

Deshdoot Times

मुख्य पान | 31% of total population are at higher risk of diabetes in Nashik: Indus Health Plus Report

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Nashik: Diabetes, one of the most common non-communicable diseases (NCD) has become a major health concern in State. Type 2 diabetes, which is triggered by sedentary lifestyle and bad eating habits, is hitting Indians at a much younger age group of between 18 years to 30 years. Statistics state that India has 67 million diabetes cases. It is estimated that by 2030, India will have around 100 million diabetic patients.

As per the recent Abnormality Report done by Indus Health Plus, the preventive health check-up specialist, it was revealed that maximum number of diabetes cases was observed in the age bracket of 30 years - 40 years. 5 to 7% of diabetes cases were registered due to family history and 15% were registered because of sedentary lifestyle. Type II diabetes has been observed in the age group 35-45 years. Diabetic vascular disease is expected to rise amongst youngsters in the age group of 30 - 45 years.

16% of females and 15% of males are at risk of diabetes. Females are more prone to diabetes between the age group of 25 to 35 because of obesity and stress. 12% of diabetic patients were suffering from heart disease risk. Hypertension and Obesity were the common factors behind increasing risk of diabetes. People in the age group of 25 - 30 years were under risk of type II diabetes. Sedentary lifestyle, poor eating habits, high consumption of fried diet and less exercise are the leading factors for diabetes cases in Nashik. During the doctor's consultation it was observed that 30% of diagnosed cases were not aware that they were suffering from this condition and were ignorant about the disease. Almost 8% of people who were diabetic were facing problem of hearing loss and weak eyesight.

Amol Naikawadi, Joint Managing Director, Indus Health Plus said, "Diabetes cases are on the rise in India as compared to last year and has increased by 7-10%. The growth of the disease is beginning to affect the younger generation as well, especially women in India between the age group of 25-35 years. Today we still have a large section of the women society who prioritizes family health above theirs. Hence there is need to educate about this shift in behavioural change with access to early diagnosis and treatment. Early detection of diabetes can lower complications and improves the quality of life. Regular monitoring of blood sugar levels, consuming rich fibre, whole grain, maintaining ideal bodyweight and regular exercise will go a long way in preventing or delaying the onset of diabetes."

Diabetes is a silent killer and has often to miss symptoms like excessive thirst, increased urination, excessive hunger pangs, weight loss, fever, cough etc. The only way to prevent oneself and family members from diabetes is regular monitoring of blood sugar levels, eating healthy and being physically active.

ई पेपर (E - Newspaper)

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