



Brussels, 05 February 2018

Dear Mr Daramilas and Members of the Board of the Panhellenic Federation of People with Diabetes,

We would like to thank you for your letter and for your request, which is extremely important for people living with diabetes in Greece and elsewhere in Europe.

Obviously the government is interested to have a proper and correct diagnosis of the disease in order to issue the benefits, but on the other hand it has to be decided on an individual basis, based on proper scientific evidence so that it will not put all people with obvious type 1 and type 2 diabetes into the discomfort of performing unnecessary tests.

We are well aware that Greece is not immune to diabetes epidemic. The Diabetes Atlas 2017 edition further shows that more than one third of people with diabetes in Greece are undiagnosed which make them more prone to debilitating complications of diabetes.

Therefore, it is very important that governments and societies invest in prevention of diabetes, and prevention of debilitating complications in people with diabetes by early diagnosis, good care and management. This way we would have the opportunity to avoid advanced cases needing dialysis, eye surgery, amputations and other costly interventions, which also most importantly negatively affect the quality of life of people with diabetes.

There are well-established guidelines and recommendations by International Diabetes Federation as well as other international organizations for defining the risk groups and also diagnosis of type 1, type 2 and other forms of diabetes.

As per your request I want to bring IDF Clinical Practice Recommendations for managing type 2 diabetes in primary care” 2017 edition (<https://www.idf.org/e-library/guidelines.html>) and the ISPAD Clinical Practice Consensus Guidelines 2014 Compendium – Definition, epidemiology, and classification of diabetes in children and adolescents” (<https://www.ispad.org/?page=ispadclinicalpract>) that point to diagnostic tools for type 1 and type 2 diabetes. They suggest the presence of one or more of the diabetes-associated autoantibodies (Glutamic acid decarboxylase 65 autoantibodies (GAD), tyrosine phosphatase-like insulinoma antigen 2 (IA2), insulin autoantibodies (IAA), and beta cell specific zinc transporter 8 autoantibodies (ZnT8)) may be used to confirm the diagnosis of type 1 diabetes.

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But for further scientific information and the discussions with the Government on this issue we would recommend to communicate the scientific community in Greece, especially Hellenic Diabetes Association which is also a Member of IDF.

As Chair of the International Diabetes Federation European Region, I would like to reaffirm the importance of maintaining as easy as possible the application process of health Committee and the reimbursement procedure of medicines for people with diabetes. Adherence to therapies, including appropriate use of medicines, is the best strategy to ensure correct blood glucose control and reduce debilitating complications of diabetes.

I hope the best regulation will soon be in place for people with diabetes in Greece with the efforts of the Panhellenic Federation of People with Diabetes together with the Hellenic Diabetes Association and the Hellenic Diabetes Federation.

We remain at your disposal for any further support from IDF Europe side.

Yours sincerely,

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Chair, IDF Europe

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