

Short report of our work 18th April to 4th May 2022

We did a lot of family visits, right now about 18 diabetics.

Mariama Ndow, the 3 year old girl in Brufut, is on Lantus (9 units) and Novorapid, the dose is depending from the level and the food.

Sheriff Sanyang is going to the family from time to time, to have a look in the meter. She's measuring about 5 times a day. Average is right now about 13 mmol.

Basirou Njie (he lived in the family from Lamin Dibba), is now back to his mother, living in Kanifing. The mother is not interested to support him with diabetes management. Maybe her new husband can give support.

Sait Dem is having a own sewing shop near Sinchu Alagie, where he's living. The machines came from our container in November.

Mariama Bojang(Sukuta) we teached measuring the blood sugar, because she didn't. Right now she sending better levels.

Fatima Mendy, Fatoumatta Singateh and Amie Nyang are on a better way with better blood sugar levels.

Adama Bah is (Abuko) living nearby Amie Colleys house. We found an empty battery, and she didn't measure.

Muhammed Willans levels are not fine, maybe a bit better than in November. We don't know, what he's doing, very unclear.

Kaddijatou Bojang we teached injecting, measuring.

Isatou Kombey Njie in Kanifing, problem is to measure more. Because her average levels are bad, about 15.

Mariama Badjie was right now on 20 units Lantus, her body weight is 40kg, so we reduced the dose to 15. In the past, she injected 12 Lantus.

**Our main work was, that all of them have to make a late measurement, best time after the dinner, three hours later. If there's a higher level, they have to make a correction with mealtime insulin.**

We mean, with a good fasting level in the morning you'll have a good start in the day. It's working with some, not with all. But we'll continue to teach that.

Some elder ones, mostly Typ2, are on a good way with the Lantus and Metformin (like Dembo Touray, the police officer).

Thank you Alieu and team.