

ISPAD Allan Drash Fellowship: Ms. Kaisun Nesa Lesa

Mentor (S): Prof. Tatsuhiko Urakami

Nihon University Hospital **Tokyo, Japan**

First of all, I want to thank ISPAD for granting me the fellowship for Allah Drash fellowship. Prof. Tatsuhiko Urakami was my mentor during my fellowship at Nihon University Hospital, Tokyo, Japan. Particularly, I selected this center as I want deeper knowledge in regards to Type 1 Diabetes, Childhood Obesity, pediatric nutrition disorders and so on.

In Bangladesh, recently, there are lot of diabetes center, however, there still lack of developed treatment especially for the Children and Adolescents with Type 1 diabetes. This Fellowship program has empowered by knowledge for the appropriate treatment and management of Type 1 diabetes.

I had a wonderful and impressive experience during my stay in Tokyo for 6 weeks. My mentor Prof. Tatsuhiko Urakami organized a structure program for my visit so that I could get maximum benefit.

Department of Pediatric at Nihon University Hospital, they currently treat and manage 200 children with nutrition problems, 120 with Type 1 diabetes, 40 with Type 2 diabetes and 20 with monogenic diabetes including MODY and mitochondrial diabetes. They also treat over 100 children with endocrine disorders. I got chance to meet and empower my knowledge from Dr. Mika Ishige, Dr. Junichi Suzuki, Dr. Yusuke Mine, and all others who were working there.

Duration of the training (6 weeks): 8th May to 19th June 2023

Monday: Ward and Outpatient attending at Nihon University Hospital, Supervised by Dr. Junichi Suzuki.

Tuesday: Ward and Outpatient attending at Nihon University Hospital, Supervised by Dr. Junichi Suzuki.

Wednesday: Ward and Outpatient attending at Nihon University Hospital, Supervised by Dr. Junichi Suzuki.

Thursday: Outpatient attending at Nihon University Hospital, Supervised by Prof. Tatsuhiko Urakami.

Friday: Outpatient attending at Urakami Clinic, Supervised by Prof. Tatsuhiko Urakami.

On 26th May 2023 and 9th June 2023, I got chance to meet and empower my knowledge from Prof. Hara Mitsuhiko about childhood obesity and nutrition mainly.

Beside ward and OPD I also participated in weekly staff meeting at Nihon University Hospital. On 6th June 2023, I got an opportunity to give a presentation on “Diabetic Scenario for Type 1 and Type 2 in Bangladesh & Dietary Management”, where meeting staffs, Doctors and students were present. After presentation, there was scientific discussion session as well and from the session I changed my vision and that made me to think on global prospective. New developments in the fields of diabetes have been, no doubt remarkable but theirs global applicability is still a big challenge. Discrepancies in access to health care facilities, variations of disease and patient profile and affordability are several factors which are concerns when we look as global perspective. We clinicians and researcher need to think of the best and develop some innovative methods for diabetes which should be universal particularly in resource limited settings where most diabetes related deaths are occurring. Moreover, during this six (6) weeks, I also prepared a manuscript entitled “**Advanced carbohydrate counting for the children and adolescents with type 1 diabetes mellitus-A review**” for publication and already submitted to the Journal of Clinical Pediatric Endocrinology (CPE) which is the official Journal of the Japanese Society for Pediatric Endocrinology under the proper guideline and kind supervision of Prof. Tatsuhiko Urakami and Dr. Junichi Suzuki and we hope this manuscript will be accepted soon to the mentioned Journal.

I specially thank to Prof. Tatsuhiko Urakami for making me to think in broader perspective. Overall it was great opportunity for me to develop mentorship with the experts and ISPAD collaboration for future research endeavours.

I would like to thank Prof. Tatsuhiko Urakami for being a wonderful mentor and making this visit life time memorable event for me.

Once again, I thank ISPAD for providing me this opportunity which has helped me not only in academic development but also for becoming a more mature person.



Ms. Kaisun Nesa Lesa