

زندگی کی مٹھاس برقرار رہے،
آپ کے مدد سے

WE HOPE TO HAVE YOUR HELP AND GENEROSITY IN BEING ABLE TO PROVIDE INSULIN TO UNDERPRIVILEGED STUDENTS WITH TYPE 1 DIABETES FROM ALL THE MAJOR CITIES OF PAKISTAN. THE COST OF THIS PROJECT IS RS. 30 MILLION.

Great Life
Despite
Diabetes

DO YOU KNOW THAT ONE IN 4 PAKISTANIS TODAY HAS DIABETES?

A major cause of heart disease and stroke, diabetes is one of the leading causes of death in the world. Despite its prevalence, it is an invisible disease. It affects men and women, young and old, and people of all ages and ethnicities sizes. Often there are no outward signs of this chronic condition illness. That's why there is a critical need to foster awareness and education while breaking down stereotypes, myths and misunderstandings about this growing public health crisis that affects so many of us.



Meethi Zindagi
میٹھی زندگی سب کے لئے

DIABETES WON'T STOP ME FROM THRIVING!

SANA AJMAL, EXECUTIVE DIRECTOR MEETHI ZINDAGI

Diagnosed at 15 years old, I had more time with a working pancreas than others with type 1. I got to experience a relatively carefree childhood, eating and playing like everyone else. But 15 years later, I have to prick my finger more than twice a week. This disease has changed the way I look at life.

With no guidance or peer support, I badly felt the need of a platform where people with diabetes can network with each other, learn from best practices they have adopted for better diabetes management, find support and friendship, and help each other out in times of need. That's why I came up with the concept of Meethi Zindagi, which is a community organization for people with diabetes, run by people dealing with diabetes. We aim to: educate, empower, support, advocate, partner and influence change, in order to improve lives of people with diabetes so that they can face their day-to-day challenges in lives.

The name was chosen to convey the message that life with diabetes can be great! Not having sugar in food does not mean that life wouldn't be sweet. Our focus has been advocacy and awareness in addition to peer and network support platforms for which we are running Diabetes Retreats, which we call DTreats. For advocating for our cause and raising the voice at an international level Meethi Zindagi has partnered with The Access Alliance and the League of Diathletes. We will also be building a Diabetes Centre in due time with these two organizations as partners. The Centre will include OPD, Mobile Units, and an Emergency Department.

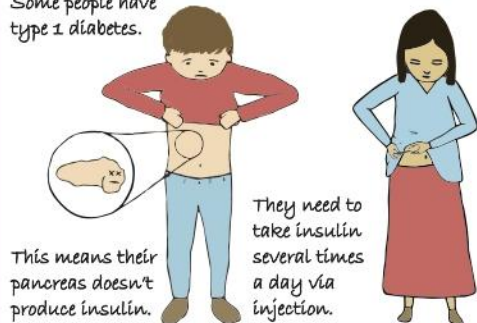
Meethi Zindagi is launching an insulin support program for under-privileged students. Empathizing that Diabetes medication is far too expensive for the average person in Pakistan, we have signed MOUs with 60 plus schools including non-profits and government schools. We aim to expand the

Promise of Insulin Project to support approximately **2,500 children in 7-8 cities all over Pakistan.**

The moving force behind the work of Meethi Zindagi is more than 20 volunteers, a network of more than 100 people with diabetes, their families and caregivers, a professional society of 10 health care professionals, and 3 staff members. We hope to have your support specially for the children with diabetes. Alone, we cannot accomplish much. But together, we can change the world.



Some people have type 1 diabetes.



MEETHI ZINDAGI : ADVOCATING FOR ACCESS TO ADEQUATE HEALTHCARE FOR PEOPLE WITH DIABETES

As a starter for its advocacy efforts, Meethi Zindagi joined Access Alliance in March 2017. Access alliance is an alliance of international organizations focusing on advocacy for adequate access to health care for all people with diabetes, especially insulin for all people with type 1 diabetes. T1International and Access Alliance held their first introductory webinar on the topic of diabetes advocacy during the DTreat held in Rawalpindi on 6th May 2017. Meethi Zindagi was also a co-signer of an open letter written to the newly elected DG WHO in June 2017, to stress for equitable access of Insulin for healthcare of people with diabetes.

