goals. Besides distributing reading materials among masses, Meethi Zindagi has been arranging symposia and camps, carrying out surveys and doing other research works. In 2015/16, Meethi Zindagi's focus is on empowerment.

I am sure this humble effort from our side will empower many people with diabetes to live healthier lives



Hamid Shafiq
President Meethi Zindagi

Educate,
prevent and
manage
diabetes.

Make
essential drugs
available at an
affordable
price.



AIMS AND OBJECTIVES OF MEETHI ZINDAGI

Patient organizations are instrumental in bringing about changes to the health care systems, by being a unification platform and voice for the people who are affected by a health condition.

Meethi Zindagi aims to be an instrumental factor in moving people with diabetes from the bottom to the top of patient-centered health-care systems. It envisions a strong partnership between care providers (including health care professionals, industry, families and the society) and people with diabetes, for patient empowerment, peer support, awareness, health education, and advocacy for the rights of those living with or at risk of diabetes and its complications.

Our mission is:

- To empower people with diabetes to take up leadership roles as advocates for improving diabetes care and quality of life.
- To be an advocate and platform for Patient-Centered Diabetes Care.
- To raise awareness, promote prevention, education and accessible quality care, and
- Promote the responsibilities and protect the rights of people living with diabetes and its related problems.

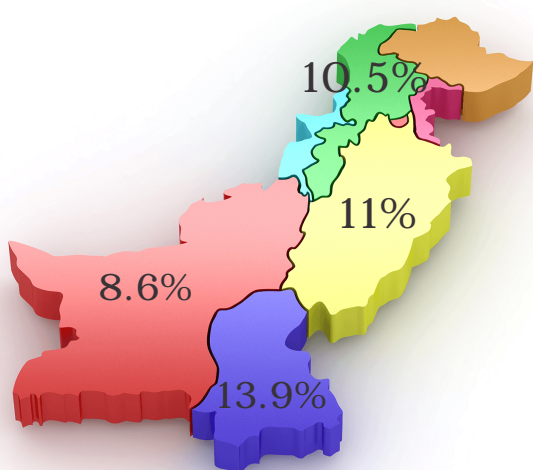
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DIABETES PREVENTION-AN IMPERATIVE NOT SO WELL UNDERSTOOD!

By Erum Ghafoor - Senior Diabetes Educator

Unfortunately Pakistan is not exempted from diabetes. Due to scarcity of data it is difficult to estimate the exact number of people with diabetes in our country. Approximately 20 million people have diabetes and after every 10 seconds, 1 person dies because of diabetes, while 2 new individuals are diagnosed with it. 1 in every 2 people with diabetes do not know that they have it.

Most people with type 2 diabetes are diagnosed when they have already developed complications associated with long standing uncontrolled diabetes.



Approximate percentage prevalence of diabetes in provinces of Pakistan, amongst the adult population (ages 20-79 years).

Type 2 diabetes is the most common type of diabetes. Almost 95% diabetes cases suffer from type 2 diabetes. The good news is that type 2 diabetes is largely preventable.

Prevention is a big deal. It is important to make diabetes prevention a priority, especially if you're at an increased risk of diabetes. For example, if you're overweight or have a family history of the diabetes, you are at an increased risk of developing type 2 diabetes too. One of the most important factors in the development of type 2 diabetes is genetics (over which we have no control). But other risk factors like weight, stress, smoking, sleep patterns and healthy lifestyle can be managed properly.

Diabetes prevention is as basic as eating healthier, becoming more physically active and losing a few extra pounds. Making a few simple changes in your lifestyle today may help you avoid the serious health complications of diabetes down the road.

A major reason for occurrence of type 2 diabetes is the reduction in the body's insulin sensitivity. Insulin is being produced by the pancreas but the body cells are not responsive to it. Generally this results in negative feedback and the pancreas produces more insulin, believing that perhaps there isn't enough insulin in the body. This causes further weight gain, and increases the risk of type 2 diabetes.

In people who already have type 2 diabetes, the reduction in insulin sensitivity makes it difficult to control blood sugar levels well. Interestingly, the human body only becomes insensitive to its own insulin. The same human body would respond perfectly well to external (human or synthetic) insulin that is taken from an outside-the-body source as a replacement.

For people at risk of type 2 diabetes, a little weight loss can improve insulin sensitivity

and delay the onset of type 2 diabetes. Research also shows that losing weight can even completely prevent the progression to type 2 diabetes.

In people who are already diagnosed, or showing symptoms of diabetes, 7-10% weight loss can play a remarkable role in improving insulin sensitivity and blood sugar control. Diet control and exercise are both beneficial for weight loss.

Exercise plays a major role for improving insulin sensitivity in muscle tissue. By increasing exercise, the body uses insulin more efficiently, for up to 70 hours after the exercise period has occurred. Thus exercising four to five times per week would be beneficial in most people.

For every 500 kcal burned weekly through exercise, there is a 6% decrease in relative risk for the development of diabetes. If you burn an extra 500 kcal daily, you can lose a pound per week. Exercise doesn't have to be monotonous, painful or unenjoyable. In fact, making sure that it's fun can help you avoid burning out. If spending 60-70 minutes on the gym's equipment or walking every day of the week sounds mind numbingly boring to you, as it should, try switching of any more interesting ways in order to keep yourself interested. 'Any' activity in which our body and muscles are used is a good exercise. It can be dancing, jogging, swimming, punching a punch bag, playing badminton, cycling and as many as you can think of. The basic concept of exercise is to burn calories by body movements. Great resources on internet show the time duration of your particular activity that will burn 500 kcals. Exercise can also be a good way to spend time with your family. Go play with your kids; 90 minutes of moderate play time with the little ones does the trick, plus, they'll love it.

We all love eating junk, and why not? But make sure you balance out your diet with healthy foods too. Each meal (or atleast each day) your total intake should comprise a balanced diet. Some online resources can help you calculate your individual balanced diet requirements. Dietary needs can vary slightly from average

values especially if you have a medical condition or are pregnant or feeding an infant. In such cases, discuss your dietary needs with a qualified dietician.

Avoid stress! Easier said than done.. but stress almost doubles your risk of developing diabetes. Meditation, socializing, social work, improving family life and changing your work environment can be very helpful for stress management. Talk to a doctor if needed.

Smoking is a huge risk factor for many chronic diseases, including diabetes and its complications. It also increases abdominal fat accumulation and insulin resistance. Smokers are 30–40% more likely to develop type 2 diabetes than nonsmokers. People with diabetes who smoke are more likely to have trouble with insulin dosing and with controlling their sugar levels than those who don't smoke. There are many methods and centers that can help you to quit smoking. Smoking is injurious to your health, whether you have diabetes or not. Quit today.

Diabetes and sleep problems often go hand in hand. Diabetes can cause sleep loss, and there's evidence that not sleeping well can increase your risk of developing diabetes. People who do not sleep well tend to eat more as a psychological replacement for the lack of energy.

Less than 6 and more than 9 hours of sleeping durations may be associated with a higher risk of developing type 2 diabetes. Sleep deprivation can disturb the balance of hormones that regulate food intake and energy balance. A good night sleep, and not over-sleeping, is also a preventive measure for diabetes.

There is also a link between diabetes and snoring (called sleep apnea). The reason may be the fat deposits around the upper airway that obstruct breathing. Snoring is a sign of disturbed sleeping and NOT sound sleep as commonly believed.

So if you are overweight, have a family history of diabetes, snore while sleeping or smoke, take the diabetes prevention steps today.

Prevention is Better Than Cure!

Know your Risks and Start Today!



