



Diabetes...

The Leading Cause of Kidney Disease.

24th Annual

Guam Diabetes Conference

Sunday, November 12, 2023

Hilton Guam Resort & Spa

In Partnership with

**Guam Nurses Association, Department of Public Health and Social Services (DPHSS),
and University of Santo Tomas Alumni Organization of Guam**



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JOSHUA F. TENORIO
SIGUNDO MAGA'LÅHI • LIEUTENANT GOVERNOR

HAGĀTNA, GUAM
PROCLAMATION 2023-97

A Proclamation of the Governor

PROCLAIMING NOVEMBER 2023 AS DIABETES MONTH

WHEREAS, every November our island observes Diabetes Month along with the rest of the Nation to raise awareness about Diabetes to include Type 1, Type 2, gestational diabetes, and prediabetes, promote prevention through maintaining a healthier lifestyle, and support those battling with the chronic condition;

WHEREAS, diabetes can lead to heart disease, kidney disease, vision loss, and other serious health complications. Adults diagnosed with diabetes are two to four times more likely than people without diabetes to succumb to heart disease or experience a stroke.

WHEREAS, Guam is not immune to complications of diabetes. Our island has seen a significant rise in the number of adults diagnosed with diabetes, and is the primary contributor to two of the three leading causes of death in the island to include heart disease and strokes;

WHEREAS, approximately half of the people who succumbed to COVID-19 on Guam identified diabetes as a comorbidity. The prevalence rate of diabetes in Guam grew from 14.7 percent in 2020 to 21.6 percent in 2022;

WHEREAS, the Guam Diabetes Association (GDA), the Department of Public Health and Social Services, the Guam Diabetes Control Coalition, the Diabetes Foundation of Guam, the NCD Consortium and many others are committed to continue their substantial efforts in supporting those struggling with diabetes through education and support on dealing with the condition.

WHEREAS, managing blood glucose, blood pressure, and cholesterol levels along with taking your medicines daily, regular check-ups, and maintaining a healthy lifestyle through physical activity and dieting are a few of the many ways we can prevent diabetes; and

WHEREAS, as our island recognizes Diabetes Month, we stand with those who have diabetes. We recognize the many organizations and agencies across Guam that hold unwavering dedication to combat diabetes and to provide the necessary education and support to improve the life of those struggling with the condition.

NOW, THEREFORE, I, LOURDES A. LEON GUERRERO, *Maga'hågan Guåhan*, Governor of Guam, by virtue of the authority vested in me by the Organic Act of Guam, as amended, do hereby proclaim **November 2023 as Diabetes Month**.

IN WITNESS WHEREOF, I, JOSHUA F. TENORIO, *Segundo Maga'låhan Guåhan*, Lieutenant Governor of Guam, hereby, together with the *Maga'håga*, cause the Great Seal of Guam to be affixed in the City of *Hagåtña*, on this **Third** day of **November** in the Year of Our Lord, *Anno Domini*, **Two Thousand and Twenty-Three**.

COUNTERSIGNED:

Lou Leon Guerrero
LOURDES A. LEON GUERRERO
Maga'hågan Guåhan
Governor of Guam

Joshua F. Tenorio
JOSHUA F. TENORIO
Sigundo Maga'låhan Guåhan
Lieutenant Governor of Guam



2023 GUAM DIABETES OFFICERS

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Executive Director



Scott Duenas
President



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Lisa Kenworthy
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Rick San Nicolas
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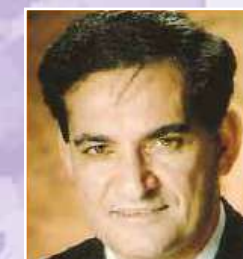
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Board Member



