



*Let's Fight Diabetes Together*

## Diabetic Teen from Pune achieves unique feat

- *Supported by Pune-based Diabetologist Dr. Abhay Mutha and his 'Diabetes Care and Research Foundation', 19 year old Eshaan Shevate successfully completes Sanofi and World Diabetes Tour's 'Type 1 Challenge to Machu Picchu (Peru)'*
- *Eshaan was the youngest member of an international team of 13 people with type 1 diabetes, to demonstrate that well-controlled type 1 patients can achieve their dreams*

**Pune, August 20<sup>th</sup>, 2014:** Sanofi India Limited along with Pune-based Organisation 'Diabetes Care and Research Foundation', joined hands today to felicitate Eshaan Shevate, a type 1 diabetic teen from Pune, on his successful completion of Sanofi and World Diabetes Tour's 'Type 1 Challenge to Machu Picchu (Peru)'.

**Speaking at the felicitation event, Ramprasad Bhat, Senior Director - Diabetes Business Unit, Sanofi India** said, *"We are very proud that a patient from India participated and successfully completed Sanofi and World Diabetes Tour's Type 1 Challenge to Machu Picchu. We believe Eshaan's story will help spread the powerful message that diabetic patients can take on all life challenges if they receive timely support, abide by the advice of their doctor and diligently following their treatment plan."*

An engineering student from Pune, 19 year old Eshaan was the youngest member of a 13 member international team (10 of whom have type 1 diabetes) who trekked from July 20<sup>th</sup> to 25<sup>th</sup> to reach the legendary ancient Inca settlement Machu Picchu, one of the Seven Wonders of the World. Representing eight countries across four continents, together, they demonstrated a positive attitude towards type 1 diabetes, sending out a message to the global type 1 diabetes community that by striving for control of their diabetes, they can dare to dream.

**While sharing anecdotes from his inspiring journey, Eshaan Shevate stated that** *"It was thanks to the efforts of Dr. Abhay Mutha and his organisation 'Diabetes Care and Research Foundation' that I have been able to successfully control my diabetes, and participate in the Sanofi and World Diabetes Tour Type 1 Diabetes Challenge to Machu Picchu. I am also very grateful to Sanofi for providing me with this unique opportunity to inspire other children in India, with Type 1 diabetes."*

Eshaan was diagnosed with Type 1 diabetes when he was 12. Identifying his potential, Dr. Mutha's 'Diabetes Care and Research Foundation' took the onus upon itself, of supporting Eshaan's complete care -- Insulin, Insulin Pump, education, hospitalization and all investigations.

**Dr. Abhay A. Mutha, Consultant Diabetologist and President - Diabetes Care and Research Foundation, Pune** shared that *"Eshaan is one of the many promising type 1 diabetics supported by our foundation 'Diabetes Care and Research Foundation', which has since 2004 been dedicated to empowering diabetic children and their families with adequate knowledge, care and assistance to help them lead a normal life. A large number of juvenile diabetics that come to us, are from poor families; they are required to spend almost 25% of their income on the treatment of one child. In order to help such*



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*patients, the Foundation has started the 'Childhood Diabetes Welfare Program' that has so far adopted more than 400 kids all over Maharashtra. Till the age of 18, all their expenses for investigations, insulin injections, hospitalization, education and other requirements, are taken care of by the Foundation. Even today, this is the only foundation of its kind in the country for the welfare of Diabetic Children."*

In India, diabetes is a major public health challenge and the country is today ranked at no. 2 globally. While Type 2 diabetes has received considerable attention in interventions, it has not been so for Juvenile or Type 1 diabetes, even though 1 out of 5 children with Type 1 diabetes in the world would be an Indian. (ref.: International Diabetes Federation Diabetes Atlas. 5th ed. Brussels: IDF; 2011)

**Committed and extremely passionate towards the cause of Type 1 diabetes, Dr. Mutha added** *"We need Government support in our endeavor to reach out to larger number of young diabetic patients and expand our network to other States. By giving scholarships, removing taxes for insulin, reducing excise duty for pumps, improving infrastructure and delivery chain, and creating public private partnerships, the Government can immensely help in improving the lives of Type 1 diabetes patients in our country."*

**Sharing his experience of scaling Machu Picchu with media persons, Eshaan said** *"I enjoyed interacting with my team members from other countries, such as China, Brazil, USA, Canada, France, Spain and Peru, as we trekked together for over 8 hours each day, while managing our diabetes under these tough circumstances. After 5 long days of strenuous hiking from the city of Cusco into the subtropical jungle of the Andes and ascending mountain terrain up to 4,600 meters, our team succeeded in reaching our goal: Machu Picchu. I am very proud to share that together we have conveyed a message of hope, and demonstrated that it is possible to go beyond diabetes with the right preparation and good knowledge of one's dietary and physical needs."*

### **About Sanofi**

Sanofi, a global healthcare leader, discovers, develops and distributes therapeutic solutions focused on patients' needs. Sanofi has core strengths in the field of healthcare with seven growth platforms: diabetes solutions, human vaccines, innovative drugs, consumer healthcare, emerging markets, animal health and the new Genzyme. Sanofi is listed in Paris (EURONEXT: SAN) and in New York (NYSE: SNY).

