

Venue:

The Meeting will take place at the Tanzanian Training Centre for International Health, Ifakara

Participation:

Participation at the seminar is free. Participants need to register beforehand at the Seminar's secretariat at TTCIH

Badges:

All registered participants must carry their badges

Diplomas

A Participation Diploma will be awarded to all registered participants at the end of the Seminar

Organizing Committee

- Th. Rosenberg MD, PhD Athens University School of Medicine
- Anthony Magoda MD. St Francis DDH
- Dim. Adamopoulos MD PhD
- Nikitas Kanakis President of the Board DOCTORS OF THE WORLD – GREECE
- E. Vaidakis MD Int. Medicine "Evangelismos" Hospital Greece
- Christos Christou MD, MSc Vice president Medecins Sans Frontieres-Greece
- Eleni Kakalou MD, MSc Int. Medicine "Evangelismos" Hospital Greece
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Doctors of the World - Greece
Athens University, School of Medicine
MSc "International Medicine-Health Crisis management"

1st Scientific Meeting**"DIABETES MELLITUS IN RURAL SETTINGS"**

FRIDAY September 3rd & SATURDAY September 4th, 2010

IFAKARA – TANZANIA

On the occasion of the Inauguration of the Diabetes Outpatient Clinic at the St Francis Designated District Hospital, the ATHENS UNIVERSITY MSc course for "International Medicine-Health Crisis Management" welcomes you to participate in a two-day scientific meeting bringing together physicians, nurses, health care workers, opinion leaders, community representatives and diabetic patients to institute a comprehensive approach to the ever growing public health problem of Diabetes in rural areas of the developing world.

Main Topics:

- Diabetes Mellitus Prevalence in Africa
- Recent advances in understanding pathophysiology of Diabetes Mellitus
- Diabetes Mellitus in Pregnancy
- Diabetes Mellitus in children and Juvenile DM
- Early diagnosis of Diabetes Mellitus in rural settings
- Challenges in managing Diabetes Mellitus.
- Follow up of the Diabetic patient. The need of a comprehensive Diabetes care
- Complications and outcome of the disease - diabetic foot, ophthalmic lesions, neuropathies and renal disease.
- A community based approach to manage the Diabetic patient
- Community Information and awareness. Avoiding the stigma
- Comprehensive training of diabetes management at the patient level
- Is insulin treatment affordable in rural settings?
- Scope and aims of the Outpatient Diabetes Center

WITH THE COOPERATION OF

St Francis Designated District Hospital (Ifakara-Tanzania)
The TANZANIAN TRAINING CENTRE FOR INTERNATIONAL HEALTH

With the kind contribution of **NOVONORDISK A/S**



Welcome Address

Dear Guests, esteemed Colleagues,

It gives me great pleasure to invite you to the 1st Scientific Meeting on “**Diabetes Mellitus in Rural Settings**” organized in cooperation with the NGO Doctors of the World –Greece and the Tanzanian Training Center for International Health (TTCIH) in the town of Ifakara-Tanzania.

We chose this remote town of sub-Saharan Africa in order to highlight the magnitude of the problem of the Diabetes Mellitus in the developing world.

It is indeed well established that the prevalence of the disease is on a sharp increase throughout the developing countries and will burden their health care systems and economies over the next decade almost as heavily as the AIDS and Malaria pandemics already have.

By addressing this major public health issue, the **Master’s Course: “International Medicine-Health Crisis Management”** of the **Athens University, School of Medicine** proposes this seminar be the initiation of a dialog with physicians, nurses, health care workers, community opinion leaders and diabetic patients to establish a comprehensive program of preventive measures, early diagnosis and effective treatment of this chronic debilitating disease in rural and remote populations.

This Scientific Meeting coincides with the inauguration of a comprehensive program for diagnosis and treatment of Diabetes Mellitus at the St Francis Designated District Hospital. I want to thank H.E. the Bishop of Mahenge Diocese, the Director of the SFDDH Dr Maghoda, the Director of the TTCIH Dr Pemba, and all the colleagues and health workers in Ifakara for their cooperation regarding this new health care concern. This program was made possible through the generous contribution of NOVONORDISK A/S. and we want to express our deep appreciation to them as well.

Karibu to Ifakara!

Theophilos Rosenberg MD, PhD
Athens University, School of Medicine

1st Scientific Meeting “DIABETES MELLITUS IN RURAL SETTINGS”

FRIDAY September 3rd & SATURDAY September 4th, 2010
IFAKARA – TANZANIA

Detailed program

Friday September 3rd 2010

- 15:30 Registration (badges and seminar materials’ distribution)
16:00 Welcome Address *Th. Rosenberg MD*
16:30 Prevalence of Diabetes Mellitus in Sub-Saharan Africa *Dr Kambona*
17:00 Early Diagnosis of DM in rural settings *Dr E. Kakalou*
17:30 coffee break
18:00 Diabetes in pregnancy *Dr Kanumba*
18:30 Diabetes in children *Dr Esther*
19:00 Complications of untreated Diabetes Mellitus *Dr Degemertzoglou*

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Saturday September 4th 2010

- 09:30 “For a community based approach to manage the diabetic patient”^{*}
10:00 “Community Information and awareness”^{*}
10:30 “Comprehensive training of diabetes management at the patient level”^{*}
11:00 “Is insulin treatment affordable in rural settings?”^{*}
11:30 Community representatives remarks, questions and discussion^{*}
11:45 coffee break
12:00 Lecture: “Scope and aims of the Outpatient Diabetes Center” *Dr Kambona*
12:30 Lecture: “Advances in the diagnosis and treatment of DM” *Dr Th. Kontopoulou*
13:00 Participant’s Diplomas Award

Nursing care session:

- How to monitor blood sugar
- How to make an insulin injection

^{*} Swahili translation