Patrick Luces
Board Member



Ginny Caceres
Board Member



Dr. Saied Safa
Advisor

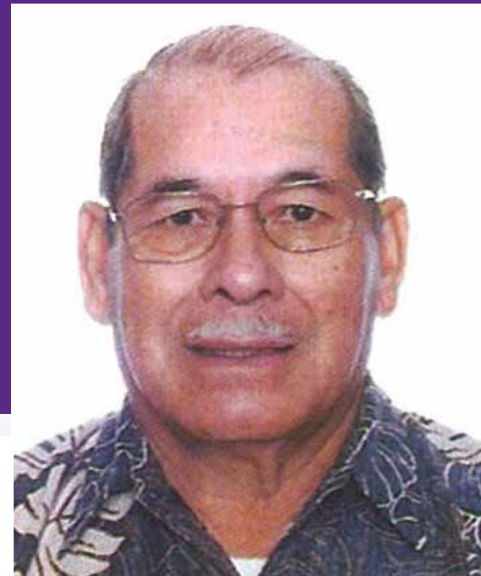


Dr. Yolanda Carrera
Advisor



Atty. Robert Cruz
Advisor

Message from the PRESIDENT



Hafa Adai!

We at the **Guam Diabetes Association (GDA)**, welcome all of you to our 24th Annual Diabetes Conference. This year's Conference Theme: "Diabetes...Leading Cause of Kidney Disease."

It is critical that we prevent and control diabetes so not to risk its unwanted effects to our body. Avoiding Kidney complication through controlling our diabetes is important to living a normal and longer life. The Diabetes disease is determined that during the covid-19 epidemic, it was a major cause for its seriousness of the covid-19 effect.

This year's Conference is made possible owing, to the exceptional efforts of our Executive Director Winnifred (Winnie) Butler, Co-chair Clara Peterson, along with the support of our Board of Directors, Officers and Members. We at GDA, continue to emphasize during our community outreaches and our monthly membership meetings, the harmful and devastating effects of the diabetes disease in our daily lives. As we carry on with our task to educate and provide our residents with the current information on the disease, we emphasize both prevention and controlling its effects.

Guam Diabetes Association's success in its efforts to keep the Community informed of this dreaded disease is through our partnership with: the Guam Nurses Association, the Department of Public Health and Social Services, UST Alumni Organization of Guam and the support of the Guam Business Community.

Again, GDA appreciates and is thoroughly thankful to the Island's Physical Fitness, Health and Medical professionals who volunteer their valuable time and energy to serve as guest speakers during our Monthly Membership and Education Session. Their great enthusiasm in providing current and very relative topics, makes our monthly meetings an enjoyable event. GDA meets every third Tuesday of the month (January to October), with the support of Dededo's Mayor and Vice Mayor, Melissa Savares and Peter Benavente respectively at the Dededo's Senior Citizen Center starting at 5:30 p.m., all are welcome and no membership requirement.

We continue to urge everyone to stay **physically active** through routine and structural exercise and limit intake (**moderation**) of carbohydrates, sweets and saturated fats.

Scott D. Duenas
President, *Guam Diabetes Association*

LIFETIME MEMBERS



Scott Duenas



Dr. Jose T. Nededog,
Ph.D.



Dr. Saied Safa, M.D.



Dr. Gemma F. Conlu,
MPA



Winnie Butler



Carrie Duenas



Carmen Nededog



Anthony Mendiola



Rick San Nicolas



Antonio Artero Sablan



Dr. Davina Lujan, M.D.