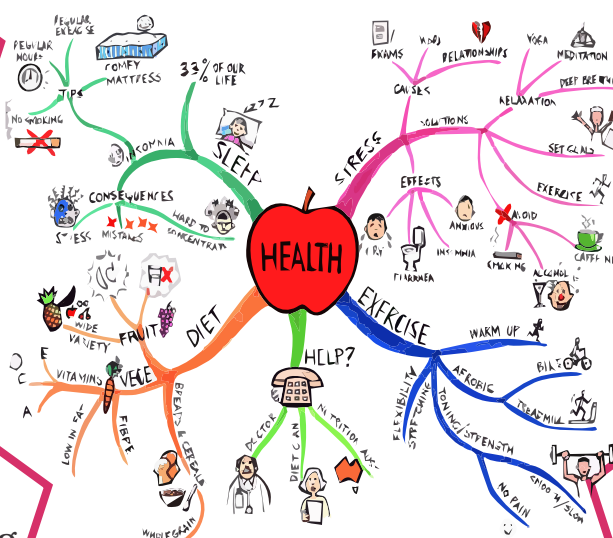
Exercise
in a
fun way



Follow up
on your
health



Manage
stress



Quit
smoking



Sleep
well



Eat
healthy



Is That Correct?

Myths and misconceptions have been a part of our social thinking since ages. In this section we try to bust these long standing myths and tell the respective facts as determined by science. It is important to know what is correct and what is not.

Many people believe that diabetes can be spread from one person to another through physical contact (like touching, eating together or marrying a person with diabetes).

Is that correct?

Obviously, this is an incorrect statement. Diabetes is not contagious. This means that it cannot be transmitted from one person to another through physical contact. Diabetes, however, travels through *genes* (or, in non-scientific terms, 'family history'). A few facts need to be stated here. It is important to understand that family history has different effects on type 1 and type 2 diabetes.

Type 2 diabetes:

Family history has a strong relationship with type 2 diabetes.

If your grand parents or any of their children (your parents or uncles, aunts, etc.) have diabetes, you are at a risk of developing it too.

Make sure you know prevention and delaying methodologies and adopt them.

Type 2 diabetes is NOT contagious.

You cannot "catch" diabetes from your husband or wife.

You cannot "catch" diabetes by touching, shaking hands or eating / drinking in the same plate / glass as a person with diabetes.

Type 1 diabetes:

Family history's effect on type 1 diabetes exists, but is not strong.

Very few cases of type 1 diabetes running in the family have been observed so far.

If a parent has type 1 diabetes, there are very little chances that their children will develop type 1 diabetes too.

Just like type 2 diabetes, type 1 diabetes is also NOT contagious.

You cannot "catch" it from physical contact or marriage.

HEALTHY DIET

by Ms. Mahwish Shiraz (Senior Clinical Dietitian)

A healthy diet contains a balance of food groups and all the nutrients necessary to promote good health. Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your outlook, and stabilizing your mood.

People with diabetes have the same nutritional needs as anyone else. The difference is that a person with diabetes must have this nutrition in measured amounts at regular, evenly spaced meals and snack times, and in balance with physical activity. What's good for the person with diabetes is also good for the rest of the family and nourishing foods can certainly be tasty and appealing. So cooking for someone with diabetes doesn't have to be a problem.

Despite all the publicity surrounding new research and new nutrition guidelines, many people with diabetes still believe that there is something called a "diabetic diet". If you feel overwhelmed by all the conflicting nutrition and diet advice out there don't get confused. By using these simple tips, you can cut through the confusion and learn how to create a tasty, varied, and healthy diet that is as good for your mind as it is for your body.

The food that we eat is made up of three main components- carbohydrates, proteins and fats. In addition to these, we also need vitamins and minerals. Collectively, these substances are called "nutrients" and they are all essential for a 'balanced diet'. Many countries use a 'Food Guide' to help people make healthy food choices, and give guidance on how much of what constitutes 'healthy eating'. To simplify and translate these nutrient things into everyday eating one can distribute these nutrients in five different food groups. Foods that provide similar types of nutrients are grouped together; there are five of these food groups:

- Starchy foods.
- Fruit and vegetables.
- Protein foods.
- Milk and dairy products.
- Fatty and sugary foods.

Foods within these groups can be exchanged on a day-to-day basis according to personal tastes, physical needs and preferences, in order to get variety.

Starchy foods:

This group includes all types of bread and cereals- wheat, oats, barley, maize, rice, millet and rye – and products made from these. Potatoes are also counted as starchy foods. Base your meal on starchy foods such as bread, chapattis, rice and pasta. The food items present in this group are main sources of carbohydrates. These are naturally low in fat and protein and will help to fill you up. Less refined foods and wholegrain products are higher in fiber and will help blood glucose control.



In the past people with diabetes were told to avoid sugars and other carbohydrates. Current research shows that it is the amount of carbohydrates eaten and the rate of its digestion that are the most important factors in blood glucose control.



Fruits and vegetables:

A diet high in fruits and vegetables will help to reduce your risk of heart disease and many cancers. Fruits also contain a good amount of carbohydrates as compared to vegetables, but both of them are naturally low in fat and high in fiber and an excellent source of a variety of vitamins and minerals. Although fruit juices count as a serving of fruit, it tends to raise blood glucose levels rapidly. Try to eat lots of fruit and vegetables in daily intake. Aim for at least five portions a day. Portion sizes of fruits and vegetables vary according to the natural sugar content.

Protein foods:

Protein has many important functions in the body. They are needed for structural components of cells and tissues and are used in the manufacture of many enzymes and tissues. Protein can be found in a variety of foods including poultry and poultry products, meat and meat products, egg, fish and fish products, pulses and nuts are also included.



Choose lean meat and poultry and trim off any excess fat. Remove the skin from the poultry. Try to cook in low fat choices as barbecue, grill, steam and casserole, in preference to frying.

Milk and dairy products:

Milk and dairy foods are vital as a source of calcium in the diet. They are also good source of carbohydrates, protein and also fat, except

the low-fat versions of milk. Choose skimmed or semi-skimmed milk or low-fat yogurt. As a general rule, hard cheeses are higher in fat, so choose softer cheeses or cottage cheese.

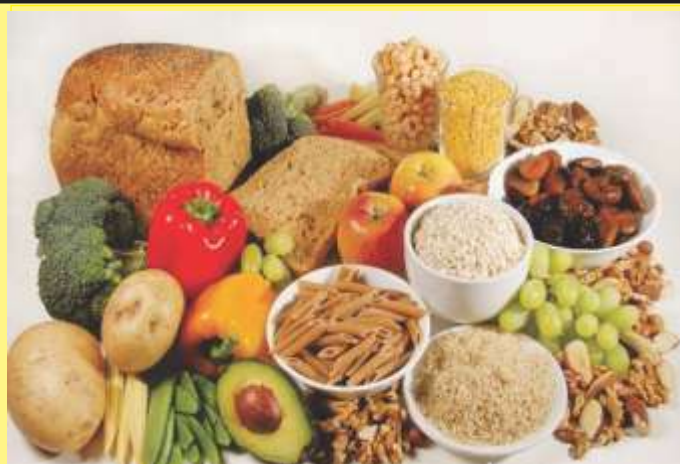


Fatty and sugary foods:

Fat is an important component of a balanced diet, although we tend to eat far more of it than we need. Fat is an excellent way of storing energy, but this means that it contains more calories than carbohydrates and proteins. Thus, a small amount of fat and fatty products should be added in daily diet to keep it a healthy diet plan. Foods high in fat or sugar should be limited. They are not prohibited.

Foods in this group include; butter, margarine, other spreads and oils, cream, cakes, ice-cream, chocolates, confectionaries, crisps and other fried savory snacks. Try to choose low fat varieties wherever possible- use food labels where it is possible. Avoid frying and cooking with lots of oil. Choose oil that is high in mono-unsaturated fats (olive oil or canola oil). Some experts recommend offering sweets as part of a meal. This avoids making people think that sweets are special.





