

Diabetes voices in Russia: despite a lack of support and resources, actively striving to achieve dreams



Dmitry Pustovitov is a very enthusiastic student and advocate for type 1 diabetes in his community in Russia. His good attitude and outlook about living with diabetes since the age of five years has been a great help to him and his health. His mother and doctor applaud his efforts and want him to succeed. They all hope for more diabetes support and resources for Dmitry so his future remains bright.

Living with type 1 diabetes:

Dmitry Pustovitov

'Hi! I am Dmitry Pustovitov. I am living in Orenburg state, Russia where I am a student of Orenburg State Pedagogical University. I am living with diabetes for 18 years, since 1995. My diabetes has always been under good control without visible complications and I spend a lot of time directing my diabetes to be what I consider in a good condition. I also spend two hours a day taking sport exercises such as aerobic exercise for hands and chest, pull-ups, press-ups and exercises on a parallel bars. Also since 2004, I was diagnosed with another serious disease – multiple sclerosis and magnetic resonance images show that my brain is damaged. My HbA_{1c} on 11 June 2013 was 9.3%. This summer I was the happiest person on this planet because I took part in youth camp

in Tirrenia, Italy organized with the help of the International Diabetes Federation (IDF). At camp I was able to listen to the information about the latest discoveries in the world of diabetes. I hope for further support for my diabetes in the future.'

Dmitry's mother:

Tomina Natalia Leonidovna

'Hail to all of you! My son is Dmitry Pustovitov. His diabetes was diagnosed in 1995. The first year was the hardest year in my life. I had to learn by heart lots of special literature on diet, cookery and psychology. The main task for me was to help my son organize a healthy and active lifestyle, look after his growing and development in life, and follow his blood glucose and correct it in rough situations. When I taught my son to live with diabetes I stopped trying to control it.

I am very glad for him; he follows his dream and has found success. He gets a lot of positive emotions.'

Dmitry's endocrinologist: Flura Uralovna Sultangarieva, Orenburg Regional Clinical Hospital № 2

'Mr. Dmitry Vyacheslavovich Pustovitov, who was born on 9 April 1990, was in hospital from 14 – 22 of August and was examined in Gazprom's Hospital №2.

Dmitry has lived with 18 years of type 1 diabetes experience and since he was 5 years old he has been injecting insulin.

Today, he uses pens for administration. One is prolonged – Lantus at 24 units a day and short-acting Insulin – Humalog, 7 to 10 units for a meal.

Dmitry manages his diabetes well. Nowadays he has some difficulties with feeling hypoglycaemic episodes and does so only by the help of mood changes. He needs to measure his glucose level 5 – 7 times/day. Unfortunately, Dmitry's diabetes complications progress and he has diabetic complications on his kidneys.

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Dmitry really needs the help of an insulin pump for the better behaviour of diabetes management and for getting rid of diabetic complications.

Also, Dmitry was a volunteer in Orenburg's camps for children with diabetes. He showed us that he wants and can get through the complications in his life. He likes not to just live his own life, but to help other people with diabetes to live, too.'