

15 % of females and males are at higher risk of suffering from diabetes in Bengaluru, reveals Indus Health Plus Report

Category: Latest



Bengaluru, Nov15 2014: Diabetes, one of the most common non-communicable diseases (NCD) has become a major health concern in Karnataka. Type 2 diabetes, which is triggered by sedentary lifestyle and bad eating habits, is hitting Indians at a much younger age group of between 18years to 30years. Statistics state that India has 67 million diabetes cases. It is estimated that by 2030, India will have around 100 million diabetic patients. This Friday, November 14 is **World Diabetes Day** with efforts directed towards educating people about diabetes, its prevention and maintaining a healthy lifestyle.

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 20 years - 35 years.15 % of

Indus Health Plus Abnormality Report	Bengaluru			
	Jan 2014 - October 2014			
	MALE		FEMALE	
	IN NUMBERS	IN PERCENTAGE	IN NUMBERS	IN PERCENT AGE
TOTAL NO OF TESTS	7563		6287	
Heart Problem	5996	7.43	339	5.42
Hypertension	317	4.21	465	7.48
Obesity	523	6.98	458	7.33
Diabetes	505	7.98	414	6.65
Hearing loss	501	7.05	395	6.37
Optical Problem	408	5.76	465	7.41

population are at higher risk of developing Type II diabetes in 25 – 30 years age group. In Bengaluru, there has been an increase of 7 % diabetes cases among females and 9% increase in males as compared to last two years. It is alarming that around 25 % of IT / BPO professionals are under threat of diabetes because of stress and hypertension.

15 % increase in diabetes cases have been observed in the age group of 35-45 years. 12% increase in diabetes cases have been observed in females in the age group of 25 – 30 years. From last five years where diabetes was detected amongst those from the age group of 40 and above the number has now fallen down to 25 to 30 years. 18% of cases were of Gestational diabetes because of stress and late

pregnancy. 22 – 25% of those from the middle age group suffering from diabetes are at higher risk of suffering from kidney disorders. 7 % of diabetic suffer from foot ulcers, 13 % were suffering from hearing disorders and 12% had weak eye sight.

Sedentary lifestyle, poor eating habits, high consumption of fried diet and less exercise are the leading factors for diabetes cases in Bengaluru. During the doctor’s consultation 35% of the people who were suffering from diabetes had family history, 18% of diabetes cases were because of stress and 24 % cases were obesity induced.

Undiagnosed diabetes of 2 -3 months will led to acute health problems	Undiagnosed diabetes of 6 moths to 6 years will led to chronic diseases
Pneumonia	Loss of eye sight
Urine infection	Respiratory Diseases
Loose motions	Heart Diseases
Infections	Kidney disorders

Mr.AmoNaikawadi, Joint Managing Director, 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 year 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.”

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. **CCI Newswire**

