



Pozdravljeni!

Tule je zadnji DiaMind-ek letošnjega leta. V njem razmišljam o letu 2024 in tudi z veseljem

najavljam DiaMind 2025.

Te dni, ko se pripravljamo na skok v leto 2025, nas objema zima z vsemi svojimi čari.

Temperature so nizke in imamo celo nekaj snega – kot zime mojega otroštva, pomislim. Ali se bo celo mogoče drsati na kakem bajerju? To bi bil višek veselja in velika redkost/radost, saj naši vnuki večinoma še niso z nogicami (kaj šele z drsalkami) preizkušali 'ta pravega' ledu. Tudi naši otroci se ledu na Bledu iz svoje rane mladosti komaj še spominjajo.

Kdor je uglasen s svojim telesom, čuti, da se telo želi prilagoditi zimskemu letnemu času in stremlji k 'prezimovanju'. Zakaj bi bilo s človekom drugače kot z naravo, in živalmi?

Vse naj bi bilo bolj umirjeno, dnevi so krajši, več je refleksije o tem, kaj se nam je dobrega/slabega zgodilo v preteklem letu, smelo ali malo boječe delamo načrte za prihodnost, ob tem nehote 'izgubljam' sedanost? Norost vseh dogajanj okoli Božička in Dedka Mraza nas naravnost sili v stres, akcijo, hektično organizacijo srečanj tu in tam. Mize so preobložene, denarnice vedno bolj prazne in kar nekako nam zmanjka časa za gibanje.

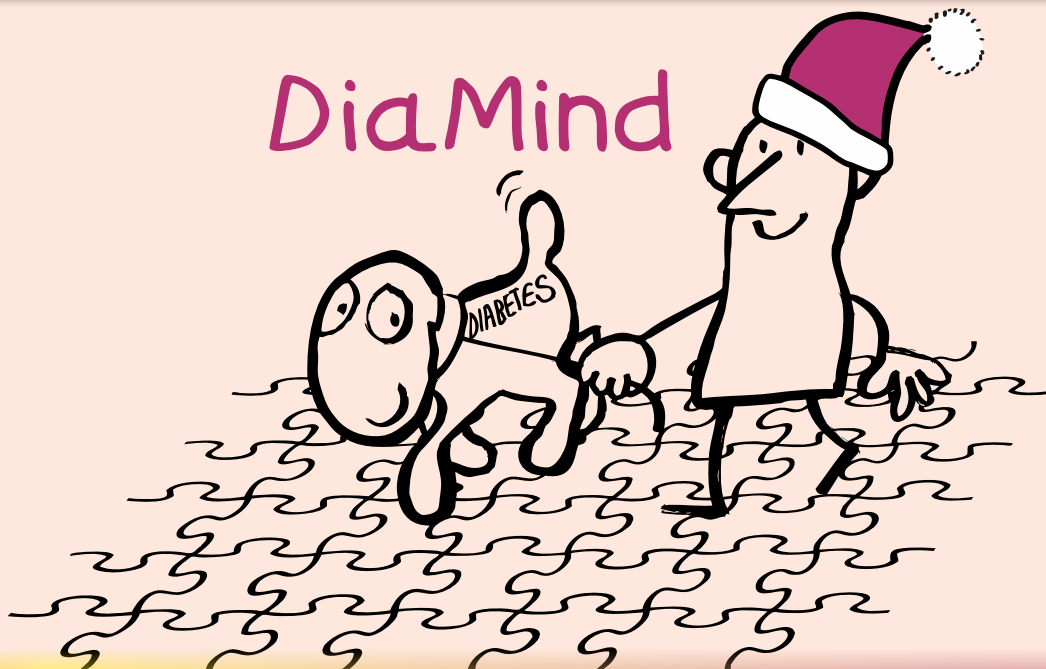
Zakaj bi bili ljudje s sladkorno boleznijo tu izjema? Vse to se dogaja tudi njim. Starejši ljudje se bojijo iti iz hiše, saj jih lahko že skoraj na njihovem pragu čaka zaledenela plošča in je padeč neizogiben. Vsak dan nas svarijo, da je te dni kljub lepemu vremenu v zraku tudi preveč nevarnih delcev, kar zagotovo škodi tistim, ki imajo občutljiva dihala ter najmlajšim. In potem bomo vse te ljudi srečali v svojih ordinacijah v januarju, izidi meritev bodo slabi in spraševali