Atty. Frank Gary
Gumataotao



Marylou Ecolango



Clara Geeding



Zeny A. Nace



CDR. Evangeline Allen



Lou Jean Borja



Kevin & Dolores Macey



Ken Reyes



Dan Quinata

GDA PLANNING COMMITTEE



Winnie Butler
Logistics | Souvenir Booklet | Co-Chairperson



Clara Peterson
Sponsorships | Co-Chairperson



Scott Duenas
Protocol



Shirley Trinidad
Hospitality



Del Agahan
Reception



Glynis Almonte, RN
CEU | Emcee Morning



Ginny Caceres
Registration & Door Prizes



Lisa Kenworthy
Finance | Leis



Kristine Pedrajas
Nurses Station



Josie I. Paunte
Health Screening



Joame Topacio
Health Screening



Yvonne Harris
Health Screening



Miriam Piana
Pre-registration



Anna Pangelinan
Pre-Registration



Atty. Robert Cruz
Media



Patrick Luces
Afternoon Emcee



Dr. Yolanda Carrera
Afternoon Moderator



Alex Silverio
Morning Moderator



Nilda Antolin
Health Screening | Tote Bags

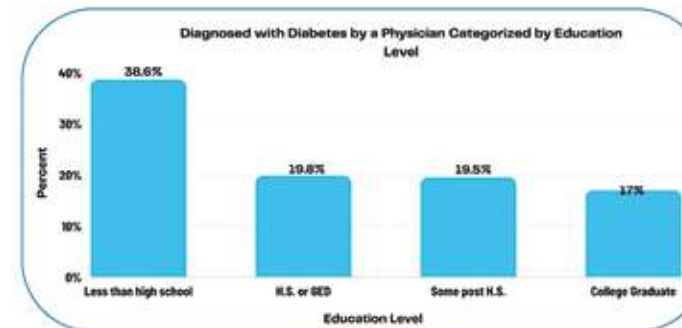
DIABETES FACT SHEET

PERCENTAGE OF ADULTS DIAGNOSED WITH DIABETES IN 2022

Guam has a higher percentage (21.6%) of people diagnosed with diabetes in 2022 compared to the United States (11.5%).

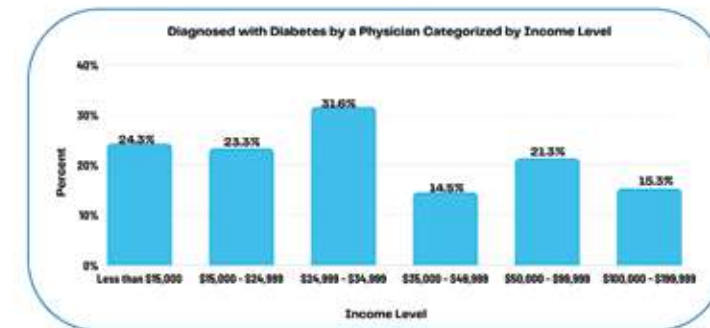
11.5%
UNITED STATES

21.6%
GUAM



There is a correlation between less years of education and adults diagnosed with diabetes. 38.6% of adults who are diagnosed with diabetes have an education level of less than high school as opposed to 17% of adults whom have completed college.

Adults with income level range of less than \$15,000 to \$34,999 reported a higher percentage of people with diabetes than those with higher income range levels.



PREVENTING RISK OF DIABETES

01 Set a weight loss goal

Losing weight will not only lessen your risk for getting diabetes, it will also help you get in a better shape.



02 Eating Healthy

Make a nutrition plan for healthier eating.



03 Keep Moving

Set a physical activity goal for healthier movement.



For more information:

Fact Sheet Developed by: Ms. Edilisa Francisco and Joeylyn Cueto (UOG Interns), Department of Public Health and Social Services, 2023

Diabetes

What is Diabetes?

is a chronic, metabolic disease characterized by **elevated** levels of **blood glucose (or blood sugar)**

Most common is Type 2 Diabetes



Types

Type 1 (Juvenile Diabetes)

Type 2 Diabetes

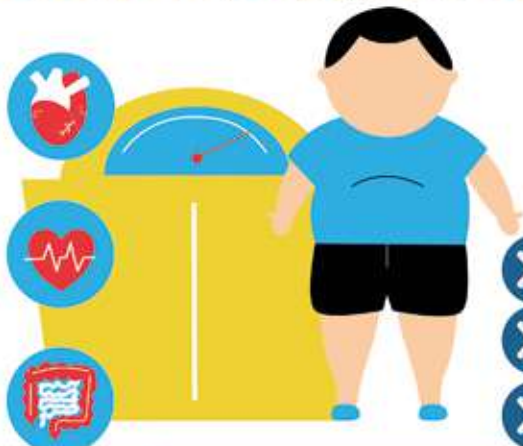
Gestational Diabetes

Symptoms

- Urinate (pee) a lot, often at night.
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision

- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

Some Health Problems caused by Diabetes



- Heart Disease
- Vision Loss
- Kidney Disease

For More Information



DIABETES

DO YOU KNOW THE 3 TYPES OF DIABETES?

Type 1



Caused by an autoimmune reaction (body attacks itself by mistake). **This reaction stops your body from making insulin.**

If you have type 1 diabetes, you'll need to take insulin everyday to survive. Currently no preventions for type 1 diabetes.

