

## MESSAGE FROM THE CHAIR

It is a distinct honor to welcome you to the 9th KDSG Conference 2024.

It is an honor to be able to host this conference in Mombasa amid challenges, both economic and with effects of global warming.

The society continues to work towards providing the latest updates in diabetes as well as practical education and knowledge that will improve the care of diabetes and endocrinology.

This year's theme "**MINDFUL METABOLISM**" was birthed by a need to engage with the complexities of diabetes as well as the overlay with endocrinology and the need to reflect on mechanisms, prevention, the basis of management as well as a future of diabetes with artificial intelligence.

We have again this year exciting workshops in foot care and a dedicated workshop on Type 1 Diabetes and nutrition that we are certain will be both informative and stimulating.

A highlight for this year is the launch of twenty-three protocols and updated national guidelines in diabetes. I thank the Ministry of Health, NCDAK, CHAI, our colleagues in PESK and Novo Nordisk for their collaboration on development and validation of these protocols and guidelines. We hope that

on dissemination, they will be beneficial to all practitioners in Kenya.

We will have an exciting session with presentations and abstracts showing local research done in the field of diabetes and they look promising and exciting yet again this year.

I would like to thank the executive and organizing committee for their tireless efforts in planning this conference. I would like to thank all the sponsors who have graciously and continuously supported the society through the years. We are grateful to you all for partnering to transform diabetes care in Kenya and the region.

The Scientific sessions will be delivered by both local and accomplished international faculty and we look forward to all the sessions and presentations.

We hope the conference will be an opportunity to realize again what a mindful journey diabetes and endocrinology need to be, to network, build new relationships and engage with colleagues and sponsors as well.

I wish you all a stimulating and enjoyable conference.

**Prof Nancy Kunyiha**  
**Chair, Kenya Diabetes Study Group**