Fiber:

Fiber provides bulk in a meal; helps slow down the rise in blood glucose after a meal. Fiber is often classified as being either soluble or insoluble. Most high fiber foods contain combination of both soluble and insoluble fiber.

Soluble fiber is found in oat bran, pulses (peas, beans and lentils) and fruits and vegetables. Soluble fiber can be helpful in controlling blood glucose levels and reducing blood fats.

Insoluble fiber used to be known as 'roughage'. This type of fiber is found in foods such as wheat cereals. It helps to prevent constipation.

Meal planning:

Try to include foods from the above food groups in the right proportion. This means basing meals on starchy foods and vegetables, including some protein and milk/dairy foods, whilst keeping fatty and sugary foods to a minimum. Enjoy a variety of foods and balance your choices, so that at the end of the day you have eaten a healthy combination of foods. Remember that your diet has to be a diet you can live with.

Do remember, the correct number and size of servings from each food group will vary somewhat from one individual with diabetes to the next, and is best determined through personal counseling with a qualified dietitian.

If you do not have any problems like heart diseases, pancreatitis, blood pressure problems, etc. your daily meal plan should be comprised of one-third portion of starchy foods and one-third portion of fruits and vegetables (of the total food amount). The remaining one third should be divided amongst dairy products, proteins and fats. Fats should be restricted to smaller amounts than proteins and dairy.

If you do suffer from the above mentioned problems, your diet plan must be carefully designed by a dietitian, so as to limit foods that may harm your organs.



Summer Time - Do's & Don'ts

People with diabetes, and those who are taking medications for some of the related complications, like heart disease, may face problems during the summer heat. Sometimes, they might not even be aware of the difficulties that the summer heat is causing for them.

Below are some “Do's and Don'ts” during summer time to help you stay away from the problems heat may cause!

Keep hydrated:

Dehydration happens when a body loses excessive water. If you have diabetes, dehydration also can occur when blood glucose is high. High blood sugar leads to excessive urination which may cause dehydration on top of fluid loss due to heat. To prevent dehydration, drink lots of caffeine-free fluids such as water, or sugar-free lemonade.

Watch out for heat exposure:

If you are exercising or working outdoors, your body may get overheated. People with diabetes and heart diseases are at a greater risk of feeling dizzy, fainting, muscle cramps, headaches, nausea and fast heartbeat. If you experience any of these, immediately move to a cooler place, drink water or sugar free lemonade and ask for medical help. Do not drink fruit juice or sugary drinks without checking your blood sugar level as it may already be high.

Protect your medicines and equipment:

Diabetes medicines (especially insulin) and equipment like test strips and glucometers may get damaged if exposed to extreme heat. Never store your medicines and equipment in freezers. Remember, you need a ‘cool’ and dry place to store your diabetes supplies. Examine your insulin for changes due to heat exposure. Clear watery insulin should remain clear. For milky insulin (like NPH, or certain premixed ones) should not appear to have clumps or frosting on insulin vials. Do not place insulin vials on dashboards or at any place exposed to direct sunlight. Place them in the inside pocket

of your handbags. Cool packs available in markets provide a good way of storing insulin. Remember, your insulin vial should not touch ice directly! Do not use ice to store your insulin as this can also cause damage to your insulin. If you do not have cool packs, dip a hand towel for some time in ice cold water and wrap the towel around your insulin vial. The vial (along with the towel wrapped around it) can be stored in a plastic box or bag in your handbag.

Choose cool places for exercise:

Try to find a well ventilated indoors or shadowy place for exercising. Try to choose a cooler time for exercise, like early in the morning or later in the evening. Never exercise directly under the sun during summers.

Check you sugar levels frequently:

Heat can cause blood sugar levels to fluctuate a lot. And many a times, symptoms of high or low blood sugar do not get immediately identified. They are mistaken for symptoms of over heat exposure or dehydration. Frequent checking allows you to be better aware of your body and choosing the right treatment.

Don't go out in the sun without a sunblock:

Avoid getting sun-burnt. Some diabetes medicines like sulphonylureas, increase the sun sensitivity of the skin. Always use a good sunblock to protect your skin from the sun. Sun burn and associated appearance of blisters are hard to heal if you have diabetes. Protect your feet from the sun and heat as much as you protect your face, if not more.

I Believe I Can Fly!

“Type 1 diabetes is a horrible condition (I have it myself) - but imagine being a young child or teen living with it, taking injections of insulin several times a day, pricking your finger constantly and wondering if a cure is ever going to come along. Imagine being the parent of a child, having to give the injections, pricking their child's fingers during the night and hoping they wake up in the morning. This is reality, and whilst we wait for a cure, we need to make sure our youth have the opportunity to live a happy life” , says Carrie Hetherington, who lives with type 1 diabetes in New Zealand.

Carrie decided to raise funds for Diabetes Youth New Zealand (DYNZ), which works with many other local organizations to create peer support opportunities for all type 1's across New Zealand. The funding helps arrange camps for children with diabetes. Camps and days out let children meet others with type 1 diabetes and feel 'normal' about living with it. Every child wants to be a child, whether he or she has diabetes or not! This feeling is hard to acquire if you don't meet people like your own self regularly and let your inner self out. Camp is a perfect place for doing this.

Since Carrie is an IDF Young Leader in Diabetes and an Ambassador for DYNZ, she decided she should do something amazing for World Diabetes Day 2015. She took up the challenge of hitting some targets herself, if people donate to Diabetes New Zealand for doing amazing stuff.

So she announced that she would jump out of a plane if she is able to collect \$1000 funds. Whoa! She went all out and was able to raise \$5200!

Not only are these funds being spent for children with type 1 diabetes, but Carrie was also able to show to the world that people with diabetes have amazing potential and can do everything in life if they manage their health properly! You rock Carrie! People with diabetes around the world are proud of your courage!



Ask the Expert

We have formulated a multi-disciplinary group of professionals who are experts in diabetes education, treatment, and delivery of services to people with diabetes or those at risk of diabetes. This includes consultant diabetologist, certified diabetes educator, registered dietitian, and psychiatrist. You can send us your questions through:

Email: contact@meethizindagi.org

By Post: 33/57, Lake View Homes, Opp. new CSD, Sher Shah Road, Multan Cantt., Pakistan.

Disclaimer: All information contained in this section is intended for informational and educational purposes only. Our Expert Q&A is not intended to be a replacement or substitute for consultation with a qualified medical professional or for professional medical advice related to diabetes or another medical condition. Please contact your doctor or medical professional with any questions and concerns about your medical condition.

*Q: Dear Hamari Meethi Zindagi,
My 7 years old son was diagnosed with type 1 diabetes two years ago. I have been told that insulin is the only treatment for him. I myself have fear of needles, and so does he. Is it correct that there is no other treatment for him?*

- A afraid of Needles Mom

A: Dear Afraid of Needles Mom,
Type 1 diabetes develops when the insulin producing cells of a person's pancreas are destroyed. Thus in your son's case, his pancreas cannot produce insulin anymore. Therefore, insulin has to be provided by external means. It is correct that insulin is the only treatment for type 1 diabetes. However, you do not need to worry as insulin is a very safe treatment, with no side effects. To get rid of your fear of needles, try injecting your own self with an empty insulin syringe or pen needle. You will notice that insulin injecting needles are now virtually pain free. Once you recover from your own fear of needles, you will be in a better position to help your little son overcome his fear too.

Q: Both my parents have type 2 diabetes. My mother was diagnosed with diabetes during all her pregnancies and later developed type

2. We are 4 brothers and sisters. All except one are overweight. What are our chances of developing diabetes as well? What can we do to prevent it? Are my children also at risk?