A LARGE PROPORTION OF THE 38 MILLION PEOPLE WITH DIABETES LIVE IN PLACES OR FINANCIAL CONDITIONS WITH INADEQUATE HEALTHCARE. THIS MEANS THAT THERE ARE LIKELY HUNDREDS OF THOUSANDS OF PEOPLE (OR MORE) FACING DEATH DUE TO LACK OF INSULIN.

WORLD DIABETES DAY 2017

INTER-SCHOOL SPORTS FESTIVAL - "WE CAN PLAY"

An inter-school sports festival was held in the last week of October 2017 as a part of World Diabetes Day (WDD) 2017 activities in Islamabad where Meethi Zindagi brought together sports players with diabetes. The event involved five schools and various policy makers. The aim was to raise awareness about prevention and management of diabetes as well as creating inspiration among people with health conditions that they can play and positively manage their health with sports. The event was held at F9 Park Islamabad; 500 students, guests, parents and academicians participated. A skit "play for the love

of yourself" was also presented to raise awareness about a healthy lifestyle amongst school children.



MZ will provide awareness, advocacy, and screening to thousands of school going children with type 1 diabetes and belonging to the underprivileged section of our society.



MEETHI ZINDAGI: FIGHTING AT TWO FRONTS

The burden of diabetes on women is unique because diabetes can affect both mothers and their unborn children.

Diabetes, earlier considered a disorder affecting only the rich and affluent, is spreading its wings to include millions of people in Pakistan today, both in the urban and rural areas. Nearly half of those affected by this condition are women who are stigmatized, socially and culturally, in addition to facing physical and psychological problems. What is unique about this condition in women is that it affects both the mother and the unborn child. Women often receive less aggressive treatment for conditions related to diabetes than men.

There is an urgent need to increase awareness through media, seminars, posters, group discussions, and education specially among women about their condition. Meethi zindagi's founder, Dr. Sana Ajmal, who has been living with type 1 diabetes since 1998, has been a long standing advocate for concrete actions to counter social stigma and discrimination. She spoke about concerns of young women with diabetes in the

developing world on 4th Dec 2017 at the World Diabetes Congress (WDC) in Abu Dhabi. WDC is a prestigious conference organized by the International Diabetes Federation every two years. It was attended by health care professionals, diabetes advocates, technologists, industry and policy makers from 160 countries around the world.

Dr. Sana has been invited to speak on the topic of discrimination and challenges associated with it for the third consecutive time since 2013.





DTreat activity by participants in Karachi



The ambassador of Denmark is distributing the certificate at the sports day participants



CEO Fazilia Trust Pakistan and Executive Director Dr. Sana Ajmal MoU Signing



Dr. Sana Ajmal Advocating for Women at WDC-2017

DIABETES RETREAT CAMPS (DTREATS)

Diabetes Retreat Camps is an opportunity for people with type 1 diabetes (T1D) to come together to learn, share and connect around the experience of living with T1D. These camps are a fun way of educating people with diabetes about self-management and giving them a sense of togetherness. Through humor, compassion and honesty, aided by healthy activities, these camps provide a platform that address a variety of topics on the psychological and social aspects of the unique life with this chronic condition.

Meethi Zindagi's DTreats are designed to provide group based peer support on regular intervals in a non-judgmental environment. At a DTreat, it's a fun gathering, where everyone

attending is a friend. People with diabetes understand the challenges faced by each other and present friendship opportunities, which are often denied to them either because of family's protectiveness, judgmental attitudes of society or somber experiences with health care set ups. Many people with type 1 diabetes have a wealth of experiential learning which is a valuable resource for others to benefit from. With a little guidance and training, peer supporters make friends with people with diabetes and help them talk about their issues in groups or individually.

