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FRIEND hosts seminar

Shayal Devi

Friday, November 18, 2016



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Sakaraia Saukitoga speaks to FRIEND staff nurse Vatiseva Delai. Picture: SHAYAL DEVI

SIXTY-THREE-YEAR-OLD Sakaraia Saukitoga was diagnosed with diabetes seven years ago.

Since then, he has been coming to terms with trying to let go of old habits to maintain his health.

He was a participant at a seminar organised by the Foundation for Rural Integrated Enterprises Development (FRIEND) in celebration of World Diabetes Day this week.

"I was a sugarcane farmer before and I am no longer able to work because of my illness," the Naviyago villager said.

Mr Saukitoga said there were times he did not understand all the details about his illness.

"When I attended the seminar, I learnt a lot of new things.

"For example, I learnt that stress can affect our health. I didn't know that before. I also learnt what diabetes is and what I have to do to stay healthy."

FRIEND associate director Dr Jone Hawea said the workshop was designed to cater for diabetics and people who cared for diabetics.

"We have realised that World Diabetes Day is celebrated everywhere in the country in trying to create awareness in people trying to prevent diabetes or to help those who already have an understanding to understand more," he said.

"Most of the time, the diabetic population themselves are left out and from my experience, I have realised that there are basic questions which are still unanswered, so their level of understanding of what is going on in their bodies and how they can manage it is very important so that is why we are starting this process."

Dr Hawea said the organisation was now working towards carrying out similar meetings in communities.



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