- Samra Khaliq, Lahore

Dear Samra,

Your chances of developing type 2 diabetes, as well as those of your brothers and sisters, are pretty high. Diabetes type 2 travels in families. The chances of developing it are increased manifold if you are also overweight. Similarly, your children also have chances of developing type 2, especially if they are not following a healthy and active lifestyle and/or your husband also has family history of type 2 diabetes.

You can delay the onset of type 2 diabetes, for yourself and your children. Please try to include around 30 minutes of exercise in your daily routine. Exercise can be in the form of walking, jogging, playing in the park, dancing, doing aerobics, cycling, swimming or playing any type of indoor or outdoor sports.

Inculcate healthy eating habits in your daily routine. Make sure you and your family have an adequate intake of all types of nutrients, including whole grains, fruits, vegetables, meat, dairy and water in your daily meals.

Why Me?....

Transforming Experience

This is how Anum Anwar's mother stood by her through thick and thin

Living the life of a person who does not have a physical or medical condition, and amongst others like yourself, never trains you to deal well with a person who may have one. Neither do you seriously realize the true value of health. This is specially true if you are raised in a, so called, modern family which has a stronger focus on rationalization than the true worth of nature's mechanics.

The same happened with me. Life was very beautiful around me. I had a good enough job,



normal income and a body that was full of stamina.

With a very loving and supportive husband, I believed nothing could possibly ever go wrong. Then Allah blessed me with a baby who was beautiful and healthy above expectations.

As per her doctors, Anum was taller and more active than normal babies at birth time. I had above par energy to nourish her in the best way. I use to rinse her clothes with Dettol added water. I would iron each small cloth separately for her wearing. Each and every spoon, plate, glass and bottle was sterilized with hot water for her before use. I was excessively keen to be hygienic for her. When she started crawling, I got even more sensitive to the hygiene. I trained her to crawl on bed, carpet or mat, but never let her set her hands on the floor. I had completed Montessori teacher's training course and studied many books related to it. So I decorated her room with age relevant sections of E.P.I., sensorial exercises, tactile, exercises, vocabulary building material, writing area etc. She was gaining all sense movements as per age.

But suddenly by the end of her 1st year, she started suffering from the problem of frequent throat infections. In her fifth year I realized she is passing urine very frequently and ants could be spotted on the toilet seat. One day, she developed severe fever. It was then that I took her to a doctor. My sister, who was a medical student, suggested that I should have her urine tested. I could not understand the kind of

problem that my child could be having. But I followed her advice and asked the doctor to get the test done.

The urine test report showed presence of glucose in urine. However at that time, I now reflect, type 1 diabetes was not well understood by doctors even, especially doctors practicing in small towns where children usually died undiagnosed.

The doctor made fun of me by calling me an over conscious and protective mother, and sent me back home saying that she had nothing but seasonal fever which will subside soon.

Anum got worse by midnight. I took her back to the doctor. On suggestion of my sister, who had reacted strangely on hearing about the urine test results, I weakly suggested to the doctor that Anum might have diabetes.

When realization dawned on him, he said, "You are right! She has diabetes."

He immediately admitted Anum in hospital. I could not understand what was happening to Anum, and what was happening to me. I was feeling dizzy and wanted to cry out.

I was a kind of person who never liked to visit a sick person, or going to a death occasion. I used to think that there is nothing called trauma. I used to laugh at the suggestion or thought of feeling pain for that family.

I now believe, that trauma exists, but every trauma can be managed well and with a high rate of maturity, if you have the religious value of faith. If you have faith, then you understand that all traumas are a test from Allah of your patience and perseverance. This develops a kind of maturity and visionary thinking in you to endure adversities. You take guidance from Quran and religious books to develop internal strength and patience.

Since I did not have such a background, thus the incident of Anum's admission in hospital and diagnosis of being insulin dependent broke my nerves. For the first two years I literally use to imagine the angel of death roaming around her. Every morning started with the fear that she will not be with me by the evening. I couldn't sleep all night. I would keep checking on her



every few minutes to make sure she was still breathing.

I forgot all about my efforts towards her mental and physical upbringing. I used to be so conscious for her that I would buy books and toys for her ahead of her age. But after the diagnosis of diabetes, I stopped caring about anything and everything. All that mattered to me was her next breath, and her next day.

I even stopped encouraging her for school studies. But I was noticing a change in her. She herself was becoming more touchy to be at the top of everything.

Her condition made me realize that Allah indeed is a much bigger planner. The planning of a person did not matter much in the bigger picture of life. I stopped planning the big things and came to know the real meaning of the word 'in sha Allah' (if Allah wants).

The first few years after diagnosis were stressful for Anum because of exam-fear. As time passed, I don't know what made her so committed to her studies that she even attempted exam papers in severe health conditions. Once she took an exam with a cannula inserted in a vein of her hand. She coped very well with her studies.

For me, the top priority was her health. I observed that when her sugar control was good, she would be very loving, caring and friendly. But when her control was not good, she gave a tough time to herself and others too. I was always worried about social gatherings. I feared that she would start irritable if her sugar levels go up or down. I never attended any function with lively feelings. I was always afraid about her sugar levels.

Crying and wondering why this had happened with me overwhelmed my thoughts all the time. At some stage, I found the answer. Perhaps Allah wanted me to understand the mechanics of nature, the feeling of pain, the value of health, the recognition of Allah's divineness, the feeling of looming death, and life after death. I learnt things that I had never learnt in life.

She is very loving, well organized, mature, visionary and committed. But on the other end, perhaps, my over caring attitude made her slightly sensitive, stubborn and moody. One thing that I feel lacking in her is persistence. Swings in sugar levels cause swings in her moods and her persistence.

She has achieved what I had never imagined. In fact many children without any medical condition cannot achieve what she has strived for and succeeded in achieving. She is committed enough to conduct research for better treatment of diabetes. May Allah join her with people who can open the way towards the breakthrough for a cure.

[Anum has done her masters in Biotechnology. She won the national science Olympiad and was one of the selected young leaders from Pakistan in International Young Leaders' Assembly 2014, co-convened by UNESCAP, the UNESCO, the Global Peace Foundation, and the Global Young Leaders Academy. She is a certified Global Ambassador. Read Anum's inspiring story in our 1st issue Nov 2015-Jan 2016.]

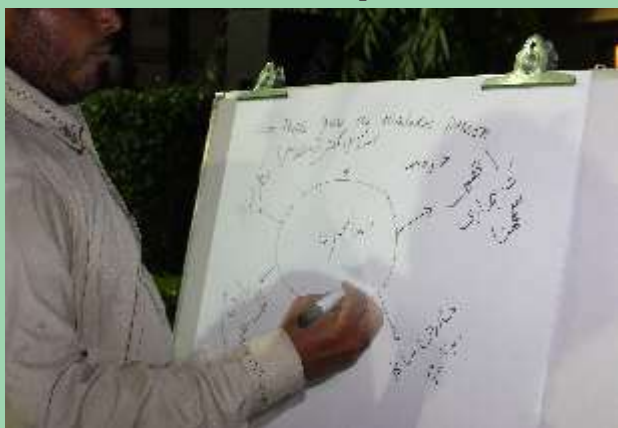
I am grateful to Allah for designing this automatic awareness program for me. My message to all parents is to learn spiritualism and religion with understanding, and teach your children the same. It can help you avoid the severe degree of mental torture and keep you in better mental state, if anyone you love ever suffers from an adverse condition. Never think that your child has been incapacitated or hampered from leading a healthy and productive life. Believe in yourself and believe in your child. Your trust and encouragement is the best medicine for all their problems. Stand by them through thick and thin. Learn and help them understand good diabetes management. Ask Allah to make it easy for you. Never ever think that your child with diabetes is lesser in any aspect than your other children, or anyone in the world. Don't treat them as 'special'. This hurts their self confidence and respect. Inculcate in them, a desire to help others with diabetes. This would help them connect to other people with diabetes, share experiences and feelings, make friends and feel better about living with diabetes. This would also raise your and their ranks in the eyes of Allah. May all of us have the strength to submit. Amen.



