



الرابطة المغربية لمحاربة داء السكري
Moroccan League for the Fight against Diabetes



“Voices of People Living with Diabetes”

Meeting Day
Rabat, June 23, 2026



Prof. Jamal BELKHADIR

President of the Moroccan League for the Fight Against Diabetes
Former President of the International Diabetes Federation MENA Region

Dear friends,

The Moroccan League for the Fight Against Diabetes organized a meeting on June 23, 2026, in Rabat, dedicated to “**The Voices of People Living with Diabetes.**” This meeting aimed to strengthen knowledge about diabetes and facilitate the exchange of experiences among diabetic patients.

This unique event, organized with **the support of Servier Compagny**, was attended by numerous patients living with diabetes who are regularly followed in Endocrinology and Diabetology consultations.

Thanks to the active participation of, in particular, **Ms. Salma Ait Idder**, Clinical Psychologist, **Professor Maryam Fourtassi**, Head of the Physical Medicine and Rehabilitation Department at the University Hospital of Tangier, and **Professor Kébira Benabed**, Endocrinologist and Diabetologist and member of the Moroccan League for the Fight Against Diabetes, this event was a great success, according to the participants.

In this regard, it's important to emphasize that attentive listening from healthcare professionals is essential for people living with diabetes, as it allows for a better understanding of their needs, daily challenges, and preferences. When patients can speak freely (about symptoms, habits, blood glucose levels, and perceived effects), staff can more easily adapt treatment and patient therapeutic education.

Similarly, this attentive listening also strengthens trust, reduces stress, and improves adherence to recommendations (diet, physical activity, and medication management). Finally, it promotes the prevention of complications: by identifying warning signs earlier and addressing the patient's concerns, the

team can adjust care more quickly. Ultimately, a relationship based on listening contributes to greater safety, a better quality of life, and better diabetes management.

Furthermore, such meetings are also crucial for sharing experiences, allowing people living with diabetes to talk about what works, what is difficult, and the lessons learned over time. By valuing this feedback on a silent disease (for example, regarding diet, activity, managing hypoglycemia, or daily life at work), healthcare professionals transform information into concrete advice, better suited to the patient's reality. This sharing fosters mutual support within the team (and sometimes between patients), develops autonomy, and reduces feelings of isolation. It also helps build a personalized approach, where medical knowledge and the patient's lived experience complement each other, to improve diabetes management and confidence in their care.

Also, a big thank you to all the people living with diabetes who enriched the discussion and debates by sharing their daily experiences with the disease and its treatment.

A big thank you to all the people (diabetes specialists, teachers, psychologists, educators, and nurses) who contributed to the success of this day, which was rich in learning and shared experiences.