Thank you for joining us for the 2023 Diabetes Summit!

Please connect with us online:

www.diabetesalliance.org.za info@diabetesalliance.org.za https://www.linkedin.com/company/diabetes-alliance/

Find out more about the Diabetes Alliance:





South African

2023 Diabetes Summit

15 November 2023, 08:00 - 18:00

Diabetes Targets, Translating Policy into Reality

Focusing on the newly adopted 90-60-50 cascade for diabetes and hypertension as the first step to improving early detection and treatment of NCDs+.





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Welcome to the 2023 Diabetes Summit!

Dear colleagues, friends, esteemed guests and people with lived experience, I am honoured and excited to welcome you to the 2023 Diabetes Summit.

In November 2021, hundreds of people including clinicians, public healthcare specialists and South Africans living with diabetes participated in the inaugural Diabetes Summit, where we unveiled the first Diabetes Charter in South Africa.



This year's theme is "Diabetes Targets, Translating Policy into Reality". We will focus on the 90-60-50 cascade for diabetes and hypertension that is outlined in the National Strategic Plan (NSP) for the Prevention and Control of Non-communicable Diseases (NCDs+).

Achieving the diabetes and hypertension targets requires a whole-of-society approach. The Diabetes Alliance, in collaboration with the University of Pretoria Diabetes Research Centre and SA Diabetes Advocacy, is providing a space to hold constructive and open engagements and map out how all stakeholders can contribute towards the achievement of the 90-60-50 targets.

The Diabetes Summit is supported by the National Department of Health. We thank the Department for ensuring that the Provincial NCD Managers, who play a crucial role in the implementation of the NSP, are in attendance.

Today we will hear from distinguished speakers from 21 local and international organisations. Their willingness to share their knowledge and experience makes this event possible: we are incredibly grateful for their support.

Diabetes is a complex and potentially deadly condition. Diabetes-related deaths more than doubled in South Africa between 2008 and 2018. We must act now to stop this devastating trend. Our agenda features expert recommendations to help us adequately respond to the diabetes epidemic and achieve the diabetes targets.

The inclusion of people with lived experience throughout the programme demonstrates the Diabetes Alliance's commitment to meaningful engagement.

Thank you again, and welcome!
Dr Patrick Ngassa Piotie, Chairperson of the Diabetes Alliance.
#DiabetesSummitSA

In collaboration with:

University of Pretoria Diabetes Research Centre and SA Diabetes Advocacy





And the support from the National Department of Health



Programme

| 08:00 - 09:00 | Arrival and Registration |
|---------------|---|
| 09:00 - 09:20 | Welcome & Opening Remarks: UP Vice Chancellor National Department of Health/ Gauteng Health MEC Diabetes Alliance Chairperson |
| 09:20 - 09:30 | Diabetes Summit in Context WHO South Africa – Dr Joseph Mwangi |
| 09:30 - 09:45 | The National Strategic Plan for the Prevention and Control of NCDs+ National Department of Health – Mr Itumeleng Setlhare |
| 09:45 - 10:30 | Panel 1: Awareness and prevention Moderator: Salih Hendricks Speakers: Dr Vicki Pinkney-Atkinson Prof Dinky Levitt Prof Sumaiya Adam Mr Itumeleng Setlhare |
| 10:30 - 11:15 | Panel 2: Education Moderator: Helga Nefdt Speakers: Sr Buyelwa Majikela-Dlangamandla Ms Bridget McNulty Sr Laurie van der Merwe Dr Sanele Ngcobo |
| 11:15 - 11:30 | Tea Break 1 |
| 11:30 - 12:15 | Panel 3: Management and access to care Moderator: Amanda Mashego Speakers: Prof Paul Rheeder Dr Michelle Carrihill Dr Annelet Kruger Dr Zaheer Bayat |

