



The Jordanian Society for
the Care of Diabetes

Half-year Highlights

January 2024 - June 2024

Six Months of Progress

As we reach the midpoint of 2024, we are proud to share the incredible activities our organization has made in empowering those living with Diabetes, and driving positive awareness within the community.

The JSCD strategy for tackling diabetes is focused on lifestyle approaches, and aims to:

- > Provide a vision of care to improve the lives, outcomes, and care of all people living with diabetes or at risk of developing diabetes across Jordan.
- > Empower people to effectively manage their diabetes or reduce the risk by increasing awareness levels.
- > Provide the necessary support for healthcare personnel to deliver excellent care consistently.

This report highlights our key activities, achievements, and the impact we've had over the past six months. Join us as we reflect on our journey so far and look ahead to the activities that lie ahead.

About the JSCD

The Jordanian Society for the Care of Diabetes (the JSCD) is a member of the International Diabetes Federation (IDF), a member of the Diabetes in Asia Study Group (DASG), a board member of the National Center of Diabetes, Endocrinology, and Genetics, as well as a member of the National Committee of Diabetes and Arterial Disease. It is affiliated with the Ministry of Health, and is planning future collaborations with The Jordanian Atherosclerosis & Hypertension Society, the Faculty of Medicine Jordan University, and Irada Organization for Children with Diabetes.

The JSCD aims to provide high-quality care that improves the lives and outcomes of all people living with diabetes or who are at risk of developing it across The Hashemite Kingdom of Jordan and in collaboration with our local and international partners. It seeks to empower people to achieve optimal control over diabetes, decrease diabetes risk, and avoid its complications by outreach and providing support, counseling, education, and capacity-building



January

> 23/January/2024

As part of the society's objectives to contribute to disaster response and crisis management at the local and regional levels, it managed efforts to support the care of diabetic patients in Gaza. Quantities

of insulin, thyroxine, and cortisone were purchased and delivered in coordination with the Jordan Hashemite Charity Organization and in collaboration with the Palestine Diabetes Institute.



February

> 21-23/February/2024

The Jordanian Society for the Care of Diabetes participated in the nineteenth Upper Egypt Diabetes Association (UEDA) conference, which was held in Hurghada in the presence of the President of the International Diabetes Federation, Prof. Dr. Mohamed Sandid. During the conference, comprehensive topics were presented that

include the most important developments in the fields of diabetes, endocrinology, heart and kidneys. Distinguished professors from Egypt and the Arab world participated in the conference. Workshops were also held that covered the most important updates on diabetic foot and insulin.



21 - 23 February, 2024



19th UEDA



Continental
Hurghada

February

> 27/February/2024

As part of the Annual Scientific Program, organized by the Society for health care providers, in cooperation with the Philadelphia company, a scientific lecture was held on vitamin D3. Dr. Alaa Abu Hijleh, consultant orthopedic surgeon, held a lecture on D3 and its importance for bone health, while Dr. Nadima Shegem, consultant of endocrinology and diabetes, held a lecture on the relationship of vitamin D3 and chronic diseases, especially diabetes. Dr. Balqees Khreisat also spoke about vitamin D3 and its importance. attended by a number of endocrinologists,

gynecologist, orthopedic, family physicians, internists, and general practitioners.

- > **21/5/2024** a lecture on hypothyroidism was held on May 21, 2024. The lecture covered symptoms, diagnosis, and treatment of hypothyroidism. It was presented by Dr. Nadim Jarrah, a consultant in endocrinology and diabetes, in collaboration with Merck company. The event was attended by specialists in endocrinology, family physician, internal medicine, and general practitioners.



March

> 02/March/2024

With the approach of the holy month of Ramadan, the society held a dialogue session on fasting and the first type of diabetes which was led by the Pediatrician and Endocrinologist and Diabetes specialist Dr. Sima Kalalkeh. Dr. Sima interviewed those children living with diabetes and their families about the categories in which fasting is not desirable and the most important guidelines that must be followed

when fasting. This includes, examination times, and when to adhere to breaking the fast, in addition to the most important nutritional guidelines that suit the customs of the holy month. This was followed by recreational games for attendants living with diabetes. At the end of the activity, Al-Rayyan booklets were distributed, in which they one can record and color the worships and positive actions they perform during the holy month.



