

COMMUNIQUE ISSUED AT THE END OF THE 41ST ANNUAL GENERAL MEETING AND SCIENTIFIC CONFERENCE OF THE ENDOCRINE AND METABOLISM SOCIETY OF NIGERIA (EMSON), HELD AT THE SHERATON HOTEL, ABUJA FROM 25TH TO 27TH SEPTEMBER, 2019

PREAMBLE

The 41ST Annual General Meeting and Scientific Conference (AGMSC) of the Endocrine and Metabolism Society of Nigeria (EMSON) held from 25th to 27th September 2019 at the Ladi Kwali Hall, Sheraton Hotel, Abuja, the Federal Capital Territory of Nigeria. The theme of the AGMSC was “**The Role of Education in Preventing Diabetes Complications**”. The subthemes included ‘Diabetes Foot Disease, Diabetes Kidney Disease, Obesity: the harbinger of Cardiometabolic Diseases, and Disorders of Adrenal glands.

The meeting was preceded by a preconference Endocrine postgraduate update course held at the National Hospital, Central Business District, Abuja, from 8am to 6pm on the 25th September, 2019. Many postgraduate doctors and specialist consultants from all over the country participated in this update course. Inauguration of ‘Diabetes Foot Nigeria’ under the chairmanship of Prof Augustine Ohwovoriolè also took place at the National Hospital Abuja from 12noon to 2pm on the same day, 25th September 2019. Among those in attendance at this inauguration were Prof Olufemi Fasanmade (EMSON President), Prof Babatope Kolawole (President, American Association of Clinical Endocrinologists, Nigeria Chapter), Prof Andrew Uloko (EMSON Secretary General), Prof. Andrew Edo and Dr Chris Okafor among several other notable endocrinologists. The conveners of the Diabetes Foot Nigeria who are also representatives of D-Foot International are Prof. Felicia Anumah and Dr Afokeghene Isiavwe.

The opening ceremony and scientific conference held on the 26th September 2019 at the Ladi Kwali hall of the Abuja Sheraton Hotel. This colourful ceremony took place under the distinguished Chairmanship of Professor J.A.M Otubu. A dignitary packed and colourful event, the Special Guest of Honour Mrs Pauline Tallen, Hon. Minister of Women Affairs was decorated as *Ambassador of Diabetes Prevention in Nigeria* during this opening ceremony. The Guests of Honour included Senator Ovie Omo-Agege, Deputy Senate President (ably represented by his Chief of Staff), Senator Yahaya Ibrahim Oloriegbe (Chairman Senate Committee on Health), Hon. Engr Joseph Asuku Bello and Hon. Dr Abubakar Yunusa Ahmad MHR. The Guest Speaker was Dr Kaushik Ramaiya who is an Hon. Professor of Medicine and Tropical Health from the Liverpool School of Tropical Medicine. His lecture was on “*The role of education in Preventing diabetes complications*”. In attendance were over 250 registered delegates which comprised of Clinical adult and paediatric endocrinologists, basic endocrinologists, basic scientists, family physicians, chemical pathologists, nephrologists, cardiologists, nurses, dieticians, podiatrists, local and international partners.

OBSERVATIONS

The Endocrine and Metabolism Society of Nigeria noted with concern the following issues relating to the theme and sub-themes:

1. Diabetes prevalence (over 11 million Nigerians affected) and its complications are currently on the rise in low and middle income countries like Nigeria, with about 70% increase expected within the next 25 years from now. Diabetes is the most common Endocrine and Metabolic Disorder in Nigeria.

