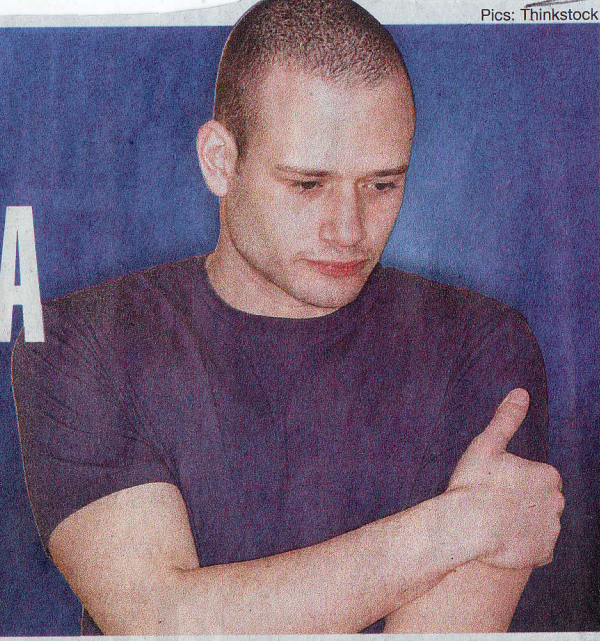


DIABETES EPIDEMIC ON THE RISE IN INDIA

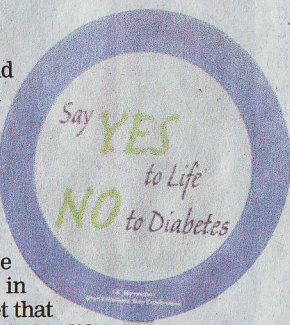


On World Diabetes Day today, experts give the low-down on one of the biggest lifestyle diseases and how to deal with it



ismat Tahseen

Have a deskbound job that has you sitting for over six hours at a stretch? Have you been leading a very sedentary lifestyle and done nothing about it so far? Well, sit up and smell the proverbial coffee, or in this case, get out and get that adrenalin going. An inactive life, which involves lack of exercise and poor calorie management, is one of the biggest contributors to the dreaded disease of diabetes, today. "India is facing an epidemic of diabetes. At present, confirmed diabetes patients in India are 67 million, with another 30 million in prediabetes group. By 2030, India will have the largest number of patients in the world. Diabetes is not only a blood sugar problem, but brings along other complications as well," warns Dr Arun Bal, diabetic foot surgeon.



GESTATIONAL DIABETES

Gestational diabetes is a condition in which women without previously diagnosed diabetes exhibit high blood glucose levels during pregnancy. "In developing countries including India, the prevalence is almost 16-17%. Those who are overweight and have a family history of diabetes, are at the risk of developing GDM," says Dr Deepak Chaturvedi, endocrinologist and diabetologist. Is there any way to avoid it? "Control weight through calorie intake for one. Have small, frequent meals during pregnancy (balanced diet), avoid obe-

sity before conception and stay active throughout your pregnancy," he advises.

How it's treated:

- Split the daily meals in 5-6 portions
- Use insulin therapy, whenever needed.
- Follow normal physical activity plus graduated daily exercise like walking.
- Monitor bodyweight, blood pressure, haemoglobin, glycosylated haemoglobin, blood sugar etc.
- Foetal development assessment by ultra sonography.

ALARMING STATS!

- India has over 60 million diabetics between 20-79 years and this number is steadily rising.
- By 2030, diabetics may jump to 101 million, according to the International Diabetes Federation.