All participants are provided psycho-social support and education in an unconventional

fun way. The presence of a fully trained peer educator is ensured to provide a safe learning environment at the same time. However, the participating educators and other health care professionals also have diabetes themselves. This ensures a true "peer-support" experience.

Meethi Zindagi has held 10 Diabetes Retreat Fun Camps in the last two years, the most recent one in April 2018. For more details on the activities conducted during each event, please feel free to contact us. The next event is scheduled for June 2018. It is an open house and we would like to invite you to be a part of this amazing initiative and support a Sweet Friend.



MARYAM ALAM

DoB: 06/10/1996, Diagnosed in 2009

The challenge I faced in living with diabetes was the feeling of isolation. It's tough to feel like you're the only person in the world who has to deal with this. My life has changed since I joined Meethi Zindagi. Knowing that I am not alone in this struggle with diabetes, I got immense inspiration from all the amazing people at Meethi Zindagi.



SYED UMAR ALI BAQVI,

DoB: 16/09/1996, Diagnosed in 2014

The biggest challenge I face is keeping my spirits high while maintaining my blood sugar within the normal range. Living with diabetes for more than 3 years, I was unaware of the gem Meethi Zindagi is. It is a great platform to learn, share and acknowledge the struggles all people with diabetes go through, especially the whatsapp group which is extremely handy for discussing day to day scenarios we all face.



MUHAMMAD TALAH KHAN

DoB: 29/09/1988, Diagnosed in 1998

I am a professional cricketer and have played in the national under-17 cricket team for Pakistan. At 11, I was diagnosed with T1D. Meethi Zindagi helped me realize I had to live healthy for my own sake and dreams. I started playing cricket, taking insulin on time, and became diet conscious. My message to those living with type 1 diabetes is to live with the belief that despite having diabetes, there is nothing they cannot achieve!



MUHAMMAD HASNAIN

DoB: 15/09/1994, Diagnosed in 2015

Meethi Zindagi has really impacted me and motivated me to take care of myself. Now I strive to take better care of myself. Before joining Meethi Zindagi, I didn't know how to explain to others what I was facing or what diabetes is and what I go through if I became hypo-glycemic. Now I am more confident thanks to the events which Meethi Zindagi organizes which are really helpful for our learning and motivation.

MORE THAN 96,000 CHILDREN AND ADOLESCENTS UNDER 15 YEARS ARE ESTIMATED TO BE DIAGNOSED WITH TYPE 1 DIABETES ANNUALLY AND THE NUMBER IS ESTIMATED TO BE MORE THAN 132,600 WHEN THE AGE RANGE EXTENDS TO 20 YEARS.

FIVE GOALS FOR LIVING WELL WITH DIABETES



Keep a lid on it- blood pressure under 140/90 mmHg



Be good about bad cholesterol (LDL)-keep it under 100mg/dl



You're sweet enough-keep blood sugar (A1C) less than 8%



Breathe easy-be tobacco-free



An aspirin a day may-keep heart attacks away

*These are general guidelines. Use this as a starting point to talk to your doctor about your personal goals.

PROMISE OF INSULIN – A PLEDGE TO SAVE LIVES

An estimated 100 million diabetics worldwide require insulin including 17.4 million people with type 1 diabetes. More than 50 percent cannot afford it!



Ramzan Ahmed*, aged 14, died on March 18th, 2017, from Type I Diabetes. Not from late-in-life complications from his condition, or from some unexpected situation—he died because his parents were unable to fund his month's supply of insulin, the drug necessary to keep a person with diabetes alive. After presumably stretching the medicines he had as long as they could possibly go, he developed diabetic ketoacidosis (DKA), a fatal complication that results from the body being unable to move glucose out of the blood and into cells, where it is needed.

According to his family members and friends, Ramzan and his parents did what many people with type 1 diabetes have been forced to do in an attempt to survive: As he waited for his expensive medicine, he rationed what he had left, stretching it by taking smaller doses.

