

45% of Pune-kars were ignorant about diabetes symptoms, reveals

Indus Health Plus Report

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The Preventive Health Checkup Specialist
An ISO-9001-2000 company



Diabetes, one of the most common non-communicable diseases (NCD) has become a major health concern amongst Maharashtrians. Type 2 diabetes, which is triggered by sedentary lifestyle and bad eating habits, is hitting Indians at a much younger age group of 18 years to 30 years.

This Friday, November 14 is World Diabetes Day with efforts directed towards educating people about diabetes, its prevention and maintaining a healthy lifestyle. Indus Health Plus has organised a free diabetes check-up camp and consultation at SGS Mall, M.G.Road on 13th and 14th November with the

objective to create awareness about the diseases and early diagnosis. Indus Health Plus sees tremendous response for the free diabetes checkup at SGS Mall Pune. By today noon more than 75 people walked in at SGS Mall in Camp to get their glucose level checked.

Blood Sugar – Normal

Non diabetic with strong family history above 25 years

Once in 6 months

Non diabetic above 30 with no family history

Once in a year

Diabetic with oral medication

Once in 3 months

Diabetic with Insulin usage

Once in a month

Uncontrolled diabetes and fluctuation

Once in a month

Blood Sugar – HbA1C

Non diabetic with family history

Once in a year

Diabetic with family history

Once in three months

Diabetic with uncontrolled diabetes

Once in a month

As per the recent Abnormality Report released by **Indus Health Plus**, the preventive health check-up specialist from Jan 2014 to Oct 2014 revealed that maximum numbers of diabetes cases were observed in the age bracket of 25 years – 35 years. 22.2 % of females were suffering from diabetes and 24.32 % males.. More than 40 % of working population is potential diabetic and 25% of working population is suffering from diabetes. As a critical statistics that came out of the report states that youth as old as 22 years were suffering from Type II diabetes and diabetes risk among youngsters has increased to 23%. It was observed that females were getting more prone to diabetes because of high stress level and obesity

There is a shift in the age group for newly diagnosed cases from 40 – 50 years to 22 – 35 years. 25% of diabetes cases were stress related and obesity induced diabetes cases were 31%. 45% of people suffering from diabetes were ignorant about diabetes symptoms. 21% of diabetic patients were suffering from kidney diseases, 5% of them had foot ulcers and 9% had weak eyesight and hearing problems. 20% of the cases were led by Gestational diabetes because of stress and late pregnancy. When both the parents are diabetic, the child is at 85% higher risk of suffering from diabetes.

Mr. Amol Naikawadi, Preventive Healthcare Specialist, Indus Health Plus said, “Diabetes has spread over the country and sedentary lifestyle is only adding fuel to it. More and more of youngsters are today under the risk of type 2 diabetes. As young as 25 years old people are detected with diabetes. Urbanization and non-availability of area for physical activity, stressful jobs and high intake of junk has increased the risk two times. There is a need to urge the younger generation to practice a healthy lifestyle and get their sugar levels checked on time to deal onset of diabetes.”

Sedentary lifestyle, poor eating habits, night shifts high consumption of fried diet and less exercise are the leading factors for diabetes cases in Pune. During the doctor’s consultation 32% of the people who were suffering from diabetes had family history, 40% of diabetes cases were because of sedentary lifestyle. 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.