In India, Sanofi is present since 1956.

### **About Sanofi Diabetes**

Sanofi strives to help people manage the complex challenge of diabetes by delivering innovative, integrated and personalized solutions. Driven by valuable insights that come from listening to and engaging with people living with diabetes, the Company is forming partnerships to offer diagnostics, therapies, services and devices, including blood glucose monitoring systems. Sanofi markets both injectable and oral medications for people with Type 1 or Type 2 diabetes.

Aligned to the Sanofi Group's commitment to diabetes, Sanofi Diabetes India strives to become a true 360-degree partner for patients and healthcare professionals, offering a complete range of innovative and integrated solutions.



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### **About Diabetes Care Research Foundation**

'Diabetes Care & Research Foundation' (DCRF) a first of its kind foundation in the country, started in February 2004 with the efforts of Dr. Abhay A Mutha who is the Founder President and his father Mr. Amrutlal P Mutha, the chief Trustee of this Foundation. DCRF is working with the objective of increasing awareness all over Maharashtra State through various seminars, mega exhibitions, patient education programmes, etc. Continuous programmes are conducted in all the important cities of Maharashtra to improve awareness in the community and to try and prevent diabetes. In the last 6 years, the Foundation has conducted more than 180 programmes, which include 10 mega exhibitions in various cities of Maharashtra.

DCRF's most important project is the childhood diabetes welfare programme. In this programme, needy & poor children with diabetes are adopted for their complete care till the age of 18 which includes investigations, insulin injections, hospitalization, education & any other required support. So far, the Foundation has adopted more than 400 such children from various parts of Maharashtra.

At the end of the decade [2004-2014], DCRF wants to step out of Maharashtra and possibly support each and every child in the country who needs such support.

### **About World Diabetes Tour**

The World Diabetes Tour association was founded in 2008 by Christophe Crampé and Delphine Arduini. The association was created to help people with type 1 diabetes and raise awareness of the condition. They aim to deliver a positive message of hope that it doesn't need to limit anyone from realizing their goals in life and living out their dreams.

The association unites the type 1 community around the world, so that together they can be stronger, and learn from each other. As of today they have brought together 452 people with type 1, and have 784 people on their Facebook group. They have ventured on numerous sporting challenges around the globe. During their world tour they held meetings and conferences in France, India, Thailand, Japan, Polynesia and China. Sharing advice and feedback through the association's community they highlight what other people with type 1 diabetes achieve and how they manage their condition.

For the second year in a row, Sanofi is partnering with the World Diabetes Tour to support their new challenge – T1D Challenge Machu Picchu. In 2013, both organizations led a Type 1 expedition to Mount Kilimanjaro in Africa (<http://www.eexpressack.net/t1diabetes-kilimanjaro-expedition/>).

### **About Machu Picchu**

- World heritage site: Machu Picchu is a 15th century Inca city. It was declared a Peruvian Historical Sanctuary in 1981, and a UNESCO World Heritage Site in 1983.
- Height: Situated in the Andes on a mountain ridge above the Sacred Valley, 80 kilometers northwest of Cusco city, Machu Picchu stands 2,430 meters (7,970 feet) above sea level.
- History: Machu Picchu is the most familiar icon of Inca civilization. Most archaeologists believe that it was built as an estate for the Inca emperor Pachacuti (1438–1472). The Incas built the estate around 1450, but abandoned it a century later at the time of the Spanish conquest.
- Environment and the Inca trails: The Inca trails that lead to Machu Picchu form part of a vast network spanning nearly 40,000 kilometers, connecting the distant corners of the ancient Incan empire. Inca trails through the mountains can be notoriously narrow and steep at points.



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- Trail routes: There are a number of different trail routes to Machu Picchu. The main three are Salkantay (Mollepata), One Day and Classic. Salkantay is the longest of the three routes and intersects with the Classic route.
- Discovery: Although known locally, Machu Picchu was unknown to the outside world before being brought to international attention in 1911 by the American historian Hiram Bingham. Bingham glorified the discovery, mistakenly claiming that it was the fabled "last and lost city of the Incas". This has led to it still being referred to as the "lost city of the Incas" to this day. Today, over 75,000 people make the trek each year.

### About Type 1 Diabetes

Type 1 diabetes (T1D), a form of diabetes mellitus, is one of the most common endocrine and metabolic conditions arising during childhood. It is caused by an autoimmune response where a person's insulin-producing beta cells in the pancreas are destroyed by the immune system. The resulting lack of insulin causes to an increase in blood glucose levels and a reduced quantity of glucose available for cells to use as energy.

T1D can be difficult to live with. Poorly controlled levels of blood glucose can result in potentially damaging incidents of hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose). To manage their blood glucose levels, people with T1D must take multiple insulin injections or even receive a continuous infusion of insulin through a pump every day.<sup>1</sup> This rigorous daily regimen of blood glucose management comes from a responsibility for the person's future health: the more time spent outside the normal range of blood glucose, the greater the risk of health complications.<sup>2</sup>

Dealing with T1D can have a significant impact on a person's life and emotional wellbeing, and it can sometimes become overwhelming for young people.

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### References

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