

## **“Mexico, Denmark and *Diabetes Mellitus Type 2*”**

**Event sponsored by Danida Fellowship Centre and the Ministry of Foreign Affairs of Denmark**

### **Completion report**

This time we did one event divided into 2 seminars on two different days. Both seminars were transmitted on-line and with simultaneous translation.

The first one was on December 2<sup>nd</sup>, 2020, titled “Insulins: Myths and realities”, where we had the participation of:

- MD. Luis Adrián Soto Mota, PhD and clinical researcher at the National Institute of Medical Science and Nutrition “Salvador Zubirán” (INCMNSZ) of Mexico,
- MD. Jette Kolding Kristensen, GP. And professor at University of Aalborg of Denmark and
- MD. Juan Pablo Ramírez Contreras, medical manager of Novo Nordisk.

The first two speakers talked about the guide lines for patients treatments with insulins of Mexico and Denmark respectively, which are the realities for the patients who live with diabetes mellitus type 2 that need these particular treatment, they gave us, very well explained, the indication, the maintenance and the follow up of insulin for these patients, so we could compare the differences on the treatment with insulins between these countries and have the chance to take from each country some ideas that improve the current guide lines. They also debunked some of the most common myths that exist around insulins, so the audience could change, with solid bases, their way of thinking about some myths that were believed as realities.

The third participant gave us the point of view from the private sector, in this case, one of the most specialized pharmaceutical of insulin production, talked about the history of insulin and the reality of treatments available on the market, so we can have the knowledge of these insulins existence to open our minds to new choices of treatment for patients with diabetes.

After the intervention of our three speakers, we had the Q&A section, where all the doubts from the audience were solved and with this we had the opportunity to learn a little bit more about diabetes.

We had closure words from Amila Zekovic, health counselor, in the embassy of Denmark in Mexico, who was working really close with us, to make this event possible; we, as DAN-M, made a reminder of who we are and what is our network propose.

The second seminar was on December 9<sup>th</sup>, 2020, titled “Multidisciplinary approaches in type 2 diabetes” where we had the opening words of Lars-Steen Nealsen, ambassador of Denmark in Mexico, motivating to continue doing these events to promote the knowledge exchange and enhance the approach between both countries.

The speakers on the seminary were:

- MD. Sergio Hernández Jiménez, coordinator of the Center of Integral Care of Patients with Diabetes (CAIPaDi) of the INCMNSZ of Mexico
- MD. Hans Perrild, from the Department of Endocrinology at Bispebjerg Hospital of Denmark, and
- MD. Juan Pablo Ramírez Contreras, medical manager of Novo Nordisk.

As in the previous seminar the first two speakers talked about the multidisciplinary models of attention for patients with diabetes in both countries respectively. MD. Sergio Hernández has been the coordinator for many year of the CAIPaDi, giving us numbers and statistics related to the patients progression that are treated in there, he also talked about the changes that they have faced during this pandemic, to ensure a right following of their patients. In other hand MD. Hans Perrild, talked about the interdisciplinary follow up of patients with diabetes in the hospitals in Denmark, as well as the adaptations that the hospital had to make to continue the treatments and attention of patients during this pandemic.

We could see that exist differences between multidisciplinary models, not only in the follow up or the health professional involved in the attention, but with the number of patients with diabetes in both countries, in Mexico there is a big challenge to control all of them; hoping that decision makers were able to hear some of the strategies generated in Denmark and combine them with our existing multidisciplinary models, to achieve the control and follow up of our whole diabetic population.

The participation of the private sector in this seminar, were to let us know their social participation in the control of patients with diabetes through their programs aimed to defeat diabetes, like the creation of the Steno Diabetes Centre, a multidisciplinary model of attention, which now belongs to Denmark's government or the Cities changing diabetes program. We believe that if all sectors work on the same path in the fight against diabetes, there is a big chance to achieve the general goal of stop the raising numbers of people living with this disease and stop the complications that diabetes generates.

The whole event was very knowledge enrichment about the main topic, generating knowledge exchange between countries and strengthen a little bit more the relation Mexico-Denmark.

We had and audience of different health professionals, from three continents with 116 viewers on the firs seminar and 122 viewers on the second seminar, what we consider a success for being our first on-line event and gave us the possibility to continue with our network mission despite the pandemic.

**DAN-M**  
**December, 2020**

