



TALABI DIABETES

CENTRE

2024 ANNUAL REPORT

AND

PROJECTIONS FOR 2025

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TALABI DIABETES CENTRE (TDC) – 2024 ANNUAL REPORT

A. Activities carried out from January to December 2024 at TDC

1. Clinic Services

- A total of 717 patients were reached with health information and services. This includes 86.89% (623) returning patients and 13.11% (94) new patients.
- Among the newly presenting patients:
 - **Diabetes Mellitus (DM):** 57.45% (54)
 - **Hypertension:** 21.28% (20)
 - **Other cases:** 21.28% (20)*(Kindly refer to Table 1)*
- **Sex Distribution by Disease Prevalence:**
 - DM: Male to Female ratio = 1:1.6
 - Hypertension: Male to Female ratio = 1:1.9
 - Other cases: Male to Female ratio = 1:1.13*(Kindly refer to Table 2)*

2. Laboratory Services

- A total of 754 routine diagnostic services were conducted between January and December 2024:
 - **FBS/RBS only:** 487
 - **Both FBS/RBS and Urinalysis:** 267*(Kindly refer to Table 3)*

3. Group Health Talks and Counseling Services

- Group health talks and one-on-one counseling sessions were organized for patients with Diabetes Mellitus and related health conditions.
- Key topics included the importance of physical activity, good nutrition, medication adherence, and foot care.

4. Diabetes Education

- Using audio-visual systems, patients received educational modules on self-care management and the importance of maintaining long-term glycemic control.

B. Seminar, Training, and Outreach Activities of TDC to Communities

1. Radio Programme: "Diabetes Today" on Olabisi Onabanjo University Radio (92.1 FM)

- Approved by the Vice-Chancellor, this weekly programme started in January 2024.
- **Schedule:** Wednesdays, 10:30 AM – 11:00 AM.
- Topics covered:
 1. General Introduction – Dr. Ayotunde Ale
 2. Diabetes in Children/Type 1 DM – Dr. Idayat Oguntade
 3. Complications of Diabetes – Dr. Ayotunde Ale
 4. Foot Care – Dr. Ayotunde Ale
 5. Diet – Dietitian Mrs. Akinwande
 6. Insulin Therapy – Dr. Ayotunde Ale
 7. Diabetes and Hypertension – Dr. Ayotunde Ale
 8. Fertility and Pregnancy – Dr. Olubiyi Adesina
 9. Personal Experiences – Various contributors

Catch "Diabetes Today" every Wednesday at 10:30 AM on OOU Radio, 92.1 FM.

2. 1-Day Seminar for Ogun State Television (OGTV) Staff

Talabi Diabetes Centre organized a 1-day seminar on diabetes and hypertension for 60 Ogun State Television (OGTV) staff on **Tuesday, 14th May 2024**. The event aimed to foster collaboration between media and healthcare professionals, with the General Manager of OGTV warmly welcoming the TDC team.

Seminar Objectives

- Raise awareness about diabetes and hypertension.
- Conduct diabetes and hypertension screening for staff.
- Encourage media platforms to actively promote health education.

Event Highlights

- **Attendance:** 51 staff members participated.
- **Sessions and Facilitators:**
 - *Diabetes: Definition, Epidemiology, and Diagnosis* – Dr. Aboladale Alalade
 - *Hypertension: Definition, Diagnosis, and Treatment* – Dr. Amina Durodola

- *Complications of Diabetes* – Dr. Ikuseedun
- *Diabetes in Children* – Dr. Oyewole
- *My Experience with Diabetes: The Role of Media* – Lion Osarenkhoe
Ethel Chima-Nwogwugwu
- *Diet in the Prevention and Management of Diabetes* – Dietitian Adelakun
- *Effect of Diabetes on Fertility and Pregnancy* – Dr. Hameedat Abdulsalam

Additional Activities

- Blood glucose and blood pressure screenings were conducted for participants.
- Certificates of participation were presented to all attendees.

