

Diabetes Education

Diabetes Care in Ukraine

Medical care and access has been severely disrupted since the war began. Shortages of medications and those able to care has created concerns for the 2.3 million people with diabetes in Ukraine, which is about 7% of the total population.

Donations of medical supplies and medications, like insulin have been coming into Ukraine since February. With limited individuals to help get the supplies and medications to those who need it across the country pharmacies or humanitarian organizations have been working diligently to delivery what is needed to its appropriate and safe location.

How you can help

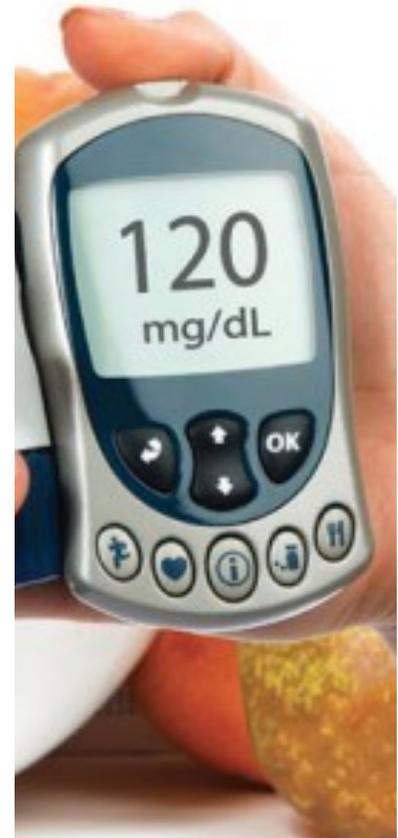
Many organizations are providing assistance specially to those with diabetes. There are collaborations with the Ministry of Health of Ukraine, humanitarian agency Direct Relief, and the International Diabetes Federation is working to determine where supplies are needed so donations can be obtained from Europe.

According to Type 1 diabetes advocacy organization JDRF, many men with diabetes ages 18-60 are remaining in Ukraine to fight, despite the increased risk with their preexisting disease. Manufactures like Novo Nordisk has donated millions to help support international relief organizations in assisting refugees.

The European Association for the Study of Diabetes is taking a somewhat different approach, by encouraging its own members to support people with ill health, including diabetes through donations from a nongovernment organization that have the capacity to help onsite, such as the United Nations High Commissioner for Refugees or International Committee for the Red Cross. Specific groups like these are actually on the ground in Ukraine and can not be harmed from either side.

Pandemic-prompted changes

Dramatic changes in diabetes care delivery in Ukraine necessitated by the COVID-19 pandemic have proved indispensable during the Russian invasion. Prior to the pandemic both type 1 and type 2 diabetics were regularly admitted to the hospital for routine checkups, insulin dose management, and other treatments. Many health care professionals in Ukraine felt this was a waste of resources and policy should change sooner then later. When the pandemic hit this process of managing diabetes changed suddenly to allow hospitalizations for patients with diabetes be stopped with the exception of a metabolic condition, like Diabetic Ketoacidosis (DKA). As time went on during the pandemic many health care professionals witnessed how with simple communication the diabetes can be easily managed outside of a hospital, including medication adjustments. Prescriptions were even switched to electronic rather than written on paper. Simple ways to obtain even something like a prescription has made things so much easier for residents of Ukraine.



Help Those in Ukraine with Diabetes

- <https://www.diabetes.org>
- <https://beyondtype1.org>
- <https://www.jdrf.org>
- <https://www.typeonestyle.com>
- <https://www.directrelief.org>

These are just a few organizations websites who are helping provide medical care and supplies to those with diabetes in Ukraine.