



the bitter sweet foe DIABETES

When WHO gives a figure of diabetics standing at 180 million and that the same is expected to be more than double by 2030, it can be a cause of worry. Let's understand the situation, and combat the condition with preventive measures



Diabetes mellitus needs no introduction, commonly known as diabetes it can strike any one from any walk of life. Worldwide, it afflicts 180 million people and the World Health Organisation estimates that by 2030, number of people living with diabetes will be more than double. So what is diabetes? In simple terms it is the inability of your body to produce insulin. Pancreas makes insulin to help glucose get into the cells of our bodies. When you have diabetes, your body does not make enough insulin or is unable to use insulin properly. This causes sugar to build up in your blood. There are three types of diabetes (Type 1, Type 2 and Gestational Diabetes) of which over 90% of the population suffers from Type 2 diabetes.

Do you have diabetes?

Frequent urination, unusual thirst, extreme hunger and unusual weight loss, extreme fatigues are common symptoms of diabetes. Irritability, frequent infections, blurred vision, cuts and bruises that seem slow to heal, tingling or numbness in your hands or feet, recurring infection of the skin, gums or bladder also indicates presence of diabetes, however a blood sugar test should provide you with precise information about the same.

How Bad?

This condition is the harbinger of much more fatal infirmity like cardio vascular disorder, increased risk of stroke, blindness, gangrene (resulting from wounds that don't

heal well) which leads to amputation of body parts and kidney failure. While it is silently raking up numbers common populace largely remains unaware of its potential threat.

Combating Diabetes

While diabetes remains an incurable ailment, it is still preventable by inculcating the habit of a healthy diet, timely check up and adequate exercise. Its long known and understood that prevention is better than spending time, energy and money on cure. To reduce your chances of diabetes you need to adopt preventive measures and with certain precautions one can control their blood glucose level and lead a healthy life.

Preventive Measures

1 GET TESTED - Get regular checkup done, which includes blood sugar level, Lipid profile and blood pressure. It is important to monitor these as it may point out to presence or inclination to diabetes.

2 MAINTAIN A HEALTHY WEIGHT - Excessive body fat is an incitement to an array of diseases which includes diabetes; maintain a healthy weight, according to your body mass index.

3 EAT SMART - You don't have to give up your favourite food. Cut down on portion size and eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you're full.

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4 DON'T IGNORE THAT SWEET TOOTH - Preventing diabetes does not mean saying no to sweets, you can still consume sweets in moderation, if possible in natural state than processed. Instead of eating a sweet dish by itself, you can also make it a part of your meal.

5 PEACE OUT - Stress is not just a state of mind, it has physiological effects too. Stress increases your susceptibility to lifestyle diseases, diabetes being one of them. Learn to relax, listen to calming music, read, do yoga or any other activity that relieves your mind of its burden is good.

6 ENSURE REGULAR PHYSICAL ACTIVITY - Exercise at least 30 minutes every day. If you are too pressed for time try squeezing it, into your daily activity - take the stairs, walk short distances or cycle. Find activities that you enjoy, try to include your family and friends make it fun not tedious.

7 SWAP THE MUNCHIES-

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8 SAY NO TO ADDICTIONS -

Too much alcohol can lead to weight gain and may increase your blood pressure and triglyceride levels and smokers are twice prone to diabetes as non-smokers, release yourself from these addictions.

9 MORE BROWN LESS WHITE -

Include brown rice, and whole grains in your diet; avoid white rice, pasta and potatoes.

10 GREENS AND BEANS -

Include fresh vegetables and beans in your diet; nothing purifies system like natural food. Healthy food need not be boring. If you don't like raw vegetables, try wholesome salads. 

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