Type 2



Your body doesn't use insulin well and can't keep blood sugar at normal levels. You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk.

Type 2 diabetes can be prevented or delayed with healthy lifestyle changes.

Gestational



Develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born, but it increases risk for type 2 diabetes later in life.

Risk factors:

- Family History
- Age
- Pacific Islanders and Asian American



Risk Factors:

- Have prediabetes
- Overweight
- 45 years or older
- Family member with type 2 diabetes
- Have ever had gestational diabetes
- Pacific Islanders and Asian American

Risk Factors:

- Had gestational diabetes during previous pregnancy
- Had given birth to a baby who weighed over 9lbs
- Are overweight
- Family history of type 2 diabetes
- Have a hormone disorder called Polycystic Ovary Syndrome (PCOS)
- Pacific Islanders and Asian American

For more information:



Centers for Disease Control and Prevention
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Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™



World Health Organization

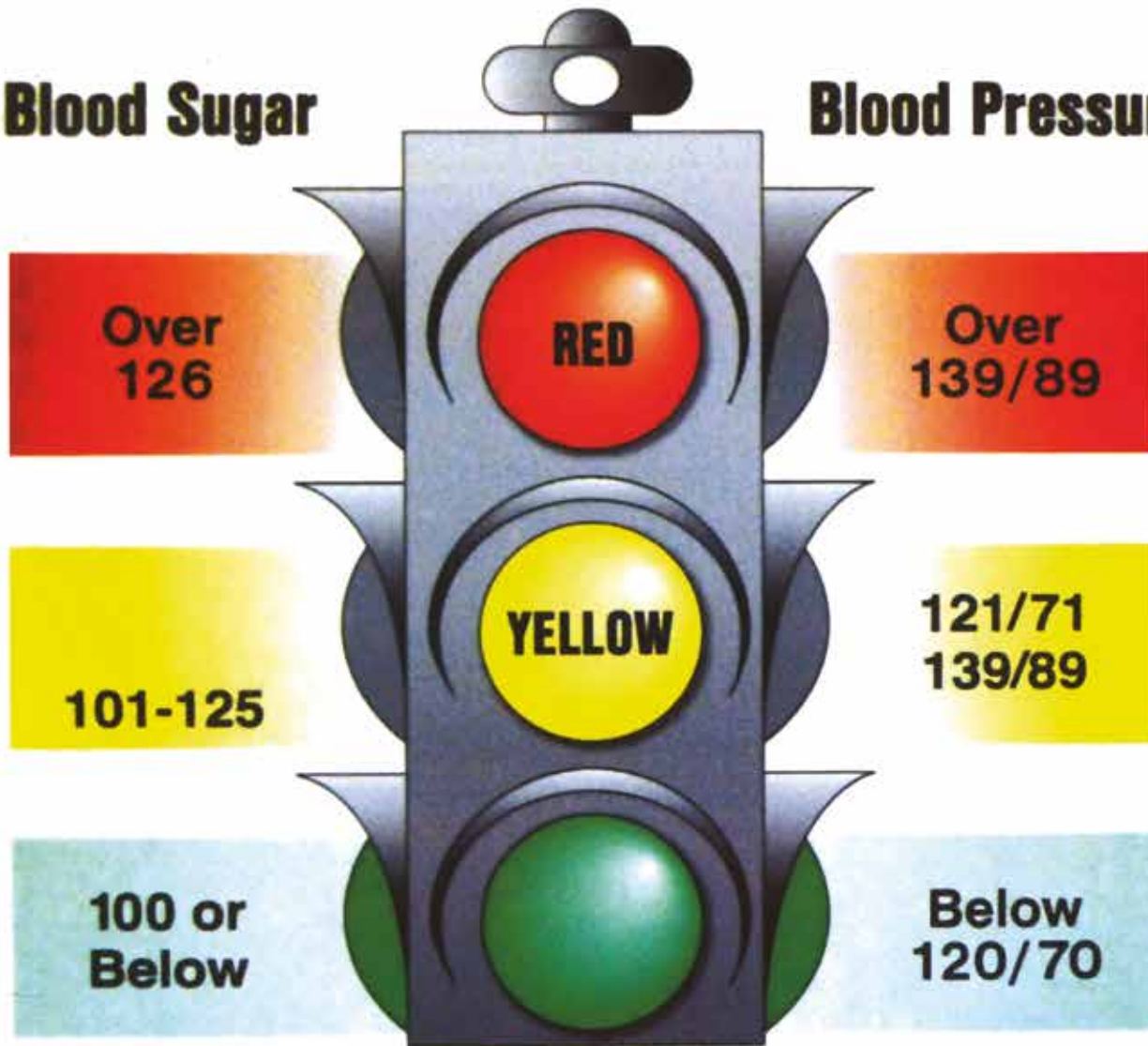


Live Healthy Guam

WHAT'S YOUR NUMBER?

Blood Sugar

Blood Pressure



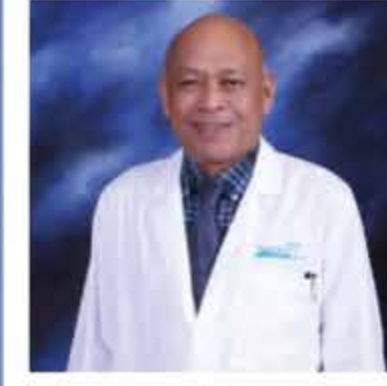
Go for the GREEN

Remember, you CAN prevent diabetes!

For more information, please call the Department of Public Health Diabetes Prevention & Control Program at 664-4030/1/2/3.



Saied Safabakhsh, MD, FACP, FASN
Mrs. Merseleh Maddah, BSc, MBA



Robert Nerves,
MD, FACP, FPCP



John Paul Rosales, MD



Sherleen Osman, MD



Evangeline Claassens, NP



Sarita Stovall, NP



Allison Haderer, PA



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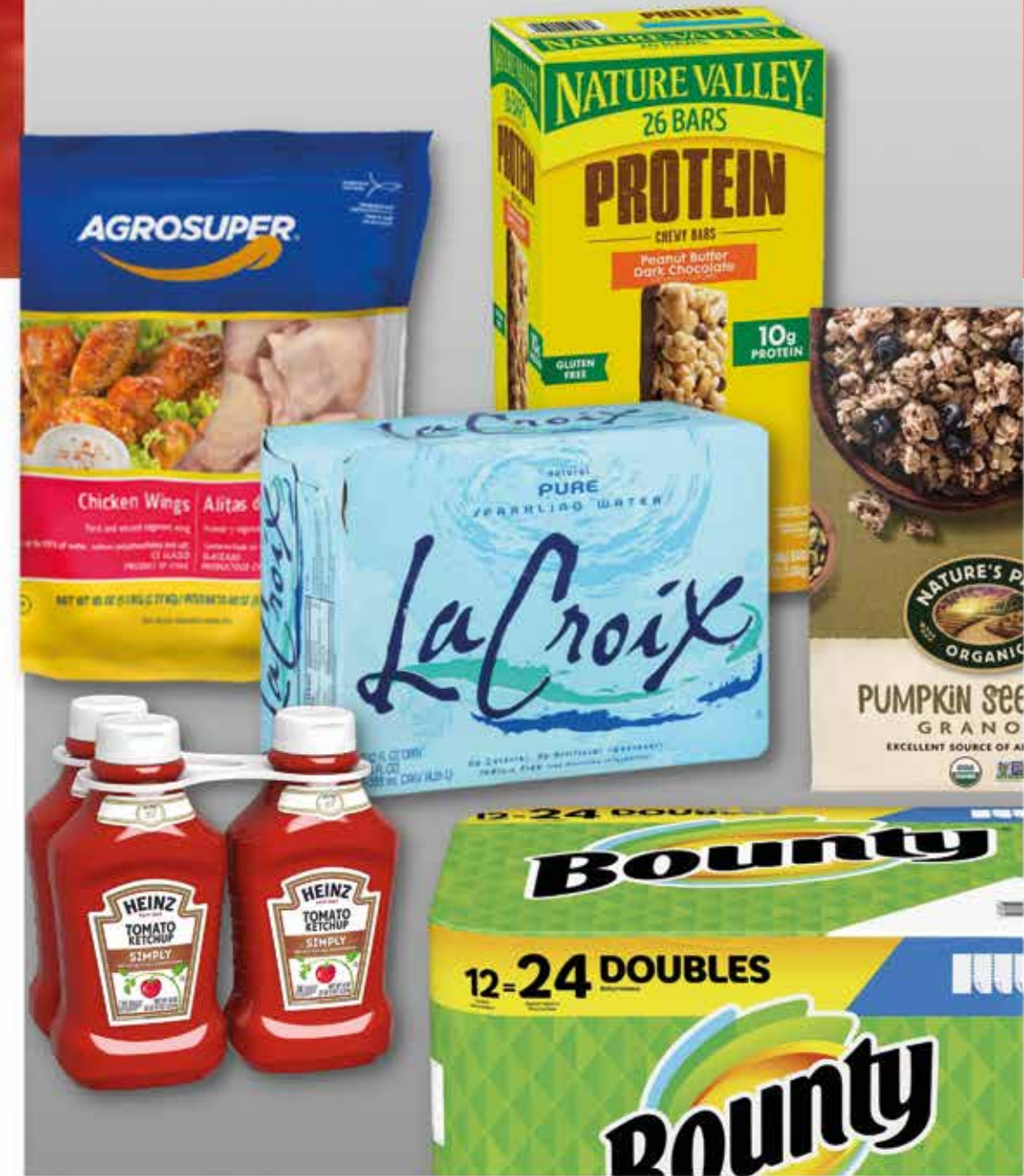
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BIG SIZES BIGGER SAVINGS