DIABETES RETREAT

MULTAN - 10 OCTOBER 2015

Meethi Zindagi, along with a team of doctors and educators, arranged a Diabetes Retreat for young people, in Multan. 21 young people with type 1 and type 2 diabetes joined this retreat. The aim was to give these young people an opportunity to meet each other, make friends and share experiences.



A burnout session was arranged in which the participants were asked about their positive and negative experiences with their families and the society in general. Interesting discussions took place, highlighting the role of families in strengthening them. Most of the participants highlighted the discrimination they face in the society because of their diabetes.

"I don't go for eating out with friends because they find me 'different'. Sodas are a compulsory part of any party. They look at me with amusement if I order diet soda. If I tell them I have diabetes, they won't invite me over the next time. Many people believe that people with diabetes cannot even eat meat", told one of the participants.

This misconception was confirmed by a newly diagnosed girl who has been living on "raw fruits and vegetables" since diagnosis. Her parents had mistakenly believed, after looking at the 'healthy eating brochures and posters', that these are the only foods she should be eating.



The retreat was a life changing experience for many. They came to know others like themselves and felt that they were not alone. Many of them exchanged phone numbers and made friends with each other. Parents and care-givers accompanying some of the participants got a chance to connect with each other and discuss management issues with doctors and educators.

The participants also learnt a lot of new things, such as the fact that eating raw vegetables and fruits only is not a balanced and healthy diet. The evening tea was combined with a carb counting and educational session.



Based on the input given by the participants, Meethi Zindagi is initiating a new project for 2016-18. The interested participants will be an integral part of this advocacy initiative to change behaviors towards people with diabetes. Stay tuned for more updates on the project in our next issue.

A Journey Through Life - The Sports Day!

A serial by Sameen Hamid - Episode 2

“Please submit your names for the sports that you would like to participate in. The Annual Sports Day is scheduled on 25th March. The list of games is displayed on the notice board”, the class teacher of class 4 Purple announced. “Yayyyyy...” excited voices of students echoed through the silent corridor outside. Aliya was about to enter the classroom and heard the announcement at the door. She had been feeling a bit unwell since morning, and had rushed to the washroom. She was also feeling very thirsty and dizzy. But the announcement of the Sports Day excited her and instead of entering the class, she turned back and ran towards the notice board displayed near the staffroom.

“100m race, 200m race, relay race, one-legged race, sack race, badminton...” she read the list and wondered what she would like to participate in this time. Aliya loved sports and had been a part of the school's junior football team for a couple of years. However, her health had been somewhat on

the decline for almost a month, with very disturbed sugar levels. The doctor had told her mother that she was growing up, and sugar levels usually get disturbed at this age. They had been carefully working to get a handle on them. The doctor had asked her to check her blood sugar levels more frequently and make a log chart to show to him. Aliya would prick her fingers five or six times a day and note down the blood sugar level readings in a chart. She could herself see the unusual pattern that her sugar levels were following and could understand that her insulin dose needed frequent adjustment. The thought of her health made her feel gloomy all of a sudden. She was not feeling well at all.

Right at that moment, a teacher came out of the staff room. “Are you okay, Aliya?” the teacher asked. “Yes ma'am, I am perfectly fine”, Aliya replied. “But you look very pale and unwell”, the teacher insisted. “I will call your parents and send you home”.

When Aliya's mother arrived, she



immediately made her check her blood sugar level. Aliya always kept her glucometer in her bag. She never wanted to be blind about her levels, especially when she was not feeling well. It was 270mg/dl. "Gosh", Ammi exclaimed. She immediately picked up her phone and called her doctor.

"Aliya was not feeling well in school", she was telling the doctor. "Her sugar level is 270"! She sounded worried. The doctor asked her some questions. Ammi handed over the phone to Aliya and encouraged her to answer the questions her doctor was asking. Aliya always felt comfortable talking directly to Dr. Adnan. He was an understanding and caring man. Talking to him made her feel comfortable and also allowed her to learn about managing her diabetes.

"What have you eaten since morning, Aliya?" Dr. Adnan asked. Aliya told him about her usual breakfast and snack. Then he asked her about his fasting sugar level and activity. He then asked her to hand over the phone to Ammi and directed Ammi to give her some extra insulin. Ammi was always careful not to give extra insulin to Aliya without consulting Dr. Adnan first.

"Ammi, I want to participate in Annual Sports Day", Aliya's mind was somewhere else.

"Go ahead Aliya. What's stopping you?" Ammi said as a matter of fact.

Aliya looked Ammi with a surprised expression on her face. She had thought that with her disturbed sugar levels, Ammi would never allow her to participate in the Sports Day. She knew that strenuous physical activity in high sugar levels could be harmful to the body.

Judging her surprised expression, Ammi added, "Dr. Adnan has called us for consultation in the evening. We will discuss with him how to enable you to participate in Sports Day like always. Do not worry. You

will be fine and win a medal like each year."

Suddenly Aliya felt lighter and cheerful. She remembered how she always won medals in sports. Diabetes had made her stronger, not weaker. When she was diagnosed, Dr. Adnan had told her how important it was for her to stay active. Ammi and Abbu were very diligent about making sure that she had healthy physical activities to do. They always encouraged her to play. This had strengthened her muscles. She was the fastest runner in school, and a very good football player. 'And why not', she whispered to herself. 'It just makes so much sense. I take good care of my health and stay active'.

Ammi took her home and asked her to drink a lot of water. Aliya knew that high blood sugars can create ketones in body. Ketones are dangerous. She hurriedly gulped down a glass of water. She had to wash the ketones out of her body. She placed another glass of water on her bedside table and then lay down on bed to take some rest.

She did not know when she had fallen asleep. Aayan's concerned voice woke her up. He was sitting by her side on the bed. "Aliya", he was whispering. "How are you feeling now"?

"I am better now", she hugged him. She knew how much she meant to Aayan. He was his little brother and her best friend. He always knew how to make her feel better. "Please check your blood sugar again. And lunch is ready. Please come downstairs for lunch", he said.

Aliya pulled herself out of bed and checked her blood sugar again. It was much better now. She trudged downstairs for lunch, Aayan following her. Ammi had prepared her favourite food... grilled chicken steak with steamed rice. She loved calculating carbs in her meals, and calculating carbs in steaks was simple and easy. Lunch was delicious. She ate carefully, avoiding over

filling herself.

In the evening, Ammi and Abbu took Aliya to Dr. Adnan's clinic. Aliya was concerned about her participation in Annual Sports Day. She asked Dr. Adnan what she could do to feel fit and healthy for playing sports. Dr. Adnan encouraged her and said that there was nothing to worry about. He asked her parents to check her blood sugar levels even more often during the practice days and especially on Sports Day. He guided them about her eating plan to ensure she had enough glucose to provide her with back up while playing. Also, her sugar levels must be within normal range the whole day. She needed to keep glucose tablets or candies in her pocket, in case she felt hypoglycaemic and needed them in emergency. Aliya felt much more confident now. Ammi and Abbu were looking at her, knowingly.

