



A Quarterly Newsletter for News of the Association, Its Members and All Issues Concerning Diabetes and Endocrinology  
رسالت فصلية تقدم بأخبار الجمعيات وأعضائها وكل ما يتعلق بشؤون السكري والغدد الصماء

**NOTE FROM THE CHAIRMAN**

Welcome all to the first issue of The Libyan Association for Diabetes & Endocrinology Newsletter. This has emanated from the cooperation and meetings of most Libyan doctors practicing in the field over the last 3 years, mainly through the annual conference. The latter started off, rather humbly, as a half-day symposium attended by doctors from the Diabetic Hospital. It slowly expanded to include other hospitals in Tripoli, then those in Libya and finally involving our native colleagues from abroad. It was agreed that an Association should be set up, duly done last year, to oversee the conference and other activities throughout the year. The tasks of the Association will expand in due time to encompass issuance guidelines and position statements, inclusion of patients amongst its membership and their involvement in its activities. Cyberspace has considerably eased communication amongst its disparate membership, and members have certainly been making use of this to circulate articles or news of interest that they came across to others. This latter practice should be encouraged and expanded, since at present many members do not have a subscription to the relevant periodicals. The newsletter will now provide a forum for such communications.

Diabetes, which takes the lion's share of its activities, is rapidly expanding in the number of those afflicted in Libya. We should not be proud of news such as the provision of more dialysis machines in Libya, nor of how many ketotic patients we successfully treated. There is a long way to go in convincing the politicians of the need for primary prevention of the disease and its complications, which a collective voice of the Association can achieve more effectively than individuals.

Finally, I wish to extend my thanks and best wishes for Amna Salhin and the Editorial Board for the good work in this first-born edition and may it goes forth and multiplies!

**Issam Hajjaji, Chairman, LADE Board (Tripoli, Libya)**



**IN THE EDITOR'S OWN WORDS**

It is my honor and privilege to serve as the principal editor for this term and to have the opportunity to produce the e-newsletter for The Libyan Association for Diabetes and Endocrinology. I am pleased to introduce the first issue of the LADE newsletter; a quarterly electronic communication aimed to keep all members informed with all the activities, special event announcements, and all other issues of interest in the field of diabetes and endocrinology. Our mission, as we continue to grow and gain more support, is to produce a monthly e-newsletter and to be able to have a print publication in the near future. I would like to specially thank Dr. Salem Beshyah for his help and advice in producing the first issue of the newsletter as well as the editors who helped in contributing to this issue.

The newsletter will serve as an important communication vehicle for the association, in order to bring all members together and invite non-members with a similar interest in diabetes and endocrinology to join our association and be a part of our big family.

We would greatly appreciate your efforts in further distributing the newsletter to your colleagues who might also be interested.

I hope that our first issue will be an enjoyable reading experience for you and will entice you to send your contribution, comments and feedback.

Please accept our apology for any inconvenience if you received this newsletter in error and you may contact us at [libyanade@yahoo.com](mailto:libyanade@yahoo.com) if you wish to be removed from our mailing list.

I take this opportunity to wish you a happy, healthy, and prosperous 2009.

**Amna Salhin, Principal Editor (San Antonio, Texas)**

**A CORDIAL INVITATION TO THE LDEC 2009 ...**

The LADE Board and many senior LADE members are very busy with the preparations for the forthcoming **Seventh Libyan Diabetes and Endocrinology Conference** to be held April 7-9, 2009 in Tripoli. The program is targeting consultants and specialists in diabetes and endocrinology and other branches of general internal medicine practicing in hospitals and polyclinics as well as primary health care doctors. The program is clinically oriented and well balanced between diabetes and endocrinology. It will cover a wide array of presentations including advances in management of diabetes, current management of pituitary tumors and perspectives in adolescent endocrinology. Numerous interactive small group sessions are being arranged to allow delegates to meet the experts and discuss true or virtual clinical cases in details. Delegates may choose any two of the total of 4 subjects available each afternoon. It is planned for the first day to end by a new feature, a debate on the place of Glitazones in current diabetes practice between two of the most senior members of the Association. Hopefully, the format will become a regular feature of the annual conference.

