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APSA NEWS

The Glucose Gazette: Your Quarterly Dose of Diabetes Care



We are back with great news!

By Chloé Salan, Communications Officer

As we reflect on the past quarter, we are deeply grateful to our partners, sponsors, volunteers, members, and staff for their support in advancing our mission to combat diabetes. Your contributions have empowered individuals and families to better manage their health and diabetes.

Our initiatives included a public health day at Université des Mascareignes, where APSA offered free diabetes screenings and education. We also marked World Mental Health Day by discussing the mental health challenges faced by those living with diabetes. In October, we hosted a CPD session on diabetic nephropathy, attended by 40 doctors, and in November we celebrated World Diabetes Day with a campaign focused on the mental well-being of individuals with diabetes.



Through public screenings and radio shows, we continue to raise awareness about the emotional challenges of managing diabetes. A global survey revealed that 77% of people with diabetes experience anxiety or depression, highlighting the need for holistic care. We shared personal testimonials and dedicated a radio show to discuss these challenges.

Our collaborations with Health Activ and Victoria Urban Terminal brought education and screenings to the community, and we provided goodie bags to our patients. The Japanese Embassy's GGP Grassroots Human Security Project funded the launch of a new porch and medical equipment at the APSA Diabetes Care Centre.

Flag Day raised vital funds to support our subsidized care and services. We also introduced Cardisography, a screening procedure to detect early heart health issues, enhancing disease prevention and treatment.

We are grateful for the continued support that allows us to provide comprehensive, specialized care to those impacted by diabetes. You can read our full quarterly report [here](#).



“Our multi-disciplinary approach to diabetes care, combining medical expertise and lifestyle guidance, remains a core value of APSA.”