Let's not sugarcoat it...

living with diabetes is tough, but so are you!

Don't let diabetes stop you from living your life.

Keep moving and stay inspiring
to those around you.



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Disease Management Consultation

Participants will work with educators to develop individualized actions plans to improve their diabetes, hypertension, cholesterol. May include foot-check.

Exclusive to TakeCare Members. No Co-pay.

Prevent T2 - Diabetes Prevention Program

The Prevent T2 Diabetes Prevention Program is designed for those who are at high risk for developing type 2 diabetes and want to lower their risk. This 12-month, lifestyle change program will explore self-efficacy, physical activity, and nutrition to promote modest, sustainable weight loss. Not intended for those diagnosed or previously diagnosed with type 2 diabetes in the last 12 months.

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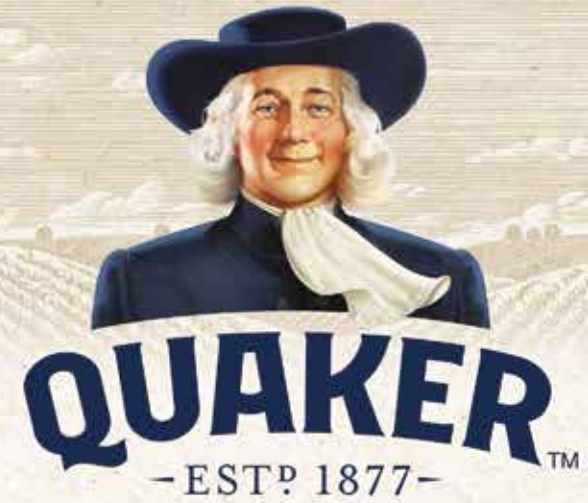


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PERSONAL SHOPPING TOUR

Take a 30-minute tour with our dietitian to find the right products for your food sensitivities, diet restrictions, and health needs. Learn the facts to shop and cook confidently, and achieve your diet and nutrition goals.



HEALTH MANAGEMENT CONSULTATION

Set aside 1-hour with a registered dietitian to start your journey to better health. Whether you're managing blood sugar, blood pressure, or weight-take control by balancing your meals, tracking your progress, and getting the support you need to live healthier.



REGISTER
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For more information on Pay-Less Nutrition Services, please visit paylessmarkets.com or email rosaec@paylessmarkets.com



Guam Diabetes Association Congratulations!

Best Wishes to the Guam Diabetes Association for 24 years of dedicated work through their Annual Diabetes Conference, fighting diabetes and promoting a healthier community.