The Ibn Sina Medal Lecture will be delivered by a Hussain Al Saadi, a senior Arab guest speaker on the topical issue of "Bone health and vitamin D status in Arab women" and Al-Fitouri Medal Lecture will be delivered by Elmahdi Elkhammas, a US-based senior Libyan surgeon on pancreas and islet transplantation. The plenary and state of art lectures are shared between members of the

Association and guest speakers covering a wide range of subjects such as pre-diabetes, diabetes in pregnancy and male hypogonadism. The Memorial Lecture of this year is dedicated to the late Dr. Ahmed Hassouna, who helped shape the health services in his own city of Misurata in the early 1980's. "The LADE Annual Lecture" has been reserved for a younger member. This year will also witness contributions from international speakers in the main program for the first time. Original abstracts describing disease processes in our country are viewed very highly and will be given a prominent timing on the second day. Prizes will be presented to the best presentations. Most importantly that in these three days, a large number of Libyan diabetologists and endocrinologists from different generations will get together and exchange views, experiences and interact socially in a very friendly ambience. LADE secured participation from many senior Libyan endocrinologists and other physicians at home and abroad and the program is maturing by active interaction and discussion between the members by phone and via e-mail. It is expected that the second announcement and call for abstract will come out in the second half of January 2009. The Board would like to hear your views and comments by e-mail to: [libyanade@yahoo.com](mailto:libyanade@yahoo.com)

**Salem Beshyah & Issam Hajjaji for the LADE Board (Abu Dhabi & Tripoli)**

**PAYING HOMAGE NOT JUST A COPY CAT!**

In the west, public display of gratitude and respect is widely accepted as normal behavior in the civil society. Many of the lectures, activities, medals and let alone theatres, labs etc are named after people who made contributions to the advancement of the relevant branch of science. Many clinical conditions, signs and maneuvers are still known by the individuals who first described or established them. However, in our communities, these practices are not well established. Hence it may have sounded strange for the Libyan Diabetes and Endocrine group to launch a series of lectures organized in clear hierarchy since 2006. Four years later, the order is still maintained possibly by virtue of the committees being effectively composed of the same people. However, this note is meant to highlight the rationale for having these landmark lectures and defend their philosophy. As the conference spanned over three days, three named lectures were created; two medal lectures and one memorial lecture. The Ibn Sina Medal Lecture is

viewed as the most prestigious. Justifiably so, as Ibn Sina was probably the first Arab diabetologist. His description of diabetes is an acknowledged landmark in the history of diabetes. The lecture is delivered once a year on the first day of the national conference by a senior Libyan, Arab or international speaker. The Fitouri Medal lecture is named after Mohamed Al-Fitouri, the first Libyan medical graduate on record. It is delivered on the second day by a senior Libyan clinician or medical scientist on a subject of particular research or clinical interest to him/her. The Memorial Lecture of the conference is dedicated to the memory of the modern Libyan physicians who contributed significantly to health services or medical education. So far, three memorial lectures were delivered to honor the names of Abdulrazzek El-Zawawi who was Tripoli's founder dean, Makram Al-Dawi who was vice dean and a widely respected ENT Surgeon and a teacher, and Salem Senoussi, a pediatrician who was

served as Tripoli's dean for many years. Dr. Ahmed Hassouna will be remembered this year. As the Association gets well established, perhaps more medals and lectures will be created to mark regional activities. The hierarchy of the lectures starting from Ibn Sina, passing to Fitouri and ending up with our modern Libyan physicians reflects our pride with our great Arabic and Islamic civilizations and respect to our modern mentors and teachers. By paying homage to all of them whilst building on their legacies, we hope to have a confident vision to the future. I know, for sure, that the current LADE Board is committed to continuation of this tradition. Perhaps, it is time other Libyan and Arab scientific associations follow suit.