March

> 03-10/March/2024

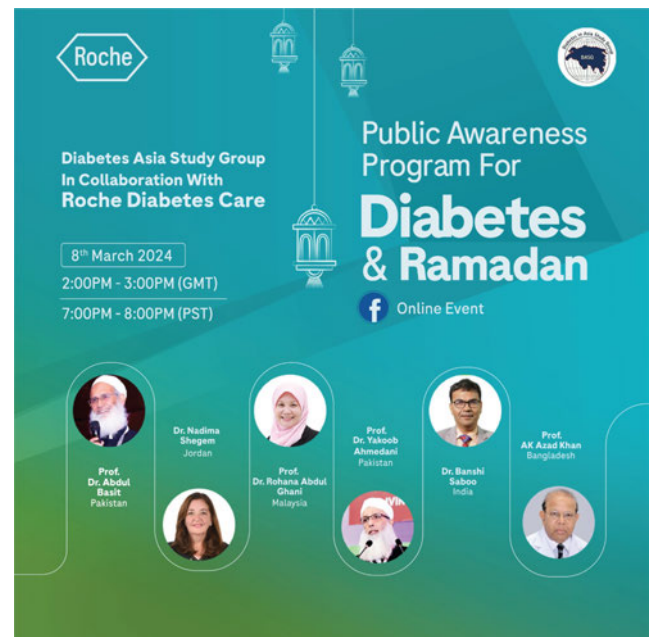
The society launched a social media campaign on diabetes and safe fasting in Ramadan, which included ten videos on safe fasting, diabetes and the elderly, urinary infections, general nutritional guidelines, and

instructions for all people living with type I and II diabetes, pregnant and lactating women and how to manage eating habits during the holy month.

> 08/March/2024

The society invited a member of the International Diabetes Federation and a member of the Asian Association for the Study of Diabetes to attend the interactive awareness seminar entitled "Diabetes and Ramadan".

During the seminar, several key questions were presented and were answered by distinguished lecturers and scientists in this field. Jordan was represented by the president of the Jordanian Society for the care of diabetes, by consultant of endocrinology and diabetes Dr. Nadima shegem .



Roche

Diabetes Asia Study Group
In Collaboration With
Roche Diabetes Care

8th March 2024
2:00PM - 3:00PM (GMT)
7:00PM - 8:00PM (PST)

Public Awareness
Program For
**Diabetes
& Ramadan**

Online Event

Prof. Dr. Nadima Shegem
Jordan

Prof. Dr. Yakoub Ahmedani
Pakistan

Prof. Dr. Rihana Abdul Ghanai
Malaysia

Prof. Dr. Ak Asad Khan
Bangladesh

Dr. Banshi Sabone
India

Prof. Dr. Abdul Basit
Pakistan

> 09/March/2024

The society organized a workshop titled "Diabetes and Ramadan" focusing on the most important international guidelines related to diabetes and fasting. This included sharing knowledge on the dangers of fasting on people living with diabetes, clarifying the evaluation process to avoid risks, factors affecting the evaluation and personalization of treatments, and on having proper treatments and medications during the month. It also discussed fasting for people living with type I diabetes, pregnant women and lactating women, and the importance of physical activity and proper nutrition during Ramadan.



March

> 09/March/2024

With the adoption of the International Diabetes Federation for the Middle East and North Africa, the society launched the book "Your Guide to Safe Fasting in the Blessed Ramadan Month", which is the first version of its kind in the Arabic language. The book addressed several topics related to achieving

safe fasting during Ramadan, the most important of which are the risks of fasting, the factors affecting assessment and treatment personalization, how to take medications during Ramadan, and proper nutrition. The book was launched and distributed for free during the workshop held at the society's center.

النصائح الطبية والأدوية حسب درجة الخطورة

النصائح الطبية	النصائح الدوائية	النصائح العامة
خطورة 0 - 3	تجنب أي تغييرات في الأدوية	الصيام آمن بشكل عام
خطورة 3.5 - 6	تجنب الأدوية	الصيام آمن بشكل عام
خطورة 6+	تجنب الأدوية	الصيام آمن بشكل عام

* مقاس من التحالف الدولي لمرض السكري و صيام رمضان - DAR A Source

هل يستطيع المتعاش مع السكري الصيام بأمان؟

يستطيع المتعاش مع السكري الصيام بأمان خلال شهر رمضان المبارك إذا استوعب المخاطر وتمكن من السيطرة على السكري، واتباع توصيات الطبيب بهيئة. لأن الصيام يسبب تغيرات نظراً على الجسم ولخصوصية كل حالة بشكل مستقل، فإنه يجب على المريض مراجعة طبيبه المعالج، ويفضل قبل رمضان بمدة 6-8 أسابيع لتقييم وضعه وتحديد فئة الخطورة التي ينتمي لها وأخذ الإرشادات اللازمة كاملة بناء على هذا التقييم لمساعدته على أداء فريضة الصيام بشكل آمن.

الجمعية الأردنية للعناية بالسكري

دليلك لصيام آمن في شهر رمضان الكريم

برنامج غذائي ليوم صائم 1000 - 1100 كالوري (سعة حرارية):

ملاحظة: يجب ترك بين كل وجبة والأخرى ساعتين إلى ساعتين ونصف على الأقل.