| 12:15 - 13:00 | Panel 4: Surveillance Moderator: Bridget McNulty Speakers: Nqobile Ngoma Dr Angela Jackson-Morris Dr Natalie Mayet Ms Bilqees Sayed |
|--------------------------------|---|
| 13:00 - 14:00 | Lunch |
| 14:00 - 14:30 | WHO Global Diabetes Compact Address Delivered by Dr Prebo Barango, World Health Organization |
| 14:30 - 15:15 | Panel 5: Innovation and research Moderator: Siyabonga Zuma Speakers: Prof Nasheeta Peer Ms Cathy Haldane Mr Omar Sherief Mohammad Prof Paul Rheeder |
| 15:15 - 15:30 | Tea Break 2 |
| | |
| 15:30 - 16:30 | THE BIG DEBATE: Investing in Diabetes Prevention and Control Hosted by the Diabetes Alliance Chairperson, Dr Patrick Ngassa Piotie Speakers: Kirsten De Klerk Dr Lungi Nyathi Dr Andrea Feigl Ms Jane Ball Dr Adelard Kakunze Dr Nicholas Crisp |
| 15:30 - 16:30 16:30 - 17:00 | Hosted by the Diabetes Alliance Chairperson, Dr Patrick Ngassa Piotie Speakers: Kirsten De Klerk Dr Lungi Nyathi Dr Andrea Feigl Ms Jane Ball Dr Adelard Kakunze |

Dr. Vicki Pinkney-Atkinson is Director of the South African Non-Communicable Diseases Alliance, a health and social justice grouping of more than 300 organisations and individuals fighting for NCDs+ equity. With over 50 years of work experience in the health sector, she has a 360-degree perspective stretching from Soweto in the 1970s to continental and global forays. From professional nursing, Vicki moved on to receive both an MSc and PhD in Medicine from Wits. She was born with psoriasis, resulting in many NCDs – including Type 2 diabetes requiring insulin therapy.

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Prof. Naomi (Dinky) Levitt is a diabetologist with a strong interest in public health. She is a senior scholar and fellow at the University of Cape Town and Director of the Chronic Disease Initiative for Africa (CDIA). Naomi has been involved in many national, regional and international efforts to address clinical practice, research direction and policy relating to diabetes – including acting as a consultant for the WHO, President of Diabetes South Africa, and Chairperson of SEMDSA. She has authored over 300 peer-reviewed publications and supervised more than 20 PhD and postdoctoral students.

Prof. Sumaiya Adam holds an MBChB from UKZN's Nelson R. Mandela School of Medicine, and an FCOG (SA) and MMed (O&G). She earned a Certificate in Maternal and Fetal Medicine in 2014, and her PhD in 2018. Sumaiya is currently one of the driving forces in the Maternal and Fetal Medicine Unit at the Steve Biko Academic Hospital at the University of Pretoria. Passionate about enhancing pregnancy outcomes and women's long-term health, she specialises in diabetes prevention during pregnancy. She pioneers connections between pregnancy risk factors and proactive primary healthcare strategies, all while nurturing the next generation of healthcare professionals.

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Itumeleng Setihare is the Deputy Director: Non-Communicable Diseases at the Ministry of Health in South Africa. He has 33 years of experience working in the public health system – 6 years as a nurse, 3 years as Assistant Director: Chronic Diseases and Geriatrics at a Provincial Office, and 8 years as Deputy Director: Eye Care Services at the same Provincial Office. In 2015, he moved on to his current position. Itumeleng holds a BPA Honours degree, a postgraduate diploma in Health Systems Management and Executive Leadership, an MBA, and an MPA specialising in Monitoring & Evaluation.

Buyelwa Majikela-Dlangamandla has worked at the Division of Endocrinology and Diabetes Unit at the University of Cape Town (UCT) and as a Diabetes Educator for more than 15 years. After obtaining her Master's Degree (MSc) in Nursing at UCT, she continued working as a clinical educator. She is currently the diabetes coordinator at Groote Schuur Hospital's state-of-the-art Diabetes Centre. Buyelwa is the grandmother of two boys.

Bridget McNulty is an internationally published author and diabetes advocate. She's the co-founder of Sweet Life Diabetes Community, a non-profit and PBO that serves as South Africa's largest online diabetes community – and the current chairperson and co-founder of SA Diabetes Advocacy, which unites all the organisations of people with diabetes in South Africa. She also co-founded the Diabetes Alliance. Bridget is known as one of the leading voices for diabetes in South Africa, and has been living with Type 1 diabetes for the last 16 years.