**Salem Beshyah (Abu Dhabi, UAE)**

**HBA1C; HOW LOW SHOULD WE GO ?**

Cardiovascular disease (CVD) remains by far the leading cause of death in people with diabetes. It is well established that intensive glucose control can significantly reduce microvascular complications from several landmark diabetes studies. However it is uncertain if intensive glycemic control will reduce the risk of CVD in people with type 2 diabetes. The result of ACCORD, ADVANCE, and VADT; the three major clinical trials that examined the relationship between intensive glucose control and cardiovascular health in people with long-standing type 2 diabetes and high cardiovascular risk have been published recently.

The American College of Cardiology, American Diabetes Association, and American Heart Association have jointly issued a position statement examining the results and implications of these trials. The authors carefully reviewed the primary and subgroup analyses of the three trials, as well as additional studies published recently. The position statement affirms ADA's A1C goal of <7% for most patients with type 2 diabetes, but stresses individualization of glycemic goals based on patient characteristics such as duration of diabetes, life expectancy, and presence of advanced complications. The statement is published in the January issues of the Journal of the American College of Cardiology, Diabetes Care, and Circulation. The paper makes an interesting reading and members are encouraged to access the full statement in any of the three journals where it published simultaneously by visiting the link for the statement:

<http://care.diabetesjournals.org/cgi/content/full/32/1/187>.

It is certainly an ideal paper for January's journal clubs in any diabetes care unit, you cannot be beaten for being up to date!

**Salem Elhabroush (Tripoli, Libya)**

**WORLD DIABETES DAY 2008 IN BENGHAZI**

World Diabetes Day is a global campaign aimed at increasing the awareness of the diabetes epidemic. It is celebrated every year on November 14 by millions of people worldwide. The date was chosen to coincide with the birthday of Fredrick Banting the doctor who discovered insulin. World diabetes day was first introduced by the International

(WHO) in 1991. As of December 2006, it became an official United Nation day.

**World Diabetes Day is a global campaign to fight Diabetes**  
[www.idf.org](http://www.idf.org)  
**"No child should die of diabetes"**



Along with the rest of the world, Benghazi Diabetes and Endocrinology Center (BDEC) celebrated World Diabetes Day on November 13, 2008. The ceremony was attended by the Minister of Health of Benghazi and over 100 audience including patients, doctors, and nurses. The activities started with an introductory talk on Dr. Othman Kadiki; the founder of Benghazi diabetes center in 1969 the oldest diabetes center in Libya and north Africa. He was honored for his great input and achievements regarding diabetes in Libya. Several lectures and educational activities were presented by health care

providers covering diabetes diagnosis, management, and complications prevention. In addition, there were open discussions between the health care providers and the patients. Benghazi Diabetes and Endocrine Center Building was then lit in blue as part of the celebrations.



**Benghazi Diabetes and Endocrinology Center building lights in blue on WDD**

To read more about all the activities and for more pictures of the celebration, you may visit: [www.worlddiabetesday.org](http://www.worlddiabetesday.org) [www.idf.org](http://www.idf.org)

**Rafik Elmehdawi (Benghazi, Libya)**

Diabetes Federation (IDF) and the World Health Organization

**MEMBERS NEWS**

**Congratulations** to Dr. Abdulfattah Lakhdar who was recently appointed to the editorial board of the Journal of the Royal Society of Medicine (JRSM), London representing the Diabetes and Endocrinology section.

The Tripoli Medical Center Endocrine Unit has conducted The Ectand Libyan Endocrine Review Course coordinated by Dr. Hawa Sherif in December 2008. The course covered a wide range of topics relevant to clinical practice.

Questions or comments? E-mail us  [libyanade@yahoo.com](mailto:libyanade@yahoo.com)

**Editorial Board (2009-2011): Editor-in-Chief:** Dr. Issam Hajjaji, Chairman, LADE Board  
**Principal Editor:** Dr. Amna Salhin  
**Deputy Editor:** Dr. Faten Ben Rajab  
**Editors:** Dr. Salem Beshyah, Dr. Salem Elhabroush, Dr. Rafik Elmehdawi, Dr. Soad Mahmoud, Dr. Ibtisam Hadeed, Dr. Najat Eldressy, Dr. Abdulwahab Albarsha and Dr. Tarek Elsharif