Next day Aliya went to her sports teacher to submit her name for 200m race and the football team. "But Aliya", her teacher started to say something, but then she stopped. Aliya could feel what was coming. "Can you please call your mother tomorrow to have a talk with me?" the teacher decided not to talk to Aliya about her concerns directly. "Sure ma'am, I will let her know", Aliya replied. She felt gloomy again. As she walked back to her friends, who were playing in the ground, her eyes welled up with tears. She turned towards the nearest bench and sat there, gazing into the sky. She did not want to feel that diabetes can restrict her from anything. 'Diabetes can definitely not restrict me from sports', she was talking to herself. 'There are so many wonderful sportsmen and women in the world who have type1 diabetes. True that I had a bad episode in school yesterday, and that I have been feeling a little unwell for some time now. But that cannot restrict me from playing', she felt she would almost cry out when she felt a hand on her shoulder. Startled she turned around to find Sara standing there.

Sara, Aliya's cousin and best friend had been

with her through the thick and thin. She sat down beside Aliya. "What's wrong? Why are you sitting here alone? ", Sara asked. At first Aliya couldn't reply. Her face just quivered with emotion. And then she started blurting out incoherent, highly agitated sentences. Sara couldn't understand much of what Aliya was saying. But she could see that Aliya was upset about something related to Ma'am Zainab, their sports teacher. She sat down beside Aliya and hugged her. "It will be okay. Let khala handle it", Sara comforted Aliya.

Sara and Aliya knew that Aliya's parents were her strongest support. They would vehemently shut down anyone who discouraged Aliya. Sara accompanied Aliya home that day. She told Aliya's mother all that she knew. "Don't worry Aliya, nothing has happened", Ammi lovingly stroked Aliya's hair. She knew how sensitive Aliya was and how quickly she could read people's thoughts. "I will talk to Ma'am Zainab tomorrow. Don't worry", she comforted her.

Next day Ammi visited Aliya's school and met the sports teacher. The sports teacher was concerned about the bad episode with Aliya the other day. Ammi explained that her sugar level had spiked that day and though it shouldn't happen frequently, there was nothing much to worry about. The teacher also wanted to know what to do if something went wrong with Aliya on sports day. Ammi taught her how to use a glucometer. She told her to make sure Aliya checked her blood sugar half an hour before starting to play and then immediately before playing. She also insisted to make sure that Aliya's sugar levels were stable during this period. "I will take care of her diet plan. The doctor has educated us on how to plan her meals for that day. I request you to be careful about her levels before and after playing." Ammi also told her what to do in case of low levels.

When Aliya returned home that day, Ammi told her about the meeting with Ma'am Zainab. Aliya was very happy to know that

her teacher had agreed to let her participate in sports. "See Aliya, it's sometimes just a matter of making people aware and educating them. And no one can do it better than yourself", Ammi made Aliya see light. Aliya nodded thoughtfully.

For the next few days, till the Annual Sports Day, Aliya exercised every day. She needed to bring her body back to an active and healthy state. She carefully monitored her sugar levels, and ate very healthy food, that would not only maintain her blood sugar levels close to normal, but also give her body the required nutrients. She knew how important it was to eat a balanced diet. Everyday, she made sure she ate enough carbohydrates, proteins and fresh fruits and vegetables.

On Sports Day, Aliya was careful to pack enough snacks for herself, and put some extra candies in her pocket. She always carried a few with her. Her fasting sugar level was perfect that day. As guided by Dr. Adnan, she ate a good breakfast, planned with foods to help her sustain through the day without taking her levels too high. Aliya felt very good about herself. Ammi and Abbu hugged her and wished her best of luck. Ayyan patted her on the back. "I know you would do it, like always. I am so proud of my champion sister". Aliya hugged him back. Her family was the best gift from Allah. She couldn't be more thankful. She could do it. She believed in herself and they believed in her.

"10 am", Aliya checked her watch. "The race will start around 10:45. I must go check my blood sugar level now." Aliya went into the classroom to prick her finger and check her sugar level. Though Aliya was not ashamed of telling about her condition to her friends, she was careful not to make it public either. She

revealed her condition to her close friends and teachers as she sometimes needed their help in emergency situations. But not everyone! She disliked people staring at her, in pity, or surprise, when they saw her checking her blood sugar level, or taking her insulin shot. She had also heard very negative comments from such people. She knew that she could live healthier than normal people, if she took good care of herself. Diabetes had made sure that she adopts a healthy lifestyle. "I must find an empty classroom", she said to herself.

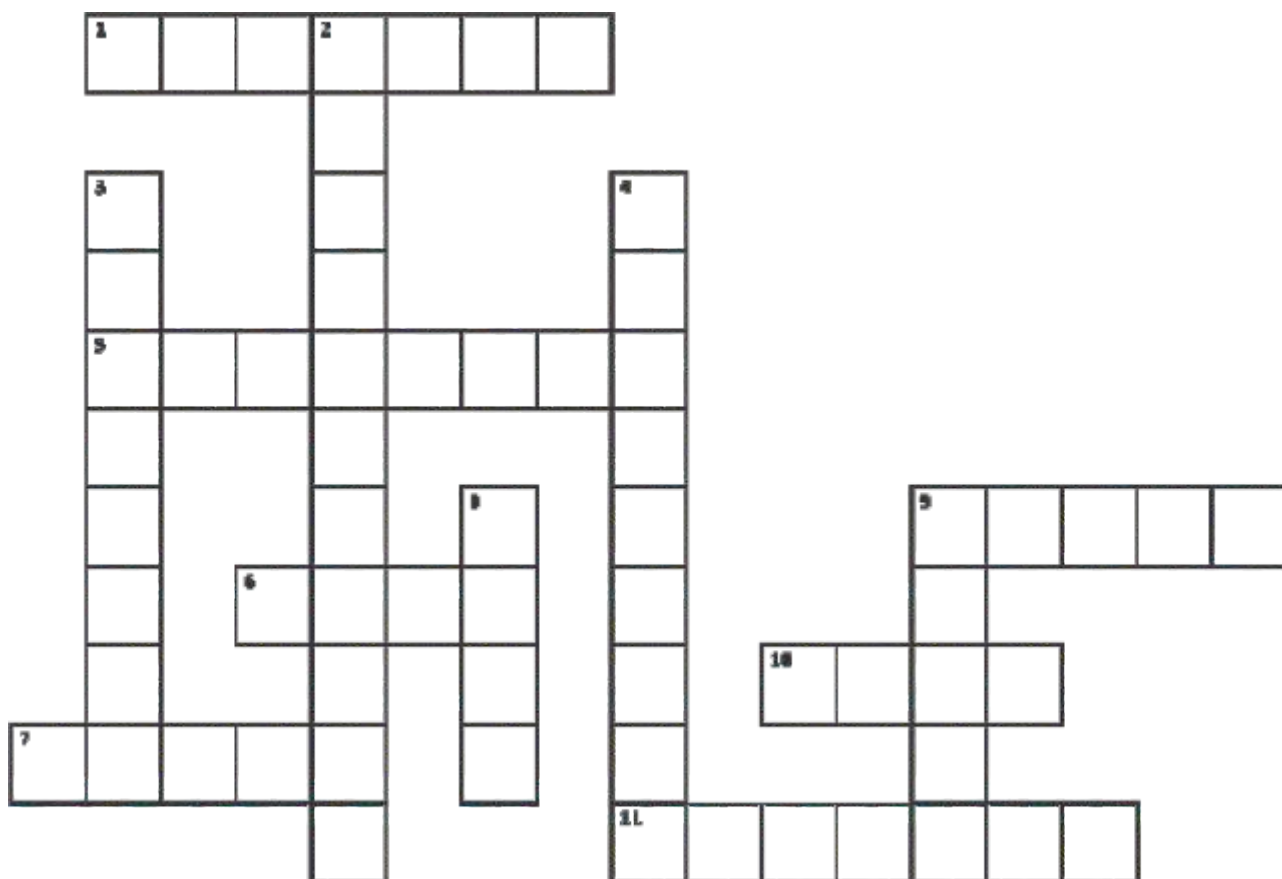
All classrooms were empty today. The whole school was gathered in the playground, amongst colorful streamers and flags. Students were cheering for their favourite players and teams. Aliya rushed into one of the classrooms and checked her level. It was slightly low. '*Nothing to worry about*', she thought. She immediately opened her snack pack and started eating. She took a few sips of juice as well. Then she stayed in the classroom for 15-20 minutes. She wanted to check again before going to the playground.

