

Sent electronically to [emlsecretariat@who.int](mailto:emlsecretariat@who.int) on 17th April 2025

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

My name is Maham, and I am a person living with type 1 diabetes, a healthcare professional, and a T1International #insulin4all advocate based in Pakistan. I believe everyone—regardless of where they live—deserves access to the full range of insulin they need to survive.

For people with type 1 diabetes, insulin is life-sustaining. Yet access around the world remains limited, unreliable, and unaffordable. Rapid-acting insulin analogues, which more closely mimic the body's natural insulin response, are still not on the WHO Essential Medicines List. Without them, people—especially in low- and middle-income countries—are forced to rely on older options that often fail to meet their needs, leading to preventable complications and deaths.

I was diagnosed with type 1 diabetes at age 8, and it inspired me to become a doctor. During my hospital training, I saw the devastating consequences of poor diabetes control: amputations, kidney failure, vision loss, and life-threatening hypoglycemia. These weren't just due to the disease itself—but to lack of access to essential treatment, especially rapid-acting insulin analogues.

As both a patient and a healthcare professional, I see this crisis from both sides. I've experienced the challenge of managing every dose and meal, and I've watched patients suffer simply because they cannot afford the right insulin. Rapid-acting analogues offer better blood sugar control, fewer complications, and safer outcomes. They are not a luxury—they are essential.

The solution is clear: include rapid-acting insulin analogues on the WHO Essential Medicines List. They are clinically proven, safer, and necessary for modern diabetes care. Listing them would improve access, reduce costs, and save lives.

The urgency is real. Every delay costs lives. No one should have to risk death because they can't access the insulin they need. I urge the World Health Organization to act. Recognize all forms of insulin—including rapid-acting analogues—as essential. Because access to insulin is a right, not a privilege.

Sincerely,  
Maham Tahir  
Person living with type 1 diabetes  
T1International #insulin4all Advocate in Pakistan.