

**April 16, 2025**

Dear WHO Essential Medicines List team,

My name is Yahya Ur Rehman. I am junior doctor from Pakistan and have been living with type 1 diabetes for over 12 years. I am also working as diabetes advocate ,researcher and also volunteer with T1international .I am writing this letter in support of the application submitted by T1International to include analogue rapid acting insulins in the WHO Essential Medicines List. It comes from what I see every day both as a patient and during my clinical rotations in public hospitals. I've seen patients admitted in emergency departments due to hypoglycemic episodes caused by poorly timed regular insulin or skipped meals. Most of them are using older insulin types like NPH and regular insulin, which are still the only options available in many public setups.

As a junior doctor with access to information, I have struggled at times to maintain stable blood sugar levels using what is available in government hospitals. Analogue insulins like insulin lispro or aspart are simply not affordable for the average patient here. Yet when used, I've noticed much better post meal glucose control, less fear of lows and more flexibility in meal timing. In real life, the ability to inject insulin and eat right after is not a luxury ,it's a necessity. Especially for those working long hours, like many of our laborers or mothers managing kids. Telling them to wait 30–45 minutes after injecting human insulin is not practical. I have also observed that many patients in lower income areas either ration insulin or skip doses due to cost or fear of hypoglycemia. This often leads to complications like DKA and other complication. I believe that expanding access to safer and more flexible insulin options could save lives, reduce hospital burdens, and give patients a better quality of life.

Many patients with diabetes face serious complications, often worsened by lack of access to insulin.This case report highlights one such example a young patient presenting with HHS.

[https://journals.lww.com/jodb/fulltext/2025/01000/unusual\\_case\\_of\\_a\\_hyperosmolar\\_hyperglycemic\\_state.13.aspx](https://journals.lww.com/jodb/fulltext/2025/01000/unusual_case_of_a_hyperosmolar_hyperglycemic_state.13.aspx)

Rehman, Yahya Ur. Unusual Case of a Hyperosmolar Hyperglycemic State in a Young Adult with Type 1 Diabetes Mellitus. Journal of Diabetology 16(1):p 87-88, January-March 2025. | DOI: 10.4103/jod.jod\_113\_24

Therefore, I urge the WHO to consider the lived experiences of people from low and middle income countries and the realities faced in under resourced healthcare systems when deciding on essential medicines. Including analogue rapid acting insulins would be a meaningful step toward global diabetes equity.

Sincerely,

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