After Aliya had made sure that her sugar level was perfect for the race, she rushed back to the playground. The sports' teacher was announcing the winners of the last game. Races were next. Aliya took her position at the start of the track. She heard Sara, Ayyan and her other friends cheering nearby. She also spotted Ammi and Abu in the crowd. They smiled at her. She smiled back and took a deep breath. 'One, two, three... go!', the race started.

Aliya stood second in the 200m race. Her team won the football match. A little girl who believed...

FUN & GAMES

IF YOU HAVE DIABETES...



ACROSS:

1. High blood sugar and high blood pressure can damage the SIDYEKN
5. CIREXESE each day. Ask your doctor which *activities* are best for you.
6. Eat your meals and snacks at around the MASE time each day.
7. Brush and floss you HETET every day.
9. Check your blood USAGR everyday.
10. Write your blood sugar numbers in a Log KOBO to show to your doctor and dietician.
11. Call your doctor if your NSUEMRB are too high or too low for more than two days.

DOWN:

2. Diabetic NPHPEYROTHA is the medical word for kidney problems caused by diabetes.
3. Keep your blood ERPURSES below 130/85 to help prevent kidney damage.
4. To stay healthy with diabetes, follow a healthy eating plan designed by your IDTAICEIN.
8. Check your ETFE every day for cuts, blisters, sores, swelling, redness or sore toenails.
9. Don't **EOMSK**.

What should Aaliya's mother give her for school lunch?
Circle the right choices!

Apple Doughnuts *Banana* Nutella *Orange*

Chicken Sandwich Cookies *Baked potatoes* Chocolates

boiled rice Cucumber sandwich

Peanut butter and Jam Sandwich Shami Kebabs

Seekh Kebabs Barbequed Tikka *Fruity yogurt* Cake

Nuts French Fries

Baked chicken chocolate mousse steam roast

Pizza Burger with heavy Mayonnaise

Samosa Salad *French Bread*

Apricot Baked Nuggets

Mashed potatoes Grilled Fish

Fruit Salad Crackers Cheese

Recipe Corner

Healthy snacks to excite your taste buds!

Black Bean and Corn Salad

Preparation time: 20 minutes, Serves 6

Ingredients:

- 3 tbsp fresh lemon juice
- 4 tbsp olive or vegetable oil
- 1/2 clove garlic, minced
- 1/2 teaspoon salt
- 1-2 pinch black pepper (or to taste)
- 2 (15 ounce) cups of boiled and drained black beans
- 1 and 1/2 cups frozen corn kernels
- 1 red bell pepper or green capsicum, chopped (optional)
- 2 tomatoes, chopped
- 6 green onions, thinly sliced
- 1/2 cup chopped fresh coriander leaves (hara dhaniya) (optional)

Method:

Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are well mixed. In a bowl, combine beans, corn, bell pepper, tomatoes, green onions, and coriander leaves. Shake lime dressing, and pour it over the salad. Stir salad to coat vegetables and beans with dressing, and serve.



Buffalo Chicken Wings

Preparation and cooking time: 20 minutes, Serves 2.

Ingredients:

- 1 cup flour
- 1 tsp salt (or to taste)
- 1 tsp pepper (or to taste)
- Oil for frying
- ½ kg chicken wings, tips removed
- 1 cup hot sauce
- 1 tbsp margarine



Method:

Mix flour with salt and pepper. Coat the chicken wings with the flour mixture. Fry on medium heat until chicken is tender and the crust turns golden. Fry in a small amount of oil. Baking, if possible, is healthier than frying. In a saucepan, mix hot sauce and margarine, until butter melts and the sauce simmers. Add the fried wings and cook on high flame till the wings are evenly coated with the sauce. Serve with your choice of dip sauce and stir fried vegetables.

Don't Let Diabetes DeFeet You!

Diabetes, especially if uncontrolled, decreases the flow of blood to your legs and feet. Over time, diabetes can cause you to lose feeling in your feet. For example, you would not feel a pebble under your foot. If this loss keeps on increasing, you would not even know if a rat bites your foot! So catch it right when it starts!

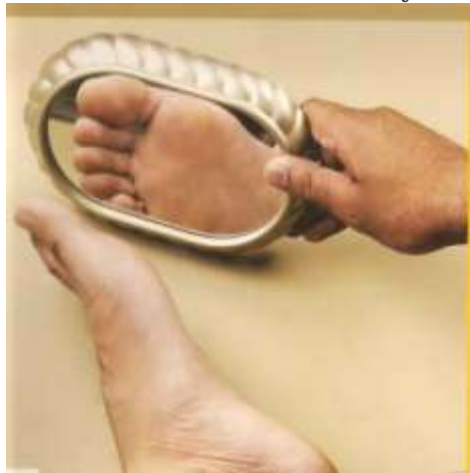
People with diabetes need to *prevent* foot problems. And do not sit hand on hand if you have any of the following:

- Numbness or tingling sensation in your feet.
- Changes in the shape of your feet or toes.
- Cuts, ulcers or sores on your feet.

If you take proper care of your feet, it will reduce your chances of losing them to diabetes. Below are some tips for good foot care:

1. Check your feet daily:

Examine them for sores, redness, swelling, cuts or toenail infections even if you feel no pain. If



needed, use a mirror to examine the f e e t f r o m underneath, or ask a f a m i l y member for help. The best time to

examine your feet is before going to bed.

2. Wash your feet daily:

Wash your feet with warm water. Avoid using hot water. Keep a separate small towel to dry your feet. Make sure you dry the skin between your toes. You can use talcum powder or cornflour to keep the skin between your toes dry, especially in summers.

3. Take care of the skin on your feet: face:

Keep the skin of your feet beautiful - even more than your face. Use a moisturizing lotion, cream or petroleum jelly for this purpose, both on top

and bottom of your feet. Be careful not to put any cream between your toes as this may cause fungal infections.

4. Cut your toenails regularly:

Trim your toenails straight across and smooth the corners with a nail filer. Do not cut into the corners of the toenail. If your toenail is growing into your skin, contact a doctor immediately. Take help from a doctor or family member if you have problems with reaching your feet or with your eyesight.

5. Do not try to treat corns and calluses without doctor's advice:

Thick patches of skin on your feet or toes, called corns and calluses, must be examined by a doctor before you try to treat them. If your doctor tells you so, smooth them very gently with a pumice stone. Never use the pumice stone on dry skin. Also, never rub in different directions. Rub gently in one direction only or you will tear your skin.

Never cut corns or calluses with razors or scissors. Do not use corn plasters or liquid corn and callus removers, unless advised by your doctor. These may harm your skin too.

6. Never walk barefooted:

Even on carpets. If you need to, keep separate shoes for walking on carpets. Small items on the floor may hurt your feet and cause infections. Diabetes makes it difficult to heal wounds and cure infections. Infections also disturb your sugar levels.

7. Protect your feet from extreme temperatures:

Keep your feet protected from open fires, heaters, hot surfaces, hot water bottles and heating pads. Wear warm socks to keep your feet warm in winters.

8. Stay Active:

It keep blood flowing to your feet! Do not sit in the same position, or cross legged for a long time.

