

Good morning, Mr.President, ladies and gentlemen,
esteemed guests and dear friends,

What an incredible honour to be receiving the Guido Ruffino Prize today in
this glorious city!

The Diabetes Dialogue Map and the integrated approach to diabetes edu-
cation that combines the map with Professor Buchi's PRISM (pictorial
representation of illness and self-measure), for which I am being recog-
nized, are both the fruit of partnerships, some developed organically
through working relationships others *planned strategically* and yet others
born out of sheer good luck. So I feel the true recipients of this wonderful
prize are all the people who, through friendship, collaboration and mentor-
ship, have helped and inspired me over the years; Prof.Jean-Philippe As-
sal, the people at his foundation, the educators at the Jocelyn Diabetes
Center, Prof.Buchi, the staff members at the Kenichi Yamada Internal Med-
icine Clinic, my husband Dr.Kenichi Yamada, and above all, the people
who live with diabetes. It is my privilege to be part of this community of
dedicated and supportive professionals and individuals and talk to you as
their representative.

(Video starts)

It all started with a small painting, accompanied by a short poem, which I put up on a white wall in the waiting room of a new clinic Kenichi opened back in 1991. A few weeks later, I replaced it with a new painting. 27 years on and some 500 pieces later, it is still the most meaningful link that connects me with the visitors to the clinic.

My involvement in the diabetes education program Kenichi had started at the clinic deepened after our visit to the Jocelyn Diabetes Center, where I met and was impressed by passionate educators, in 1999. The clinic's original program gradually expanded to include patients' meetings, peer counselling sessions, lectures, cooking classes, weekend walks, newsletters, concerts, workshops and the publication of our own textbooks.

In 2006, Kenichi and I took part in the ADA workshop on effective application of the large Diabetes Conversation Maps. *Our original map was informed by what we saw at that* workshop. While the US Conversation Maps were intended for use as an educational aid *to help* patients acquire knowledge and skills needed for self-management of their issues, I decided I wanted to create a tool, or rather a medium through which patients could talk about their conditions with their own words. A medium that

would help a patient narrate his or her own story. We called it the Diabetes Dialogue Map.

In the ensuing years, Kenichi and I had opportunities to give poster presentations on the diabetes education program and the Dialogue Map; at the IDF in Cape Town, the TPE in Budapest and again at the IDF in Montreal. It was on one of those occasions we met Prof. Assal, whose wisdom and guidance we continue to cherish to this day.

The Dialogue Map has been evolving, through discussions and workshops held in Grimentz and Geneva under Prof. Assal's leadership, through training sessions for integrated education program development provided by Prof. Buchi and through constant communication between Switzerland and Japan via Skype and email. It was a great experience for me to be part of the team, made up with Prof. Assal, Prof. Buchi, Tiziana Assal, Kenichi Yamada and myself, that was behind a presentation "Diabetes Dialogue Map and PRISM", a compilation of the findings we had collected, at the International Diabetes Federation Congress held in Melbourne in 2015.

I am very gratified and at the same time very humbled that the Dialogue Map helps diabetes patients narrate their *unique, individual* stories, from their own perspectives. A patient's narrative is a portal that invites us in to join him on the journey he's undertaken. It invites others to come in, interact, listen, challenge, empathize and engage in a dialogue. It also liberates the narrator to change and move toward a goal of his own choice, but it reminds him he can't go it alone, since he is, like everybody else, only human. No man is an island. I should know, as the Dialogue Map would not have been nurtured into what it is today and I would most definitely not be standing here in front of you today if I had been going it alone.

So I'd like to conclude my speech with a salute to the people who have helped me along the way and all of you here who help others as their fellow travellers. Thank you.