No doctor would recommend such a thing, but unfortunately, people who have difficulty affording insulin can go to extremes. According to Sana Ajmal, President Meethi Zindagi, herself living with diabetes, when people with type 1 diabetes take less insulin than they need, at the expense of having higher blood sugars... glucose rises significantly and in an attempt to find alternate fuels for the brain & body, keto acids are formed which are potentially toxic and lower the body's pH. "When left untreated, DKA is lethal," and can set in quickly.

Ramzan's story represents the tragic outcome of inaccessible healthcare and the severe consequences for people with type 1 diabetes who go without insulin.

Insulin is a life-saving medication; it should not be a privilege for a few. It must be accessible and affordable for all.

Unfortunately, his experience is not unique. Inability to afford is lethal and sometimes help arrives too late.

Meethi Zindagi firmly believes that the SOLUTION to the problem of insulin access is possible; it is one where people with diabetes are provided free insulin. We are now ready to launch this program for under-privileged students. The "Promise of Insulin" programme seeks to provide insulin to children and teenagers with type 1 diabetes, who cannot

afford it, provided they go to school. This support will be provided till the time the child is enrolled in school years (Intermediate/ Secondary years). Further support will be provided to those who get enrolled in universities. We aim to expand the Promise of Insulin Project to support approximately 2,500 children in 7-8 cities all over Pakistan in the next 4-5 years. So far, Meethi Zindagi has reached an understanding with 60+ schools for providing support to under-privileged students. Support package includes insulin, diabetes management accessories, medical consultation, diabetes management education, regular tests and of course peer support!

Help children like Ramzan who endure hundreds of thousands of needles, countless finger pricks, numerous trips to the hospital and still lose the fight because of inaccessibility of Insulin. This is not the kind of life you would want for your child or for any child. Create a brighter future by donating today.

Insulin cost per child:

Combination A: Rs. 3,500 per month

(The combination A shown is just basic care.)

Combination B: Rs. 10,000 per month

(Combination B is adequate and appropriate care that includes consultation, education, glucometers, strips, regular lab tests, insulin cooling bags.)

*Name has been changed to protect privacy

Great Life Despite Diabetes

Donation: ☐

Zakat: ☐

Other: ☐

I am enclosing a cheque for Rs.

Name:

Address:

Contact:

E-mail:

Company:

Meethi Zindagi

Contact Details: House No. 176, Lane 7, Askari-10, Rawalpindi

Website: www.meethizindagi.org, Cell: +92-335-555-4606

Email: resource.gen.dept@meethizindagi.org

Facebook: www.facebook.com/meethizindagidiabetes/

NON-AFFORDING STUDENTS WITH TYPE 1 DIABETES TO GET FREE TREATMENT

We are delighted to share that students with Type 1 diabetes from 60+ schools will get free insulin treatment after Meethi Zindagi signed a Memorandum of Understanding (MoU) with the school managements to improve access to health care for children with diabetes.

Under the MoU, schools will work closely with us in preventing type 2 diabetes in the country as well as ensuring that the young generation affected by this lifestyle condition of type 1 will receive much needed assistance to effectively manage their lives.

Identified young patients through this collaboration will be children between 5 to 18 years of age belonging to non-affording families. The aim of this joint initiative is not only to raise awareness among students from working class families but also organize proper diabetes management.

Many families cannot afford insulin, or even glucose test strips and glucometers to measure their blood sugar. Moreover, for a person with type 1 diabetes, the average annual medical expenditure can make a big hole in the family budget. We believe that prevention is always better than cure but a great deal has to be done to educate students about the dangers of diabetes. For her part, the Executive Director Meethi Zindagi said: "Diabetes is a huge burden on society and no single entity can bear it alone. Collaboration is needed to address this serious issue efficiently."

Supported schools and school chains are:

- Fazilia Trust Pakistan
- iFeel Out of School Children
- Mashal Model Schools / Mashal Trust
- Saya Welfare School
- Read Foundation
- Rifah Trust
- Selected government schools under Federal Directorate of Education
- Selected FG Schools