How Much Sugar Does That Contain?

Every food contains some amount of carbohydrates. This is an important fact to remember whenever you are making your food plan. An important distinction to make is whether the carbohydrates are direct sugars (glucose) or in a more complex form. Glucose digests directly in the mouth and thus raises your blood sugar level very quickly. On the other hand, complex carbohydrates take longer to digest and thus cause a slower rise in blood sugar levels.

A person with diabetes can eat everything that is healthy for any other person. We all need to be careful about our eating habits because unhealthy foods are unhealthy for everyone - whether the person has diabetes or not. However, a person with diabetes must carefully account for the amount of sugars contained in his or her diet, and balance it with exercise, diet or medicine. The end goal is to maintain a healthy weight, and normal cholesterol and blood sugar levels.

Let's take a look at some popular but unhealthy foods and drinks and how much sugar they contain.



A can of cola (any type), on average contains 10 teaspoons of sugar. In the picture shown, each sugar cube represents one teaspoon. This means that a glass of cola contains

approximately 8 teaspoons of sugar! That's a lot!

Half a cup of ice-cream (on average 2 scoops, or 3-4 ounces or a 100 gms) contains

approximately 5 and $\frac{1}{2}$ teaspoons of sugar.

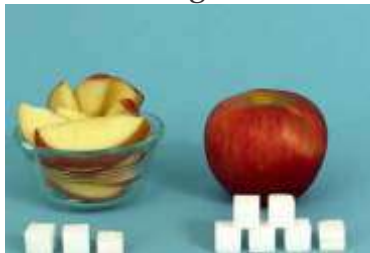
Some flavors, such as those with caramel or brown sugar toppings may contain a lot more than this. Now let's consider Oreo biscuits. On average, each biscuit has a little less than a teaspoon of sugar.

And let's not forget our favorite Snickers... you can look at the picture to guess! Along with a lot of sugar, these foods contain a large amount of fats. So when planning to take



a diabetes break, make sure you keep the total fat in consideration

Now let's take a look at some healthier meal choices, such as fruits. Fruits too contain sugars, but have lower amount of fats and other non-organic nutrients.



A large sized apple (3.25 inches in diameter) contains approximately 6

teaspoons of sugar. An orange of same size contains a similar amount of sugar as an apple.

A large sized banana (8 to 8 and $\frac{1}{2}$ inches long) contains 4 and $\frac{1}{2}$ teaspoons of sugar.



So know your carbs, plan your meal amounts and timings, and enjoy life!



MeethiZindagi (eMZee)

Membership Form

Personal Information:

Title: ☐ Mr. ☐ Mrs. ☐ Miss ☐ Ms. ☐ Prof. ☐ Dr. ☐ Other (Please specify): _____

First Name: _____ Middle Name: _____ Last Name: _____

Date of Birth: _____ Gender: ☐ Male ☐ Female CNIC No.: _____

Contact Information:

Present Address: _____

City: _____ Province: _____

Permanent Address: _____

City: _____ Province: _____

Phone Number(s): Mobile: _____ Home: _____ Work: _____

Email Address: _____

Work Information:

Occupation: _____

Current Job: _____

Institution / Organization and Address: _____

Medical Information: **Please note that this information is only required to send you newsletters and activities announcements according to your needs and interest. This information is confidential and will not be shared with any third party.*

Relationship with diabetes (tick all that apply):

- ☐ I have diabetes
- ☐ I have a parent(s) with diabetes
- ☐ I have a child with diabetes
- ☐ I have a brother / sister with diabetes
- ☐ I have a close friend with diabetes
- ☐ I have a life partner with diabetes
- ☐ I am a professional, treating/involving with diabetes

www.meethizindagi.org
contact@meethizindagi.org

33/57, Lake View Home, Opp. New CSD,
Sher Shah Road, Multan Cantt, Multan,
60000, Pakistan.

+92 308 6770106





MeethiZindagi (eMZee)

Membership Form

If you are a person with diabetes, please specify your own details. If you have some other relationship with diabetes, please specify their details.

Type of Diabetes: ☐ Type 1 ☐ Type 2 ☐ Gestational ☐ At risk ☐ I don't know

Treatment: ☐ Insulin ☐ Pills ☐ Homeopathic ☐ Herbal / traditional ☐ Diet and Exercise
☐ No treatment ☐ Other (please specify) _____

Date of Diagnosis: _____

Payment Details: ☐ Cash

☐ Bank Draft _____

☐ Pay Order _____

Membership Details:

- ☐ PWD Membership (for people with diabetes)
☐ Type 3 Membership (for family and friends of people with diabetes)
☐ Professional Membership (for professionals treating /dealing with diabetes)
☐ Patron Membership (Lifetime membership for individuals & corporations sharing eMZee's mission & objectives)

Time Span of Membership:

- ☐ 1 year
☐ 5 years
☐ Lifetime

** I agree to abide by the rules and regulations of eMZee and all its governing laws.*

Signature

Full Name:

Date:

For Office Use Only:

Received with thanks from _____ on _____ an
amount of Rs. _____ via cash / cheque / pay order/ bank draft no. _____ for mem-
bership category / time period _____

Membership Fee details:

PWD & Type 3 Membership: Rs. 500/- for 1 year
Rs. 2000/- for 5 years
Rs. 5000/- for lifetime

Professional Membership: Rs. 1000/- for 1 year
Rs. 4000/- for 5 years
Rs. 10,000/- for lifetime

Patron Membership: Rs. 50,000/- for individuals
** For corporations, as decided by the Executive Board*

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contact@meethizindagi.org

33/57, Lake View Home, Opp. New CSD,
Sher Shah Road, Multan Cantt, Multan ,
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Benefits of Membership

- Free subscription to the quarterly magazines
- News and information about upcoming events
- Free participation in all public events
- Discount on any paid activities
 - 20% discount for 1 year members
 - 50% discount for 5 year members
 - 100% discount for lifetime members

Planned Activities for 2015-16:

- Quarterly magazines
- Diabetes fun camps and retreats
- Advocates in Training



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My Diabetes Story online community is your platform to ask questions and discuss various topics related to managing life with diabetes.

Sana Ajmal
Diabetes Advocate and Pakistan Ambassador on My Diabetes Story

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MEETHI ZINDAGI MEMBERSHIP:

If you wish to get Meethi Zindagi's membership, please fill and cut out the form on last page.

You can post us the form, along with a draft, pay order, receipt of cash deposit or proof of online bank transfer at:

33/57, Lake View Homes, Opposite New CSD, Sher Shah Road, Multan Cantt, 60000, Multan, Pakistan.

Bank account details: Bank Alfalah

Title of Account: Meethi Zindagi

Account Number: 55675000466151

For any queries regarding membership, please contact us at:

Phone: 0308-6770108 or Email: contact@meethizindagi.org

Within 30 days of receiving the form, Meethi Zindagi will send you a membership card.

The membership is renewable but not transferable.

ZANDILE SIGNDWA MZAYIFANI
Zandile has type 2 diabetes



diabetes is changing the world – how can we change diabetes?

To tackle the diabetes pandemic, we need global action. Today, Zandile is one of 382 million people living with diabetes.¹ Unless things change, by 2035, she could be one of 592 million.¹ Through our Changing Diabetes® programmes and partnerships, we are pushing diabetes to the top of health agendas around the world and advocating for practical solutions that will set change in motion.

Learn more about how we are changing diabetes at novonordisk.com

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1. International Diabetes Federation. IDF Diabetes Atlas, 8th edn.

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Post: 33/57, Lake View Homes, Opposite New CSD, Sher Shah Road, Multan Cantt., 60000, Multan, Pakistan

Email: contact@meethizindagi.org

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