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SPEAKER BIOGRAPHY

Dr. Evangelyn Grace M. MATIAS

MD, FPSN



Dr. Evangelyn Grace Matias is a transplant nephrologist from the Philippines. She earned her undergraduate and medical degrees from the University of Santos Tomas. Dr. Matias finished her clinical internship at the Philippine General Hospital and Internal Medicine residency and Adult Nephrology fellowship at the National Kidney and Transplant Institute (NKTI).

After becoming a diplomate of the Philippine Society of Nephrology in 2019, she pursued her passion for kidney transplantation. Dr. Matias completed a clinical fellowship program in Solid Organ Transplantation at McMaster University – St. Joseph Healthcare Hamilton, Canada, which is accredited by both the Royal College of Physicians and Surgeons of Canada and the American Society of Transplantation. Since her return, she has been practicing as an active consultant at NKTI, the center of referral of kidney patients from regional hospitals in the nation and the leading kidney transplantation institution in the country. She is also involved in the training of nephrology fellows and shares her time and expertise in the various initiatives and advocacies of the institution to promote and educate patients on kidney transplantation and deceased organ donation. Dr. Matias continues to serve Filipinos with renal conditions, especially chronic kidney disease, the majority are complications of long-standing diabetes mellitus. By education and collaboration, she contributes to the advancement of kidney transplantation as the treatment of choice for patients with chronic kidney disease.

Given the rising number of cases of diabetes and chronic kidney disease in the Philippines and worldwide, she believes educating patients is the key to preventing diabetic kidney disease and delaying its progression to kidney failure. A lifelong learner, she continues to strive for excellence providing competent, compassionate, and patient-centered care.

SPEAKER BIOGRAPHY

Dr. Jose Protacio D. MARCIA

MD, FPCP, FPSN



Dr. Jose Marcia graduated from the Far Eastern University - Dr. Nicanor Reyes Medical Foundation in 2001. He pursued his residency training in Internal Medicine at Ospital ng Makati followed by subspecialty training in Nephrology at the University of Santo Tomas Hospital. Dr. Marcia is an Nephrology consultant in St. Luke's Medical Center Global City and serves as the current head of the Center for Renal Disease in the same institution. Past position include Year Level 8 Head Coordinator for outside rotation of Ateneo School of Medicine, Philippines and Head, of the Philippine Research board. He was one of the working task force in formulating Philippine Guidelines of treatment of Leptospirosis.

Currently he is a medical staff of University of Santo Tomas Hospital, and St Luke's Medical Center, Global City, and Ospital ng Makati. He is also the current medical director of Bbraun Hemodialysis, Guadalupe, Makati City.

SPEAKER BIOGRAPHY

Dr. Maria Amira C.
SALVADOR

MD, FPCP, FPSN



Dr. Maria Amira Salvador is a highly experienced nephrologist. Under her belt is a lifetime membership in the Hemodialysis Committee of the Philippine Society of Nephrology. She is also a core member of two tertiary-level hospitals in the country: the Department of Medicine—Section of Nephrology of The Medical City and Quezon City General Hospital.

Her commitment and passion for nephrology led her to be part of the kneading process of quality doctors by actively participating in teaching and training activities, empowering the next generation of aspiring doctors.

Currently, Dr. Salvador is one of the invaluable and stalwart assets of The Medical City, one of the leading hospitals in the Philippines, awarded Best Hospital of the Year by the prestigious Healthcare Asia Awards.

SPEAKER BIOGRAPHY

Ms. Marlyn T.
AGUILAR

LLM, JD, MPH



Marlyn is currently an Attorney Advisor with the 36th Judge Advocate at Andersen Air Force Base. She holds a Bachelor of Arts in History/Pre-Medicine, Masters of Public Health (MPH), and Juris Doctor (JD) degrees from the University of Hawaii at Manoa. She also has a Master of Laws (LLM) specializing in Privacy and Cybersecurity Law from Georgetown University Law Center. She was previously the Chief Public Health Officer for the Guam Department of Public Health and Social Services. Prior to that, she was an Assistant Attorney General with the Guam Office of the Attorney General.