The seminar effectively raised awareness about diabetes and hypertension, equipping participants with practical knowledge and tools to promote public health through their media platform.

3. 4th Annual Ogun Youth Diabetes Camp

The 4th Annual Youth Diabetes Camp was held from **Sunday, 18th August to Wednesday, 21st August 2024**, at the **Youth Development Centre, Olusegun Obasanjo Presidential Library, Abeokuta, Ogun State**. The camp, themed "*Our Youth. Our Nation. Our Future*," brought together **36 young people with Type 1 Diabetes** (22 females, 14 males), 6 caregivers, and other participants from across the country.

Camp Activities

- **Daily aerobic exercises** to promote physical health.
- **Tours** of the Presidential Library, Museum, and Zoological Gardens.
- A **bonfire night** to foster community and camaraderie.
- **Blood sugar monitoring** and **foot examinations** for participants.
- **Glycosylated Haemoglobin (HbA1c) tests** to assess long-term glucose control.

Lectures and Sessions

These were delivered in person and virtually via Zoom:

- **Welcome Remarks** – Mr. Olumuyiwa Talabi (Zoom)
- **Foot Care in Diabetes** – Nasiru Shaba (Zoom)
- **Continuous Glucose Monitoring (CGM) & Insulin Pump** – Video Presentation
- **Monitoring Glucose Control** – Dr. Akinola
- **Understanding Type 1 Diabetes** – Dr. Adekoya

- **Foot Examination (Biothesiometry)** – Favour Mega Life
- **Coping with Type 1 Diabetes** – Mrs. Babalola & Amanda Epps (Zoom)
- **Living Successfully with Diabetes** – Terry from Diabetescamps.org (Zoom)
- **Carbohydrate Counting** – Vivian Nkiruka Okoro (Zoom)
- **Becoming a Diabetes Ambassador** – Lion Osarenkhoe Chima-Nwogwugu
- **Fear of Hypoglycemia** – Dr. Ayotunde Ale

Closing Ceremony

The camp concluded with a **closing ceremony**, graced by **Dr. Kayode Oladeinde**, Permanent Secretary, Ministry of Health. Certificates of participation were awarded to all participants. Coverage of the event aired on OGTV and was published by the *National Daily Newspapers*. A **communiqué** was issued and shared during the closing ceremony (see attached).

Post-Camp Reflections

The Talabi Diabetes Centre (TDC) Board, during its review, commended the camp as a **highly impactful event** with only minor areas for improvement, which will be addressed in the next edition.

This impactful event not only empowered participants but also strengthened TDC's commitment to supporting young people living with Type 1 Diabetes.

4. TDC Social Media Publicity

TDC has received significant publicity through a feature on **YouTube** by Dr. Olubiyi Adesina. The video can be viewed [here](#).

5. World Diabetes Day Celebration at Ikenne, Ogun State

On **23rd November 2024**, the **Mudashiru Ridwan Foundation** invited TDC to collaborate on the **World Diabetes Day (WDD) Celebration in Ikenne, Ogun State**. TDC's involvement was deeply appreciated, and the Centre was honored with a **Certificate of Recognition and Excellence** for its contribution.

6. World Diabetes Day at TDC

In commemoration of **World Diabetes Day 2024**, themed "*Well-being*", **Talabi Diabetes Centre** organized a **health talk and free health services/screening program** for clients on **27th November 2024**.

Health Talk and Screening Details:

- **Guest Lecturer:** Dr. Lawal Abimbola, Consultant Diabetologist from **Olabisi Onabanjo State University Teaching Hospital**, Sagamu, Ogun State.
- **Key Topic:** The importance of regular medical screenings and check-ups for diabetes prevention and management.
- **Total Attendees:** 88 participants.
- **Screening Details:**
 - **45 patients screened** (5 new, 40 returning).
 - **Male:** 16
 - **Female:** 29

Many of the participants expressed their gratitude towards TDC, highlighting how the centre has positively impacted their well-being through its services. They showered encomiums on the **Founder** and staff of Talabi Diabetes Centre for their continuous support.

