



# DASL NEWS

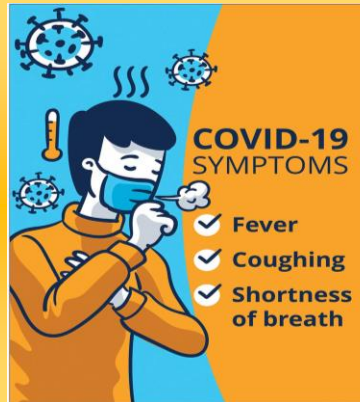
September 2020

NATIONAL DIABETES CENTRE  
DIABETES ASSOCIATION OF SRI LANKA

## Diabetes and COVID 19

### KNOW About COVID-19!

Covid-19 is coronavirus that can be transmitted from one to another [infectious disease]. Older people, and the people living with Diabetes [PLWD] and other non communicable diseases [PLWNCDs] are more prone to develop this illness.



### Q1: Are PLWD more likely to get Covid-19?

Yes, due to the reduced immunity (resistance) in their bodies to fight with virus.

#### Non Modifiable:

1. **Immunodeficiency:** Immune system dysfunction in people with diabetes is thought to make these individuals more susceptible to infections.

2. **Advanced age group**

3. **Diabetes with associated complications**

#### Modifiable:

Lack of drug compliance, Unbalanced/ unhealthy diet, Physical inactivity, Mental stress, Financial difficulties

### Q2. What can happen to a PLWD if you get the virus?

They can experience serious complications unlike a person without any illness

### Q3. Are the risks same for T1D and T2D?

Yes, depending on the degree of control and the resistance to infection.

### How to mitigate the risk?



## Unsung heroes of #savealifecovid- 19: Young Leaders heroic expedition during the lockdown

Covid -19 didn't spare Sri Lanka. In February, the first patient was a migrant worker from China who recovered and left the country. As the virus raised its head, the Government of Sri Lanka imposed an Island wide curfew locking the entire country down on 20th March 2020.

The National Diabetes Centre Rajagiriya, headquarters of the Diabetes Association of Sri Lanka has more than 700 young persons registered with type 1 Diabetes [PLWT1D] 350 of whom receive insulin, meters strips, laboratory tests and medical guidance free of charge on a regular basis. They are underprivileged and unable to bear out of pocket expenses to buy insulin in the private sector pharmacies.



Week into the lock down, we got calls from our registrants that they couldn't access their needs from the government hospitals. On further investigation, it transpired that the free health system that we enjoy had exhausted its reserves of this vital medication.

It was Dhanuka Dilshan better known as Vikasith, a young leader in diabetes [YLD] who received training in Busan at the IDF World Congress in December 2019, who informed us of this serious situation. Vikasith contacted with another YLD who was trained as an advocate and a voice of change by NCDA Geneva at the "Our Views Our Voices "programme in June 2019. They along with our dedicated staff immediately accessed our data base, telephone each PLWT1D to ascertain their insulin stocks. Thereafter our staff and the YLDs packed the individualized requirement for over 100 youngsters , obtained special permission by the Ministry of Health and the Inspector General of Police to arrange home deliveries islandwide. This herculean task was undertaken on his own motor cycle where he and Dinuka Jude started the delivery chain to T1D in and around the capital city on 2 consecutive days.

## Unsung Heroes 2020

As casualty and death toll rose, so did fear which overcame Jude's family which prevented him from continuing #Savealifecovid-19.

Vikasith took over the responsibility single handedly undeterred and continued the tiresome daily run in a hired vehicle travelling over 2000 km over 4 days to far away districts. It was amazing to see his courage, and his genuine enthusiasm to help others just like him. It was indeed joyful to see his smiling face every morning ready to start another grueling day of travel. We thank Gemunu who drove him around with equal enthusiasm in a coordinated effort to help others in need during this unprecedented lockdown. These are the unsung heroes of the #Covid-19SL. It took intense co-ordination and planning. It was exhausting as they needed to cross borders on a daily basis. Long hours and 2000 km later, their bravery and risking their own lives as persons@risk for others in need, saved the lives of over 100 young T1D who couldn't leave their homes due to this situation. We are proud of our Young leaders in Diabetes and advocates of NCDs.



## “ Voice from the Heart of PLWTID ” – Support in an hour of need

One day I got a call during the lock down when people were at risk of finding even the food and most essential medicine, it was from NDC . That sweet voice asked whether you have enough insulin. There were no words to express my joy and happiness. They delivered my insulin for two months at my doorstep within the couple of days. I convey my sincere gratitude and pleasure from the bottom of my heart to each and everyone at the NDC. Thanks again! - “ Pradeepa Weerathilake”, Galle.



Covid-19 නිසා මුළු ලෝකයම බියට පත් වී සිටින විට Type 1 දියවැඩියා රෝගියෙක් විදියට මම ගොඩක් බියට සහ දුකට පත් වුණා. මන්ද අපට අවශ්‍ය ඩෙහෙන් (insulin) ලබා ගැනීමට යෑමට නෙහෙකි වේ යැයි කියා.

නමුත් ජාතික දියවැඩියා මධ්‍යස්ථානයෙන් අපට අවශ්‍ය insulin අවශ්‍ය තරම් ලබා දුන්නා. අපට ගමන් කිරීමට (transport) නොමැත් වුවද Insulin ඇතවුම් කළ පසු අපගේ ගෞරවම ගෙනේ දීමට ජාතික දියවැඩියා මධ්‍යස්ථානයේ කාර්යය මණ්ඩලය කටයුතු කරා. එපමණක් නොවේ online telephone වැනි සන්නිවේදන ක්‍රම මගින් අපගේ ප්‍රශ්න වලට පිළිතුරු දීමට වෛද්‍ය වරුන් කටයුතු කරා.

“ Nuwan Chamara”, Mathugama.



நான் முதலாம் வகை நீரிழிவு நோயுடன் வாழ்பவன். கொரோனா பிரச்சினை காரணமாக நாட்டில் ஊரடங்குச் சட்டம் நிலவிய காலப்பகுதியில் நான் எனது நோய் நிலைமையை எண்ணி, எவ்வாறு மருந்துகளை பெறுவது என கவலைப்பட்டேன். எனினும் எனக்கு தகுந்த முறையில் மருந்துகளை அக்காலப்பகுதியில் விநியோகம் செய்து எனது நோய் நிலைமையை முகாமைத்துவம் செய்ய உதவியதாக எனது பணிவான நன்றிகளை தேசிய நீரிழிவு மையத்துக்கு தெரிவித்துக் கொள்கின்றேன்!

“ Salman Khanth.” Mattakuliva.





Next Issue:

25years of Exceptional Care of Persons at risk and living with  
Diabetes



The Pioneers in Diabetes  
Care






National Diabetes Centre

*Services include*

ISO Certified Laboratory  
Fundal Photography & ECG  
Comprehensive care package  
for Type 1 Diabetes  
Awareness Programme  
Health shop & Sale of Insulin  
Supplies



Opening Hours  Monday - Friday - 8am-4pm | Saturday 8am-12pm

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