Born and raised on Guam, she is passionate about preventive health and living a healthy lifestyle. In 2022, Marlyn donated a kidney to her brother, Edgar, who had ESRD. They are both doing well despite each having only one functioning kidney. In her spare time, Marlyn does yoga and pilates, and enjoys playing golf.

MORNING SESSION

AFTERNOON SESSION

24th Annual Guam Diabetes Conference

Theme: *“Diabetes..... The Leading Cause of Kidney Disease.”*
November 12, 2023 | Sunday

Emcee: Glynis Almonte, BSN, RN
Moderator: Alex Silverio, DPHSS

7:00 am - 8:00 am	Registration
8:00 am - 8:30 am	National Anthem & Guam Hymn by Shirley Trinidad Invocation by Pale Ron Pangan, <i>Director of Youth, Young Adults & Campus Ministry, Parochial Vicar - St. Anthony of Padua Catholic Church</i> Welcome Remarks by Scott Duenas, <i>GDA President</i> Presentation of Resolution by the 37th Guam Legislature
8:30 am - 9:30 am	Dr. Jose Protacio D. Marcia, MD, FPCP, FPSN <i>St. Luke’s Medical Center, Philippines</i> Topic: “Management of Diabetic Kidney Disease.”
9:30 am - 9:40 am	Refreshment Break/Health Screening
9:40 am - 10:40 am	Dr. Maria Amira C. Salvador MD, FPCP, FPSN <i>The Medical City, Philippines</i> Topic: “Sugar and your Kidneys: Bittersweet Truth”
10:40 am - 10:50am	Exercise Break by Yvonne Harris & Friends
10:50 am - 11:50 am	Dr. Evangelyn Grace Matias, MD, FPCP <i>National Kidney & Transplant Institute, Philippines</i> Topic: “Kidney Transplantation in Diabetes.”
	Marlyn T. Aguilar, LLM, JD, MPH <i>Guam, USA</i> Topic: “Kidney Transplant Advocate.”
11:50 am - 12:00 noon	Closing Remarks/Door Prizes – Ginny Caceres, <i>GDA Board Member</i>

24th Annual Guam Diabetes Conference

Theme: *“Diabetes..... The Leading Cause of Kidney Disease.”*
November 12, 2023 | Sunday

Emcee: Patrick Lucas, DPHSS
Moderator: Dr. Yolanda Carrera , MD

12:00 pm - 1:00 pm	Registration
1:00 pm - 1:15 pm	Welcome Remarks by Atty. Robert Cruz, <i>GDA Advisor</i>
1:15pm - 2:15 pm	Dr. Jose Protacio D. Marcia, MD, FPCP, FPSN <i>St. Luke’s Medical Center, Philippines</i> Topic: “Management of Diabetic Kidney Disease.”
2:15 pm - 2:30 pm	Refreshment Break/Health Screening
2:30 pm - 3:30 pm	Dr. Maria Amira C. Salvador MD, FPCP, FPSN <i>The Medical City, Philippines</i> Topic: “Sugar and your Kidneys: Bittersweet Truth”
3:30 pm - 3:40pm	Exercise Break by Yvonne Harris & Friends
3:40 pm - 4:50 pm	Dr. Evangelyn Grace Matias, MD, FPCP <i>National Kidney & Transplant Institute, Philippines</i> Topic: “Kidney Transplantation in Diabetes.”
	Marlyn T. Aguilar, LLM, JD, MPH <i>Guam, USA</i> Topic: “Kidney Transplant Advocate.”
4:50pm - 5:00 pm	Closing Remarks/Door Prizes – Ginny Caceres, <i>GDA Board Member</i>

2022 DIABETES CONFERENCE HIGHLIGHTS

2022 DIABETES CONFERENCE HIGHLIGHTS



2023 DIABETES CONFERENCE OUTREACH

2023 DIABETES CONFERENCE OUTREACH



2023 DIABETES CONFERENCE

SESSIONS

2023 DIABETES CONFERENCE

SESSIONS



2023 DIABETES CONFERENCE

ACTIVITY HIGHLIGHTS



2023 DIABETES CONFERENCE

ACTIVITY HIGHLIGHTS





4 Real life



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