2. Obesity is an important risk factor for cardio-metabolic diseases of which diabetes is one. Factors contributing to development of obesity include sedentary lifestyle, and unhealthy eating patterns.
3. Increase in morbidity and mortality associated with diabetes has been observed to be as a result of low awareness, poor health seeking behaviours and attitudes.
4. Diabetes foot disease, which is one of the deadliest and highly expensive complications of diabetes mellitus is a major medical, social and economic burden to the affected patient. It has been documented that every 30 seconds, a limb is lost to diabetes. Amputation from diabetes is the commonest cause of lower extremity amputation, and the diabetes related amputation rates in Nigeria remain unacceptably high.
5. Diabetes care is not adequately financed in the country and this has contributed tremendously to the burden of diabetes complications in Nigeria.
6. Majority of diabetes care financing (medical and surgical) has been self-driven by affected individuals and by their relations which is not in consonant with national health policy.
7. Diabetes education of the populace through public enlightenment is required at every level of the society to prevent development of diabetes and reduce its complications.
8. There is no new national prevalence figures in the last 20 years to aid national health planning, policies and finances. The last true national prevalence of diabetes was given in 1992 as 2.24%. Prevalence estimates given by the International Diabetes Federation for Nigeria over the years have relied mainly on data extrapolated from other countries with similar socio-demographic characteristics with Nigeria. At the moment, an estimated 6% prevalence is reported from a recent study.
9. There is need for diabetes research to be adequately sponsored in the country in order to develop local guidelines peculiar to Nigerians. This will further improve our understanding of the disease and better quality of care for persons living with diabetes.
10. There is need for concerted efforts in terms of public enlightenment, advocacy and support at all levels for the prevention of diabetes among Nigerians. Efforts directed at training and retraining of all key stakeholders at all levels will greatly improve the care of persons living with diabetes..

RESOLUTIONS

Rising from its 41st AGMSC held at the Sheraton Hotel, Abuja 2019, the Endocrine and Metabolism Society of Nigeria (EMSON) resolves as follows:

1. The Endocrine and Metabolism Society of Nigeria shall continue evidence-based advocacy as a leading stakeholder in shaping the political agenda for diabetes care in Nigeria through education.
2. The Endocrine and Metabolism Society of Nigeria calls for increased governmental and private funding for diabetes care, research and training. There is need for greater collaboration between the health sector and all stakeholders to achieve this. EMSON is positioned as a valuable partner in this regard.
3. The Endocrine and Metabolism Society of Nigeria calls for improved diabetes public health education by all stakeholders and the need for adequate resources for diabetes emergencies to reduce morbidity and mortality.

4. The Endocrine and Metabolism Society of Nigeria calls for a new national health survey for non-communicable diseases especially diabetes and hypertension to drive national planning and health care policies and financing.

5. The Endocrine and Metabolism Society of Nigeria calls on the Federal and State governments as well as the private sectors to provide infrastructures which will enhance physical activities and discourage sedentary lifestyles as this will help to reduce obesity and prevent development of diabetes among Nigerians.

6. The Endocrine and Metabolism Society of Nigeria advocates for more funding of diabetes care by the National Health Insurance scheme as well as inclusion of diabetes medications that could help to prevent or retard diabetes complications in its formulary.

7. The Endocrine and Metabolism Society of Nigeria strongly recommends the incorporation of diabetes education and screening at all levels of health care (primary, secondary and tertiary).

8. The EMSON strongly calls on the government to remove all forms of tariff on diabetes medications and products as well as introduce subsidy on these life-saving items to reduce the suffering of the many Nigerians living with diabetes.

9. We highly recommend the adoption of a healthy lifestyle and regular health checks for all Nigerians especially adults who are 30 years of age and above.

10. The establishment of a Nigerian National Diabetes Healthcare Plan which will be all encompassing to address research, training, education, care and prevention of diabetes is highly recommended.

APPRECIATION

The Endocrine and Metabolism Society of Nigeria immensely appreciates the Hon Minister of Health, Dr Enahire Osagie and the Federal Ministry of Health; Hon Minister of Women Affairs, Mrs Pauline Tallen; Deputy Senate President, Senator OvieOmo-Agege; Chairman Senate Committee on Health, Senator Yayaha Ibrahim Oloriegbe; Hon. Engr Joseph Asuku Bello; Hon. Dr AbubakarYunusa Ahmad and Prof J.AM.Otubu. We also thank the guest speaker, Dr Kaushik Ramaiya. Our special appreciation to the local organising committee of Abuja 2019 AGMSC ably led by Professor Felicia Anumah and Dr Mshelia Reng, and the national executive council of the Endocrine and Metabolism Society of Nigeria (EMSON).

Long Live the Endocrine and Metabolism Society of Nigeria (EMSON)

Long Live the Federal Republic of Nigeria



Prof. Olufemi Fasanmade
President



Prof. Andrew Uloko
Secretary General