Supervision and Monitoring:

The success of the **World Diabetes Day 2024** celebration was overseen by **Dr. Olubiyi Adesina**, Centre Coordinator, and **Dr. Ayotunde Ale**, Acting Director of TDC.

Media Coverage:

The event was aired on **Ogun State Television (OGTV)** and was published in **The Punch Newspaper**.

Acknowledgments:

TDC expresses deep appreciation to **Novo Nordisk** and **ISN** for their generous support, which included providing **glucometers and test strips** for the event.

7. Virtual Meeting with Podiatrist

A virtual meeting with **Mr. Oladimeji Oyeleye**, a podiatrist, was held on **18th December 2024** via **Google Meet**. During the meeting, the **burden of Diabetes Mellitus (DM) Neuropathy and ulcers** in resource-limited settings was discussed.

Key Discussion Points:

- The **surge in diabetic neuropathy and foot ulcers** and the challenges posed by limited resources.
- **Proposed Solution:** To reduce this burden, there is a need for **locally manufactured and designed footwear** that is **cost-effective** and easily accessible to patients.

- **Next Steps:** TDC is exploring **further collaboration with footwear manufacturers** to make these solutions available to the public. TDC will also be adopted as a key partner in the initiative.

8. Grant Application

Talabi Diabetes Centre has applied for the **ACT Foundation 2025 Grant**. The response from the **Grant Team** is still awaited.

Expected Outcome:

The approval of this grant would significantly enhance the operational capacity of Talabi Diabetes Centre, enabling the centre to expand its services and impact.

C. Projections for 2025

1. One-day Seminar on Diabetes and Hypertension for the Nigeria Union of Journalists, Ogun State Chapter.
2. 5th Annual Ogun Youth Diabetes Camp – August 2025.
3. 2025 World Diabetes Day – November 2025.



Acting Centre Director

Dr. Ale Ayotunde O.

TABLE 1: NEW PATIENTS PER DISEASE IN THE YEAR 2024

Month	DM	HBP	Both DM & HBP	Non DM & HBP	Total
January	2	4	3	2	11
February	4	6	3	-	13
March	2	1	4	3	10
April	5	-	-	3	8
May	-	-	2	2	4
June	4	-	5	2	11
July	2	3	-	-	5
August	-	-	1	-	1
September	3	-	-	2	5
October	4	2	1	2	9
November	4	2	2	3	11
December	2	2	1	1	6
TOTAL	32	20	22	20	94

*Table 1: NEW PATIENTS PER DISEASE IN THE YEAR 2024***Summary:**

- **Diabetes Mellitus (DM):** 57.45% (54 patients)
- **Hypertension (HBP):** 21.28% (20 patients)
- **Both DM & HBP:** 23.4% (22 patients)
- **Non-DM & HBP:** 21.28% (20 patients)

TABLE 2: SEX DISTRIBUTION OF DIABETES AND HYPERTENSION

Month	DM (M)	DM (F)	HBP (M)	HBP (F)	Both DM & HBP (M)	Both DM & HBP (F)	Non DM & HBP (M)	Non DM & HBP (F)	Total
January	19	22	2	12	12	22	1	2	92
February	14	15	5	9	5	15	-	-	63
March	7	14	2	6	6	15	2	1	53
April	16	18	-	3	7	13	3	4	64
May	11	11	-	5	6	16	2	-	51
June	12	11	-	3	3	20	-	2	51
July	8	14	1	6	8	14	-	1	52
August	10	12	-	3	6	11	1	-	43
September	9	12	1	1	5	16	2	-	46
October	11	18	2	5	9	16	-	4	65
November	21	18	5	7	9	22	4	2	88
December	10	16	9	10	1	2	-	1	49
TOTAL	148	181	27	70	77	182	15	17	717

