

INSULIN



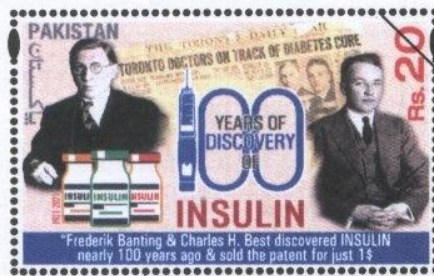
A life-saving discovery
turns 100 years

First Day Of Issue

**100TH ANNIVERSARY OF
INSULIN DISCOVERY (1921-2021)
COMMEMORATIVE POSTAGE STAMP
June 24, 2021**

SALIENT FEATURES

Size of Stamp	: 56 x 35 m.m.
Size of Print	: 54 x 33 m.m.
Number of Stamps in a sheet	: (3 x 5) 15 Stamps
Perforation	: 13 C
Denomination	: Rs. 20/-
Colours	: CMYK
Printing Technology	: Lithography (Offset)
Paper	: 100 GSM W/M Gummed Paper
Gum	: PVA
Quantity	: 0.4 Million (4 Lacs)
Designer	: Liaqat Ali
Printer	: National Security Printing Company, Karachi.



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Insulin 100- A life-saving discovery turns 100 years but more remains to be done

Diabetes - a chronic condition requiring constant management

Diabetes is a serious, potentially debilitating and life-threatening non-communicable disease that can impose a heavy impact on individuals and their families, as well as on healthcare systems and national economies. This is particularly the case in low and middle-income countries, home to almost four in five (79%) of all people currently living with diabetes.

Pakistan is the 4th largest country in the world in terms of people living with Diabetes. The 2nd National Diabetes Survey of Pakistan (2016-17) was a population based survey of adults aged 20 years, and above which defines that 27.4 million people aged 20 and above are living with diabetes in Pakistan which means 1 in 4 people have diabetes in Pakistan. Many of whom already have complications at the time of diagnosis. These and many underlying societal and individual challenges necessitate more focus on diabetes.

The past 100 years have been marked by significant innovations and achievements in diabetes care. However, people with diabetes continue to face significant challenges every day in managing their condition.

When people with type 2 diabetes go untreated or are not sufficiently supported, they are at risk of serious and life-threatening complications such as heart attack, stroke, kidney failure, blindness and lower-limb amputation. Many will be diagnosed with type 2 diabetes because they enter a clinical environment with a significant pre-existing problem, unaware that the problem will have been caused by diabetes. Tragically and avoidably, some will be diagnosed post-mortem.

More must be done to prevent type 2 diabetes in people at high risk of developing the condition and greater effort must be made to diagnose all forms of diabetes early and prevent its complications. Action to address the diabetes pandemic should include access to affordable and uninterrupted care for every person living with diabetes, regardless of where they live or their economic circumstances.

Insulin: the start of a journey towards saving and improving lives

One hundred years ago, in 1921 a diagnosis of type 1 diabetes meant certain death for children. The discovery of insulin marks a medical breakthrough for people with diabetes and lays the foundation for a century of innovation across several areas.

Following the discovery of insulin, the average life expectancy of a person diagnosed with diabetes improved dramatically. Although people with type 1 diabetes must still take insulin every day, the management of type 2 diabetes has changed significantly since the late 1950s. Reducing complications is possible and necessary to improve lives and reduce costs. This is because all the complications of diabetes, both acute and long term, contribute significantly to the overall economic impact of the condition.

It is important to remind ourselves that insulin still remains beyond the reach of many who need it

We are living extraordinarily difficult times in which people with diabetes are facing an additional major health threat. Regretfully, we have seen that people living with diabetes can be more susceptible to the worst complications of Covid-19. The evidence suggests fatalities are markedly higher among people with underlying health conditions such as diabetes. The current situation may lead to an increase in diabetes complications over the coming years. Moreover, we should worry that the legacy of the pandemic will see resources and attention focused on infectious diseases to the detriment of all non-communicable diseases, including diabetes.

In the current climate, the global diabetes community needs to come together and raise its voice to make sure diabetes, a leading cause of global disability and mortality, receives the attention required.

If ever there were a time to focus attention on diabetes that time is now. A century of innovation in diabetes care

Year 2021 marks 100 years since the discovery of insulin, which is also linked with 100-year journey of research and clinical achievement in diabetes. The innovations in insulin over the past century have saved and improved the lives of millions of people around the world.

In line with this life saving discovery and to commemorate this occasion nationwide, Ministry of National Health Services, Regulations and Coordination and Ministry of Communication is issuing a commemorative postage stamp marking the 100 year of anniversary of insulin - A life-saving discovery.

In 1921, a team of Canadian researchers discovered the molecule insulin and ignited a century of ground-breaking innovations in diabetes care that have since saved countless lives. The researchers namely Frederick Grant Banting and Charles F. Best, who are featured on the stamp design.

The design further features an older version of an insulin injection along with a vial, both of which have been seen further innovation over the past 100 years in order to make the best treatment options possible for people living with diabetes and to meet their unmet needs. Today, we are fortunate to have better medicines than ever, yet the number of people living with diabetes continues to grow at an alarming rate, placing a substantial burden on individuals, families and societies.

What's next? Vision towards a better future

Building on the discovery of insulin 100 years ago, all aspects of diabetes care - with and without insulin - have advanced significantly, leading to substantial improvements in outcomes and quality of life for people with diabetes. But the journey is not over. People with diabetes continue to have significant unmet needs. Despite being the 4th largest country in the world in terms of people of diabetes, Pakistan has a low level of awareness about diabetes and this commemorative stamp can play a pivotal role in increasing awareness amongst the public about this disease and the treatment options available for the people living with diabetes, who can contribute their role in the economy by maintaining a quality and healthy life.

To Mark 100th Anniversary of Insulin Discovery (1921-2021), Pakistan Post is issuing the Commemorative Postage Stamp of Rs 20/- denomination on June 24, 2021.

TERMS OF SALE

The Commemorative Postage Stamps will be available for sale from June 24, 2021 at all important Post Offices in the country.

Overseas orders for Stamps, First Day of Issue Covers and Leaflets should be addressed to the Manager, Philatelic Bureau, Karachi GPO or Manager, National Philatelic Bureau, Islamabad GPO, accompanied by a Bank Draft or Crossed Cheque encashable in Pakistan.

Issued by

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