Laurie van der Merwe has more than 25 years of experience as a registered Diabetes Educator and coach, and she's dedicated to empowering people of all ages to make informed lifestyle choices towards the self-management of their diabetes. She is a Diabetes Conversations expert trainer, and winner of the Novo Nordisk travel grant in 2003, the CDE top educator in 2009, and the CDE award for Community Service in 2014. Laurie is well-known in the industry for her passion and commitment to ensure a professional registration system for Diabetes Educators and an education programme for healthcare professionals in South Africa.

Dr. Sanele Ngcobo is a lecturer at the University of Pretoria who brings a wealth of knowledge and expertise to the healthcare field. He earned a Bachelor of Clinical Medical Practice in 2011. Building on this foundation, he pursued his passion for public health, obtaining a postgraduate diploma (2014) and a Master's Degree (2016) in Public Health. In 2022, his dedication culminated in the achievement of a PhD, primarily focused on the pivotal role of community health workers in HIV care — a testament to his commitment to improving healthcare outcomes through research and education.

Dr. Sanele Ngcobo is a lecturer at the University of Pretoria who brings a wealth of knowledge and expertise to the healthcare field. He earned a Bachelor of Clinical Medical Practice in 2011. Building on this foundation, he pursued his passion for public health, obtaining a postgraduate diploma (2014) and a Master's Degree (2016) in Public Health. In 2022, his dedication culminated in the achievement of a PhD, primarily focused on the pivotal role of community health workers in HIV care — a testament to his commitment to improving healthcare outcomes through research and education.

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Dr. Michelle Carrihill is a paediatrician and endocrinologist in both government and private sectors, caring for children, adolescents and youth living with diabetes, endocrine disorders and metabolic conditions. She advocates for resource-effective, evidence-based quality healthcare provision and the prevention of disease and disability. Michelle practises individualised care of the person living with diabetes, with personalised choices of management regimens, and attention to psychological, social, family and environmental factors that may impact their diabetes self-management. She advocates for the use of technology and AI to supplement and simplify diabetes management.

Dr. Annelet Kruger is a family physician with more than 20 years of experience in primary care. She graduated from the University of Pretoria and completed a Master's Degree in Family Medicine at Stellenbosch University. Her clinical experience includes work in district hospitals in the Eastern Free State and Tshwane, as well as extensive time in primary care facilities. She has a specific interest in clinical governance and quality improvement in primary care, and is currently appointed as the Family Physician and team leader in the District Clinical Specialist Team in Tshwane.

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Dr. Zaheer Bayat is a specialist physician and endocrinologist working in Gauteng. He's the Head of the Department of Internal Medicine at Helen Joseph Hospital. In addition, he's the Acting Academic Head of the Division of Endocrinology and Metabolism at Wits University. He's also a clinician in private practice and a director at the Lenasia Clinical Trial Centre (LCTC). Zaheer is the immediate past chairperson of the Society for Endocrinology, Metabolism and Diabetes of South Africa (SEMDSA). He's a contributor and part of the editorial panel of the South African Type 2 Diabetes Guidelines as well as the South African Thyroid Guidelines.

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Dr. Natalie Mayet is Deputy Director of The National Institute for Communicable Diseases. An occupational health physician and alumni of The Institute of Functional Medicine, she's qualified in Tropical Medicine and Hygiene, Public Health, Health Services Management, Occupational Health and holds an MPhil in Strategy. Natalie serves on the Africa CDC and Prevention Expert Task Force for Workforce Development and Public Health Institute Development and NCDs, and is a mentor on the Kofi Annan Health Leadership Programme for Africa. She works closely with the National Department of Health in integrated disease surveillance

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Dr. Angie Jackson-Morris has been working for better health across a range of countries and sectors for over 25 years, particularly to prevent and reduce NCDs. Angie's expertise includes designing and guiding strategies, policies, programmes, and capacity development – harnessing robust research to create positive change led by local stakeholders. Angie is currently Associate Director and co-leads the RTI International Center for Global NCDs (a non-profit research institute). She previously led multinational and national programmes across diverse countries. She holds PhD, MSc, and MA Honours degrees from the University of Edinburgh and has published widely on global health.

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Nqobile Ngema is an epidemiologist, an Extraordinary Clinical Lecturer at the School of Medicine of the University of Pretoria, a South African Medical Journal editor, and an SABC health expert. She has experience in disease surveillance systems, research, outbreak investigations, large health data analysis, and scientific writing. Nqobile completed her Master's Degree in Epidemiology and Biostatistics in 2021 and published on research topics such as healthcare-associated infections, antimicrobial resistance and mycoses, HIV-opportunistic infections, outbreak investigations, and medical male circumcision in traditionally circumcising communities. Nqobile has received various international and national accolades – both as a clinician and an epidemiologist.