*Table 2: SEX DISTRIBUTION OF DIABETES AND HYPERTENSION***Male: Female Ratio:**

- **Diabetes Mellitus (DM):** 1:1.6
- **Hypertension (HBP):** 1:1.9
- **Other Cases (Both Non-DM & HBP):** 1:1.13

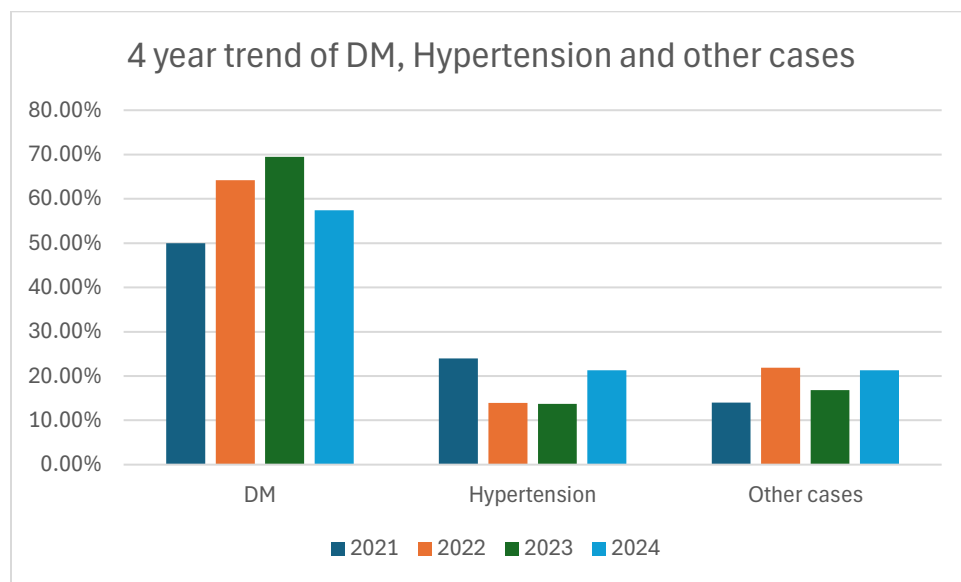
TABLE 3: CLINICAL AND LABORATORY ACTIVITIES (JANUARY - DECEMBER 2024)

Month	New Patients	Old Patients	Total	FBS/RBS Only	Both FBS & Urine Analysis	Total (Tests)
January	11	81	92	56	34	90
February	13	50	63	30	36	66
March	10	43	53	21	30	51
April	8	56	64	39	19	58
May	4	47	51	40	18	58
June	11	40	51	52	-	52
July	5	47	52	28	23	51
August	1	42	43	30	18	48
September	5	41	46	20	27	47
October	9	56	65	35	30	65
November	11	77	88	89	16	105
December	6	43	49	47	16	63
TOTAL	94	623	717	487	267	754

Table 3: CLINICAL AND LABORATORY ACTIVITIES (JANUARY - DECEMBER 2024)

4-Year Trend of Diabetes Mellitus, Hypertension, and Others at Talabi Diabetes Clinic

- A total of **3449 patients** were seen from **2021 to 2024**, with the following yearly breakdown:
 - **2021:** 948 patients
 - **2022:** 960 patients
 - **2023:** 824 patients
 - **2024:** 717 patients
- **New Patients:** Constituted **14.61%** (504) of the total patients seen during this period of review.
 - **2021:** 128 new patients
 - **2022:** 151 new patients
 - **2023:** 131 new patients
 - **2024:** 94 new patients



Abbreviations

TDC: TALABI DIABETES CENTRE

DM: DIABETES MELLITUS

FBG: FASTING BLOOD GLUCOSE

RBG: RANDOM BLOOD GLUCOSE

HBP: HYPERTENSION