



Brussels 07 April 2017

Dear Friends,

We all know that living with diabetes is challenging and requires a daily commitment. The chronic aspect of this condition often has a psychological impact and people with diabetes suffer more from depression than people without diabetes. It is estimated that 3 out of 10 people with diabetes have depressive symptoms and one out of 10 have all the criteria to be diagnosed with a Major Depressive Episode.

The theme of the World Health Day 2017 is "Depression: let's talk". On this important day, we have given carte blanche to our Board Member Cristina Maria Petrut. Cristina has been living with type 1 diabetes since the age of 11, and today practices as a clinical psychologist and psychotherapist in Cluj-Napoca, Romania. In her article, she explains the relation between diabetes and depression, discusses the importance of early detection and social support, and calls for better collaboration within diabetes support teams.

Cajsa Lindberg, a young advocate from Sweden, also living with type 1 diabetes, complements the article with her personal experience, highlighting the importance of diabetes associations and initiatives to support the life of people with diabetes.

Please feel free to share this article among your network.

On World Health Day 2017, IDF Europe widens the theme of "Depression: let's talk", to "Let's talk about Depression and Diabetes". We take this opportunity to thank our Members, who are confronted and deal with this issue in their daily work.

With kind regards,



Prof Dr Sehnaz Karadeniz  
Chair, IDF Europe



Dr Niti Pall  
Chair-Elect, IDF Europe