se bomo, zakaj je temu tako. Ljudje se bodo počutili krive. Menim, da bo ljudem s sladkorno boleznijo v januarju bolj pomagal sočuten pristop z vzpodbudami, da razmislijo o spreminjanju navad in ne, da se zatekajo le k težje uresničljivim ciljem nekje v prihodnosti. Cilji so enostavno predaleč, spodbuda, da prav danes naredim nekaj zase, je veliko bolj oprijemljiva. A jim znamo biti zgled?

Preden se peš, namesto z avtom, podam v mesto, pa še prijazno in vzpodbudno vabilo da se srečamo na spletnem 14. DiaMind-u, ki bo 9. in 10. aprila 2025. Kot smo letos na 13. DiaMind-u že napovedovali, se bomo ponovno posvečali psihološkimi vidiki izzivov žensk s sladkorno boleznijo. Tema 'ženskega diabetesa' je namreč tako obsežna, da nam upam moški tega ne bodo zamerili. Podrobnosti sledijo.

SREČNO 2025 VSEM SKUPAJ!

DiaMind





Greetings!

Here is the final **DiaMind** letter of the year. In this edition, I reflect on 2024 and am delighted to announce

DiaMind 2025.

As we prepare to leap into 2025, winter is embracing us with all its charms. The temperatures are low, and we even have a bit of snow – just like the winters of my childhood, I think to myself. Could it even be possible to skate on a frozen pond? That would be joyful and a rare treat, as our grandchildren have mostly never set foot (let alone skates) on 'real' ice. Even our children have only faint memories of the frozen Bled lake from their early youth. Those in tune with their bodies can feel how they naturally want to adapt to the winter season and prepare for 'wintering'. Why should it be any different for humans than it is for nature and animals? Everything should slow down; the days are shorter, there's more time for reflection on the good and bad that

happened during the year, and we either boldly or cautiously start making plans for the future – all while unintentionally 'losing' the present? The madness surrounding Santa Claus drives us to stress, action, and hectic organisation of gatherings here and there. Dining tables are overloaded, wallets are increasingly empty, and somehow, we seem to run out of time for physical activity.

Why should people with diabetes be any exception to this? They experience all of this too. Older individuals fear leaving their homes because an icy patch could await them right outside their door, making a fall inevitable. Every day, we're warned that, despite the lovely weather, the air contains far too many harmful particles, which are particularly dangerous for those with sensitive respiratory systems and the youngest among us. And then, in January, we will meet all these people in our clinics, where their test results will be poor, and we will wonder why this is the case. Meanwhile, these individuals will feel guilty.

I believe that in January, people with diabetes will benefit more from a compassionate approach, encouraging them to consider changing their habits rather than focusing solely on distant, hard-to-achieve goals. Goals that seem too far away are simply less effective. Instead, encouragement to do something for themselves today is far more tangible. But are we capable of setting a good example?

Before I walk into town on foot rather than by car, here's a friendly and encouraging invitation to join us at the online 14th **DiaMind**, taking place on the 9th and 10th of April 2025. As we announced at this year's 13th **DiaMind**, we will once again focus on the psychological aspects of challenges faced by women with diabetes. The topic of 'women and diabetes' is so vast that I hope our male colleagues won't hold it against us. Details to follow.

WISHING YOU ALL A HAPPY
NEW YEAR 2025!