Bilqees Sayed is a Deputy Director at the National Department of Health, and manages the research and surveillance programme for non-communicable diseases, disabilities, and geriatrics, as well as the cancer programme. She is responsible for supporting the collection of appropriate, reliable data; promoting research; and supporting initiatives to improve primary and secondary prevention, early detection and the management of adults with non-communicable diseases. Within the cancer programme, she is involved in various cancer-related projects, and also responsible for facilitating the development of policy and guidelines for priority cancers in South Africa. She holds a Master's Degree in Medical Science (Public Health).

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Prof. Nasheeta Peer is a physician by training and in addition to her medical degree (MBChB) from the University of KwaZulu-Natal, she holds MBA, MPH and PhD degrees from the University of Cape Town (UCT). She is a Chief Specialist Scientist in the Non-Communicable Diseases Research Unit at the South African Medical Research Council, and an Associate Professor of Medicine at UCT. Over the past two decades, she has focused and published extensively on non-communicable diseases. Her interests lie in cardiometabolic and cardiovascular diseases epidemiology, and health systems research. She serves on the editorial boards of several international peer-reviewed journals.

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Cathy Haldane, a Senior Scientist on the NCD Programme at FIND, is a pharmacist with a fulfilling career at Roche Diabetes Care and Sanofi before her current role at FIND, a global non-profit organisation. She leads the ACCEDE project, funded by the Helmsley Charitable Trust, which is focused on enhancing access to continuous glucose monitoring (CGM) technology in Kenya and South Africa through affordability, operational research, and capacity-building efforts. Cathy, a Diabetes Alliance board representative, champions a collaborative approach to enhance the well-being of individuals with diabetes, focusing on meaningful impact through multi-partner engagement in diabetes management.

Omar Sherief Mohammad is the Cluster Head for India, Middle East & Africa (IMEA) within the Roche Diabetes Care (RDC) Global Commercial Organisation. Omar has two decades of experience in the pharmaceutical sector, primarily in diabetes care in India, global marketing in Denmark, and emerging Asian markets. Omar believes there is an extreme need for improving access to care to support the underprivileged section of the community by creating a holistic ecosystem for screening, awareness and education. As head of IMEA, he leads Roche in designing a patient-centric approach to address the diabetes burden in the region.

Prof. Paul Rheeder is a trained specialist physician with a PhD in Clinical Epidemiology obtained from Utrecht University in the Netherlands. He occupied the Medihelp Chair in Clinical Epidemiology at the University of Pretoria (UP) for 10 years, where he was also past Acting Head of the School of Health Systems and Public Health. Paul is the Specialist Physician at the Steve Biko Academic Hospital's Department of Internal Medicine. His main research interest is to improve the management and outcomes of patients with diabetes. He is the director of the UP Diabetes Research Centre and has contributed to 96 peer-reviewed publications.

Dr. Lungi Nyathi is the CEO of Alignd, one of the few companies that offer value-based care solutions for complex health problems. Their leading, novel product is palliative care in the oncology setting. She is passionate about building sustainable and caring health systems in Africa. With more than a decade's experience working in healthcare funding and managed care in South Africa at executive level, she's also served on a wide range of boards in the healthcare sector. Lungi is responsible for developing and enhancing health risk management strategy, new products and solutions, clinical and health risk thought leadership, and public health strategy.

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Dr. Patrick Ngassa Piotie is a public health specialist with over a decade of research and project management experience, a medical degree, and a PhD in public health. Patrick is a senior programme manager at the University of Pretoria Diabetes Research Centre. His focus is non-communicable diseases (NCDs), and his interests include diabetes management in primary care, mental health in diabetes, and the integration of NCD services in HIV/AIDS and TB programmes. Adept in health systems strengthening and implementation science, Patrick is a strong advocate for access to quality diabetes care in developing countries. He is the Chairperson of the Diabetes Alliance.

Chairperson of the Diabetes Alliance.

