

## Sallimatu's Story: A Safe Place in the Storm

When life throws you rocks, we look for shelter not just from the pain, but from the silence that follows. For Sallimatu, a woman living with type 1 diabetes in Sierra Leone, the storm came hard and fast. After her diagnosis, her husband ran away, leaving her alone with their children. The daily struggle to afford insulin became unbearable, and mismanaged care led to a diabetic ulcer that ultimately cost her leg.



We met Sallimatu at the Holy Spirit Diabetes Unit during one of her darkest moments when the ulcer had worsened and amputation was the only option. That's when we came to her rescue. The Unit didn't just offer treatment; it offered dignity, compassion, and a lifeline.

Now living with one foot, Sallimatu has found a way to rebuild her daily life. She receives regular care, emotional support, and thanks to **Insulin for Life** the medication that keeps her alive. Their supplies have transformed her journey from despair to survival, from isolation to empowerment.

The Holy Spirit Diabetes Unit is more than a clinic. It's a sanctuary for those who fear diabetes will strip away their joy. It's where courage is nurtured, stories are heard, and healing begins.

On **World Diabetes Day**, Sallimatu received not just the care she deserved, but the recognition she earned. Today, she stands as one of our **diabetes heroes**, a symbol of resilience, hope, and the power of community. Her story reminds us why we fight for equity, why we build safe spaces, and why your donation matters.

## Donor Impact Story: Adama Conteh's Journey to Survival

### INSULIN FOR LIFE USA

Adama Conteh is a 40-year-old widow left to care for four children. To reach the Diabetes Unit at Holy Spirit Hospital in Makeni, she must travel nearly 200 kilometres (about 124 miles) from Freetown, a journey of 3 to 4 hours, depending on road conditions.



For years, Adama had no access to medication due to financial constraints. Her health deteriorated dangerously, with a Random Blood Sugar of 29.3 mmol/L and an HbA1c of 13%.

Today, her life has been rescued. Thanks to the service and support from Insulin for Life, Adama's story is no longer one of loss but of survival. Without this intervention, her children could have been left without a mother.