



Diabetologist, Dr Nitin Gade's Diabetes Awareness Programme

DIA-BEAT *Let's Beat Diabetes...*

Why we should be worried about Diabetes :

- ❖ India is the 'World Capital' of Diabetes after China. Indian study shows 62.5 million people are with Diabetes & more than double are undiagnosed for Diabetes. That means every third person above the age of 35 years is Diabetic in India (especially between 35-55 years).
- ❖ If Blood sugars are not under control, eyes, kidneys, heart & nerves get damaged at faster rate & life will be reduced by 10-15 years.
- ❖ Every year more than 4 million people are dying because of diabetes & its complications in the world & out of this 1/3 are in India i.e. >2500 every day. Females are more than males
- ❖ If you are Diabetic, you are 2-3 times more prone for getting silent heart attack & paralysis as compare to people without diabetes. Diabetes is a leading cause of kidney failure & amputations in India.
- ❖ As the blood flows throughout the body and sugar remains in the blood, diabetes can affect each and every part of body.
- ❖ As the Diabetes is silent killer & because of lack of knowledge, 50-80% people in India are unaware of their Diabetes & its complications.

Good News

Good news is that today most of the research proved that, 70 - 80% of Diabetes & its complications can be prevented by creating awareness about Diabetes, doing regular checkups, consultation with Diabetologist & We can live the healthy life nature has given which is reduced because of Diabetes by 10-15 years.

Whom should test for Diabetes :

It is very important to diagnose the Diabetes in the early stage when our body is struggling to maintain normal glucose level because it will take 8-10 yrs to have symptoms

- 1) Age >30 years
- 2) Family history of diabetes and age >25 years
- 3) Overweight (BMI >23) or abdominal circumference >90 cm in male & >80 cm in female
- 4) Job with less physical exertion (Office work, IT people etc.)
- 5) Family history of early death (<55 years) by heart attack
- 6) Dyslipidemia i.e. high triglycerides (>150mg/dl) and low Good cholesterol, HDL (<35mg/dl)
- 7) High blood pressure (>130/80 mm of Hg)
- 8) Mother given birth to a baby of >3.5 Kg weight
- 9) Female with polycystic ovarian disease (PCOD)

Diabetes :

Diabetes is a metabolic cum vascular syndrome, characterized by high blood sugar levels, due to lack of insulin or insufficient insulin. In simple words Diabetes increases cholesterol deposition in both small & large blood vessels which leads to damage the major organs mainly Heart, Kidneys, Eyes, Nervous system etc.

There are the three main type of Diabetes which people should know

- ❖ **T1 Diabetes**
 - Rare but occurs mainly in children
 - Almost 90% no reason found
 - Requires only insulin for management throughout life
 - Complete lack of insulin
 - Presented with very high blood sugar, weight loss, infections, etc
- ❖ **T2 Diabetes**
 - Major type 90-95 %
 - Due to family history & Bad lifestyle
 - Treated with oral medicine and/or insulin
 - Mainly occurs in adults
 - Can be silent for many years
- ❖ **Diabetes in pregnancy**
 - 11 times more common in India as compared to West
 - Very important to diagnose in early pregnancy to avoid complication to child & mother.
 - At the time of detection of pregnancy, should check blood sugar level & further as advised by the doctor
 - **Which female should check for sugar before pregnancy** - 1) overweight 2) family history of diabetes 3) recurrent abortions 4) baby born with >3.5 kg weight in past 5) previous baby with congenital problems 6) sudden weight gain during pregnancy.
 - Higher chance (>50%) of getting Diabetes in mother & child in future as compared to normal people.

What happens when blood sugar levels are not under control :

As the blood flows throughout body, even small rise in sugar will lead to damage to each & every part of body.

1) **Macro vascular** - when the big blood vessels get blocked,

- Paralysis
- Early & silent heart attacks
- Gangrene

2) **Micro vascular is-** when the small blood vessels get blocked,

- **Retinopathy (Eyes)** - Early cataract maturity, blood & protein leak on retina
- **Nephropathy (kidney)** - swelling on the feet and face, Kidney failure
- **Neuropathy** - Burning feet, changed shape of feet, non-healing ulcers, sense less foot
- **Autonomic Neuropathy** - Reduced pain sensation of body, constipation, sexual dysfunction, urinary problems, dry skin etc.

How to prevent these complications :

Symptoms will not occur till your organ gets damaged more than 50 %, that's why Diabetes is called as "Silent Killer", so don't wait for any symptoms.

We need to monitor our body by doing following test.

Charts & Investigations

Tests	Time Duration	Remark
Fasting/post prandial blood sugar	Once in a week with each visit	-
Glycosylated hemoglobin	3 months	If controlled then 6 months
Urea/ Creatinine	6 months	If nephropathy regular
Urine routine	3 months	-
24 hours urine protein	Yearly once	If nephropathy then 6 months
Liver function test	If abnormal every 6 months	Before starting certain medication
Lipid profile	Once in a year	If heart problem, 6 months
ECG	Every year	As & when chest pain
Trade Mill Test (TMT)	Yearly once	As per Dr's advice
Doppler/Biothesiometre Monofilament Test	Yearly once	If Neuropathy then 6 months
Eye (Fundus Examination)	Yearly once	If retinopathy, as advised by Ophthalmologist
Dental checkup	Every 6 months	-
Other blood & urine tests	As required	-
Ultrasonography with residual volumes	Yearly once	-

Management : Diabetes should be managed, not treated

1. Diet 2. Exercise 3. Tension, Tobacco, Alcohol 4. Medications 5. Monitoring

"UNDERSTAND DIABETES AND TAKE CONTROL"

Pass this knowledge to others and help them to prevent from getting Diabetes and its Complications...

*"It's an APPEAL to all Governmental and Nongovernmental Organizations (NGO);
Social and Political leaders to help to arrange Diabetes Awareness Talks in your area (Free of cost)
to prevent Diabetes and its complications..."*

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