

To the Expert Committee at the World Health Organization regarding the application **A.18**
Insulin, analogue rapid-acting – diabetes mellitus

The Essential Medicines List isn't just a document for me — it's something deeply personal. As someone living with diabetes, I've spent years navigating a world where access to essential medicines like insulin has never been guaranteed. I've felt the fear of not knowing if I'll have enough, I've seen others forced to ration doses, and I've watched people lose their lives simply because the medicine they needed was either too expensive or unavailable.

That's why the Essential Medicines List matters so much to me. It's more than a list — it's a reflection of lives that are valued and protected. When a medicine is included on the EML, it sends a clear message that access to it is non-negotiable. It pushes countries to prioritize making that medicine available, affordable, and within reach for the people who depend on it to live.

For people like me, this list can mean the difference between hope and despair. It can mean the difference between a life cut short and a life fully lived. I know this because I've stood on both sides of that line — living with a condition that requires daily treatment, while constantly wondering if the systems around me will hold me up or let me fall.

The EML holds the power to close those gaps. It's about fairness, dignity, and justice. It's about making sure that no one is left fighting for something as basic as their right to survive. And for me, being part of this process is about making sure the world doesn't forget the human faces behind every medicine on that list.

This isn't just policy work. It's personal. It's my story, and it's the story of so many others.

Sincerely,
Thapi Semanya
Person living with type 1 diabetes
T1International #insulin4all Advocate in South Africa