

Reporting diabetes activities from Isatou Jallow and Ousman Ceesay, between June to August 2025

1th June

AMADOU SECKA

Already used a freestyle libre 3 sensor. He lacks diabetes education, he also doesn't understand how the insulin works as he is still injecting different doses and different types of insulin with different units and different times which affects his levels too. Toujeo - 14 units by 7pm (I told him to inject 15 units now by 9pm).



MARIAMA SALLAH

Problem: Lacks diabetes education and mixture of doses from both insulin (Apidra and Semglee).



7th August

HAMZA MARENA

Problems: no insulin management at all and he test ones or twice in every 2 days. His mother and father lacks diabetes education, they the mom doesn't understand how the insulin works as she is still injecting Hamza different units and different times which affects his levels too. The mother and father don't spend enough time with Hamza and is affecteing him.



AMADOU CEESAY

Totally not convinced with his development lately as mum is not understanding the mealtime and basal insulin. His sugar is always high and the mum do understand how the insulin doses is working but it's not working for Amadou. For the basal insulin, he injects 5 units everyday by 9pm, but for the Humalog Junior pen she said she injects him for corrections only. We want to switch him back to CT as usual so that he can use mixtard/novo mix and a mealtime insulin in the evening. What's your say about that?



8th August

Satang Jaiteh

Toujeo—16U/Weight—55.5kg

Problems: . she can stay 2 days without insulin and she said she's okay and nothing do happen. She can stay 10 to 12 days without measuring her sugar levels. Her mother lacks diabetes education, the mom doesn't understand how the insulin works and she said Satang is stubborn but the family need to help her to get through it. We told her in 2 to 3 weeks time we will revisit her and see any progress or else she will not have insulin for injections and test strips if she cannot inject or measure her sugar levels.



511mg – not to believe

FATOU NJIE

Toujeo—16U (we told her to inject 16U for 2 to 3 weeks and see),

weight—55.5kg

She's living together with Satangs family.

Problems: She lacks diabetes and lack of education on insulins. She was using mixtard and Novorapid, she used it and later on went to pakala to pick insulin and they gave her only insulin lispro and after a long time now her body weight is down and we decided to put on Toujeo 16U every 8:00pm and see as she can't use only insulin lispro. In 2 to 3 weeks time we will see if it will make any difference from her sugar levels and body weight.



KADDIJATOU JALLOW

Semglee—16U

Problems: No sugar levels measurement and injecting insulin always. Lacks diabetes education .

We asked her a lot of questions but she doesn't know that she have to inject both correction and food when it's time to eat breakfast, lunch or dinner. We gave her example that if she test before lunch and she have 15.0 mmol/l and coming to eat rice for lunch and she said she needs only 10U and that's only for the food and the sugar level will still be higher after 3 to 4 hours.

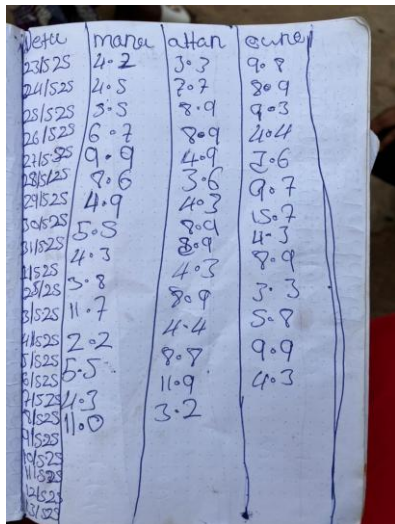
So we explained everything and she understands now. We told her in 2 to 3 weeks time we will revisit her and see any progress or else she will not have insulin for injections and test strips if she cannot inject or measure her sugar levels too.



FATOUMATTA JALLOW

Toujeo—10U

Problems: understanding the insulin and how it works, lacks diabetes education. She's on a good move as her mum is also helping but as time goes on they will understand a lot. We told her in 2 to 3 weeks time we will revisit her and see any progression.



date	morning	afternoon	evening
23/5/25	4.2	3.3	9.8
24/5/25	4.5	2.7	8.9
25/5/25	3.5	8.9	9.3
26/5/25	6.7	8.9	2.4
27/5/25	9.9	4.9	7.6
28/5/25	8.6	3.6	9.7
29/5/25	4.9	4.3	15.7
30/5/25	5.5	8.9	4.3
31/5/25	4.3	8.9	8.9
1/6/25	3.8	4.3	3.3
2/6/25	11.7	8.9	5.8
3/6/25	2.2	4.4	9.9
4/6/25	5.5	8.7	9.9
5/6/25	5.5	11.9	4.3
6/6/25	4.3	3.2	
7/6/25	11.0		
8/6/25			
9/6/25			
10/6/25			
11/6/25			
12/6/25			
13/6/25			

a ideal guided diary
from Fatoumatta



From left to right:

Kaddijatou Jallow, Satang Jaiteh, Ousman
Ceesay, Fatou Njie, Isatou Jallow

**This is tour personally command from Gudrun, Katja and Roland:
Thank you Isatou and Ousman a lot for this brilliant work (and report) to
bring diabetics on the right way. Please continue with that persons !!**