Jane Ball is Head of Population Health Management at Discovery Health with risk management responsibility for disease management programmes, oncology risk, and KeyCare and other low-income products. She leads the Care Management Organisation (CMO) unit within Discovery Health, furthering disease management through risk transfer, shared value arrangements and investment in innovation and new technology. Jane obtained a BPharm degree and MSc in Drug Utilisation Studies from Nelson Mandela University, and then completed an executive Master's Degree in Behavioural Science at the London School of Economics (LSE). She actively fosters the use of behavioural science in the development of population health management programmes.

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Dr. Adelard Kakunze is a medical doctor, an accomplished public health professional, and a social entrepreneur committed to engaging in knowledge translation to improve health systems in Africa. He is currently leading the Unit of Non-Communicable Diseases and Mental Health under the Division of Disease Control and Prevention at the Africa Centres for Disease Control and Prevention (Africa CDC). Adelard is also the founder of two start-ups and Founding Curator of the World Economic Forum Young Global Leaders Community (Global Shapers) in Burundi. He's a 2015 Tony Elumelu Foundation entrepreneur, an IVLP and YALI Alumni, and has been a One Young World Ambassador since 2013.

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Karyn Maughan is a senior legal journalist at News24, documentary producer and bestselling author. She writes for News24 and appears on SABC, Newzroom Afrika and eNCA. She's a BBC, Al Jazeera and SkyNews contributor and regularly offers analysis on some of South Africa's most high-profile legal stories, but is most passionate about reporting on social justice issues. Karyn has been named as one of South Africa's most influential journalists, and has over 492k followers on Twitter. She's written three books and has successfully challenged efforts by former President Jacob Zuma to privately prosecute her for writing about court papers filed by his own lawyers.



Our Language Matters

Improving communication with and about people with diabetes in South Africa.

The way we speak about people makes a difference.

Our language matters. The words we choose, and the way we use them, influence, persuade and affect how people view the world. Words do more than reflect reality: they create reality.

Words are powerful. They can create a culture in which people feel valued, under stood, and supported – or one in which people feel misunderstood, undermined, stigmatised, and excluded.

Words can express conscious or unconscious bias. The words used to talk about diabetes affect the physical and emotional health of people living with diabetes. They also affect how people in society view people living with diabetes, or those at risk of developing diabetes.

Read the full South African position statement and access the free diabetes stock image library here: www.sweetlife.org.za/languagematters

Our position statement



Diabetes Charter 2023

The Diabetes Alliance is a non-profit organisation committed to improving the health and wellness of people with diabetes in South Africa.

This Diabetes Charter provides a cohesive outline of the key challenges facing people with diabetes in South Africa, and helps to direct the development of an effective diabetes response.

Diabetes in South Africa

Diabetes accounted for 25,255 (5.5% of) deaths in South Africa in 2017 and was the leading cause of death among women.¹ South Africa also faces a high obesity rate, with 68% of women and 31% of men overweight or obese.² These high obesity rates contribute to the high prevalence of diabetes.

Each theme in this Diabetes Charter has been aligned with one of the Goals from the South African National Strategic Plan (NSP) for for the Prevention and Control of Non-Communicable Diseases (NCDs+), 2022-2027.³

As capacity is very low relative to the challenge, we need to advocate for sufficient capacity at both the National and Provincial Departments of Health to implement the plan.

Goal 1: Awareness and Prevention

Strategic alignment - Goal 1: Prioritise prevention and control of NCDs+

- 52% of people with diabetes are undiagnosed effective diabetes screening is needed.⁴
- 65% of South Africans are currently in the prediabetes range.⁵
- Gestational Diabetes is not used as a learning opportunity.⁶

Effective response:

Develop a coordinated diabetes, prediabetes and gestational diabetes awareness campaign – led by the National Department of Health, working with Diabetes Alliance members and all relevant stakeholders.

Goal 2: Education

Strategic alignment - Goal 2: Promote and enable health and wellness across the life course

- No national diabetes education programme.
- Health literacy mismatch between available materials and the health literacy of those reading the materials.⁷
- Limited or no Diabetes Nurse Educator positions available.

Effective response:

Introduce the Diabetes Nurse Educator role at primary healthcare level alongside a national diabetes education programme. Offer a national postgraduate course in diabetes management for healthcare workers. Develop a diabetes disease-specific health literacy test for South Africa.

