

2022 January Report

Isatou Jallow & Ousman Ceesay

During the past Months we could have visit some families and have access to many of the diabetics as we communicated with some through phone calls or text messages and others through WhatsApp as well. As we said earlier we will concentrate more on kids and newly diagnosed. We realized that still the problem is about testing the glucose levels and insulin intake.

Amie Nyang, Adama Low, Mariama Badjie, Musa Conteh, Medina Sarr, Fatoumata Singhateh, Karamo Bojang, Medina Jarju, Muhammed Willan, Kaddijatou Jallow, Ebrima Mendy, Ebrima Jallow, Isatou Kombh Njie.

We got to know some of her problems as the family said, all of her problems are the diet control and insulin intake, we talked to her and as time goes on she will get to know more about it.

Mariama Badjie: Ousman Ceesay visited her on 01/01/2022. The mom is doing great for her with the measurement/testing and her diet control. Her main problems are measurements and insulin.



Medina Jarju: She visited Isatou Jallow for a weekend to learn and improve her diabetes control alongside the HBA1c.

A diabetes workshop was organized at Ousman Ceesay's home on the 02/01/2022. We do the measurements (fasting, before lunch, 3 hours after lunch etc.), we do the questions and answers, we talked about our conditions and we talked about how to have a good HBA1c.

| NAME | FASTING | RANDOM | BEFORE LUNCH | 3HRS AFT LUNCH |
|---------------------|---------|--------|--------------|----------------|
| Medina Sarr | 8.3 | - | - | 17.5 |
| Fatoumata Singhateh | 29.4 | - | 6.9 | 13.7 |
| Medina Jarju | - | 12.0 | 16.6 | 4.8 |
| Mariama Badjie | 8.6 | - | 3.9 | 15.0 |
| Adama Low | 32.5 | - | 7.0 | 7.5 |
| Amie Nyang | 10.1 | - | - | 18.5 |
| Muhammed Willan | 17.0 | 20.0 | 12.6 | 11.2 |
| Isatou Jallow | 8.8 | - | 18.2 | 8.2 |
| Ousman Ceesay | 3.2 | - | 3.8 | 4.8 |





Amie Nyang: measurement and testing problem (jumping 2 to 3 days without measuring)
She was not injecting mealtime insulin because she said is too much for her.



Kaddijatou Bah: She didn't know diabetes control much and I talk to her every 2 days to help her more on it. Humalog – each 5 units (Breakfast, Lunch, Dinner) and Lantus 16 units at (9:00pm)