الوقت	اليوم الأول	اليوم الثاني	اليوم الثالث	اليوم الرابع	اليوم الخامس	اليوم السادس
الافطار	حبة نعر + كوب مشروبات مطبوخة + 4-5 شرائح زر + 90 غرام برقوق (حبة / دجاج / سمك) 400 كالوري					
سناك	(حبة فاكهة + 10 حبات زور أو حبوب) أو (حبوب فواكه مصغرة) بالقلقة والفسنق والبقلة (فقر صناعي) 105 كالوري					
عشاء	2 كوب سلطة (بدون زيت زيتون) + 60 غرام حبة أو لينة أو دجاج 200 كالوري					
سناك	حبة بطاطا حلوة مشوية أو 3 كوب بوشار أو 5-7 حبات كستناء 80 كالوري					
سحور	نصف رغيف خبز + 60 غرام لينة أو حبة أو لينة أو 5-7 كوب خضار + مقدونة أو 6 حبات زورون 300 كالوري					
ملاحظة:	2-3 لتر ماء					

هل يصوم من لديه سكري من النوع الأول؟

بشكل عام لا ننصح بصيام الأطفال والشباب الذين يعتمدون على الإنسولين لما قد يصاحب ذلك من مضاعفات، مثل هبوط السكر أو ارتفاعه مما قد يؤدي إلى حموضة الدم الكيتونية أو الجفاف وزلزال البول.

سلامة المتعاش مع السكري هي القاعدة الأساسية التي يعتمد عليها في الصيام ومقدم الرعاية الصحية هو من يستطيع تحديد ذلك في حال أصر المتعاش على الصيام، لذا تم تصنيف المصابين بالسكري من النوع الأول إلى فئتين:

الفئة الأولى التي يجب أن نلزم بعدم الصيام:

نقص سكر الدم الحاد المصاحب لإغماء أو تشنج في الثلث الأخير السابقة قبل رمضان.

إذا كانت قراءات السكر غير منتظمة وكان يعاني من تذبذب قراءات السكر بين ارتفاع وانخفاض.

فحص السكر التراكمي $\geq 10\%$.

التعرض لحموضة الدم الكيتونية في الأشهر الثلاثة السابقة.

الذين يستخدمون الإنسولين المخلوط أكثر من مرتين أثناء النهار.

وجود مضاعفات السكري المزمنة مثل اعتلال الشبكية أو الكلى.

عدم الالتزام لأخذ القراءات بصورة مستمرة (سواء كان لعدم توفر القدرة المالية لعمل الفحوصات، أو عدم الالتزام بعمل الفحص المتكرر).

متى ينصح بقطع الصيام؟

يجب قطع الصيام بأي وقت بالحالات التالية:

- إذا كانت قراءات السكر $\geq 70 \text{ mg/dl}$.
- إذا كانت قراءات السكر $\geq 300 \text{ mg/dl}$.
- في حالة الجفاف أو وجود حالة مرضية حادة.
- في حال وجود علامات هبوط أو ارتفاع السكر.

أعراض ارتفاع السكر	أعراض هبوط السكر
عطش زائد.	إرهاق.
الشعور بالجوع.	زيادة في التعرق.
زيادة في التبول.	تسارع ضربات القلب.
تعب و إرهاق عام.	الشعور بالجوع الشديد.
غثابن و / أو قيء.	تغير الحالة العقلية أو مستوى الإدراك.
الدم في البول.	إرهاق أو تشنجات.
إرهاق أو تشنجات.	صداغ.

March

> 09/March/2024

The society mourned the loss of the young lawyer, Razan Masoud Shatwi, a member of the Jordan Society for the Care of Diabetes, who tragically passed away in a painful accident. Razan Shatwi represented us at the International Diabetes Federation and was a member of the Young Leaders in Diabetes,

aiming to advocate for those living with diabetes and to secure their rights. The society held a memorial service in the presence of Razan's family. May Allah, the Most Merciful, grant her forgiveness and mercy.



April

> 04/April/2024

The society organized a health awareness tent in cooperation with the Municipality of Amman and the Community Service in Al-Hashmiyah Square, where 150 citizens were served. Tests were conducted to

measure the blood sugar levels and blood pressure of fasting individuals, assess risk factors, perform laboratory tests, and provide medical, educational, and nutritional advice and counseling.



April

> 04/April/2024

The society organized an Iftar gathering for children living with diabetes, as an expression of our support and concern for their health and well-being, and to create a real

educational opportunity and enhance the values of interaction and communication during the holy month of Ramadan.



May

> 12/May/2024

The society launched a social media campaign coinciding with the World Hypertension Day, which falls on May 17th of each year, under the slogan "Know Your Numbers". The campaign included videos highlighting the

importance of measuring blood pressure, preventive measures, and the relationship between hypertension and chronic diseases such as diabetes, high cholesterol, and kidney diseases.

June

> 07/June/2024

The diabetes bus campaign for this year was launched in the northern governorates in collaboration with Boehringer Ingelheim company. A free health and educational day were held in Ajloun province - Al Wahadneh, under the slogan "Know Your Numbers", diabetes and well-being. The campaign

included numerous stations for assessing risk factors, measuring weight and height, blood sugar levels, laboratory tests, eye examinations, diabetic foot care, and providing medical, educational, and nutritional consultations.





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