Goal 3: Management and access to care

Strategic alignment – Goal 3: Ensure people living with NCDs+ receive integrated, people-centred health services to prevent and control NCDs+

- Inconsistent access to quality diabetes care⁸ and effective education and counselling.
- Prevention and screening for diabetes complications are not prioritised. The combination of foot
 care and eye screening is listed as one of the WHO 'Best Buys'9 as the most cost-effective
 strategies to support people with diabetes.
- Access to new drugs and new technologies in the public sector, including point-of-care testing for glycated haemoglobin (HbA1c) and continuous glucose monitoring (CGM).

Effective response:

Enable the delivery of holistic person-centred diabetes management, including prevention and screening for diabetes complications and POC testing in primary care clinics.

Goal 4: Surveillance

Strategic alignment – Goal 5: Monitor strategic trends and determinants of NCDs+ to evaluate progress in their prevention and control

- Limited regular surveillance for diabetes in South Africa.
- The National Strategic Plan (NSP) for NCDs¹⁰ highlights South Africa's diabetes targets the 90-60-50 targets, but there is no surveillance system to monitor and evaluate progress.
- Monitoring tools such as patient registries and audits of care are not available, despite being recommended by the Type 2 management guidelinesⁿ.

Effective response:

Develop an appropriate surveillance system for diabetes to enable the monitoring and accurate reporting of diabetes targets by the National Department of Health.

Goal 5: Research and Innovation

Strategic alignment – Goal 4: Promote and support national capacity for high-quality research and development for the prevention and control of NCDs+

- No national agenda for diabetes research, and no funds earmarked for diabetes research and innovation. Funds from the sugar tax could be appropriately used here.
- People with diabetes are not empowered: they lack the knowledge and self-efficacy to demand the care they deserve and change their life experience.¹²
- Healthcare approaches are outdated. Innovative healthcare approaches need to be considered for people with diabetes, particularly digital solutions to support education, self-management, monitoring and clinical care.

Effective response:

Create a national agenda for diabetes research, alongside an annual Diabetes Innovation Review.

The Diabetes Alliance recognises that these responses require significant time and resource investments. We believe South Africans with diabetes deserve this investment.

THE UNIVERSITY OF PRETORIA **DIABETES RESEARCH CENTRE**

"Pioneering transdisciplinary diabetes research in Africa"

#BeatDiabetesTheUPWay



"The UP Diabetes Research Centre was established in December 2020 as an entity following the collaborative work existing between various Schools and Departments within the Faculty of Health Sciences. We have a strong focus on translational research and a person-centred approach to improve diabetes care and outcomes, particularly in primary care and in communities. We are excited about using transdisciplinary innovative research to collaborate with partners and stakeholders to improve the lives of people living with diabetes in South Africa and beyond."

Prof Paul Rheeder, Director of the University of Pretoria Diabetes Research Centre

Vision of the DiabetesCentre@UP:

Our vision is to be a nationally and internationally recognised leader in diabetes translational research, ultimately aspiring to better the lives of people living with diabetes.

Mission of the DiabetesCentre@UP:

The Centre strives to:

- 1. Create an environment that enables and supports world-class transdisciplinary research in diabetes collaborating with various other Departments, Faculties, and Institutions.
- 2. Catalyse and promote diabetes research and innovations through multidisciplinary collaborations and strategic partnerships.
- 3. Translate new knowledge into improved diabetes care, management, and prevention.
- 4. Provide practical and up-to-date training for the management of diabetes to healthcare professionals.
- 5. Advocate for sustainable, evidence-based, culturally sensitive, and person-centred care for people with diabetes.

Research Clusters at the DiabetesCentre@UP:

The UP Diabetes Research Centre is organised around 6 research groups or clusters:





■ diabetes@up.ac.za

https://www.up.ac.za/diabetes-research-centre

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Faculty of Health Sciences

Sanofi: Chasing the miracles of science to improve people's lives



At Sanofi, we are passionate about science and its potential to improve lives. For over a century, we have been leading the way in diabetes care, offering innovative solutions to help people manage their condition. But we won't stop there. We are always looking for new ways to bring diabetes under control and prevent its complications. We are committed to the diabetes community and their needs.

Our pledge to you is: we won't settle for less. We'll keep chasing the miracles of science to make our patients better.

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