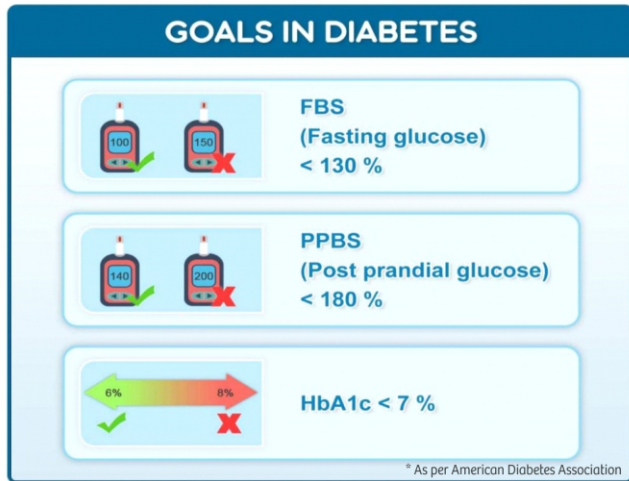


"Diabetes is like a roller coaster. It has its ups and downs, but its your choice to scream or enjoy the ride."



PREVENTION OF DIABETES

T 	R 	A 	C 	K
Take your medications as prescribed by your doctor	Reach and maintain a healthy weight	Add more physical activity to your daily routine	Control your ABC's- A1C, blood pressure, & cholesterol levels	Kick the smoking habit

What is the role of exercise in controlling sugars?

Physical activity is the most important aspect of management of diabetes.

- ▶ At least 30 minutes of walking/day is advisable. Avoid prolonged (>90 minutes) sitting.
- ▶ Exercise helps in controlling sugars and reducing weight. It also helps in lowering blood pressure and cholesterol levels and reducing the risk of heart disease or stroke.

How running helps?

Running can be an ideal form of exercise for people with diabetes as it helps improve the body's sensitivity to insulin. The great aspect of running that you don't have with many sports is control, as running can be a form of exercise tailored to your demands, unless you are specifically entering races.

In type 1 diabetes, aerobic training increases cardiorespiratory fitness, decreases insulin resistance, and improves lipid levels and endothelial function.

In individuals with type 2 diabetes, regular training reduces A1C, triglycerides, blood pressure, and insulin resistance.

"Diabetes teaches you DISCIPLINE, SO BE DISCIPLINED in your routine beforehand."



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OUTRUN DIABETES

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What is diabetes and pre-diabetes?

Diabetes is a state with 'increased blood sugar levels', which can damage your kidney, eye, heart, nerves, etc. Pre-diabetes means you are at a higher risk of developing diabetes.

	NORMAL	PRE - DIABETES	DIABETES
FBS	<100	100-125	≥126
PPBS/OGTT (2 hrs Glucose)	<140	140-199	≥200
Hb A1C	<5.7%	5.7-6.4%	≥6.5%

* As per American Diabetes Association

What are the symptoms of diabetes?

Patient with mildly elevated sugar may not have any symptoms. Many patients are diagnosed incidentally on routine health check up during some illnesses (myocardial infection, stroke or urinary tract infection) or as a part of periodic routine health checkup. Hence, screening for diabetes is very important (especially if you are at risk of developing diabetes), irrespective of presence/absence of symptoms.

Usual Symptoms Of Diabetes



Frequent urination



Excessive thirst



Increased/decreased appetite



Weight loss



Burning feet



Generalized weakness



Body ache



Lethargy

What are the types of diabetes?

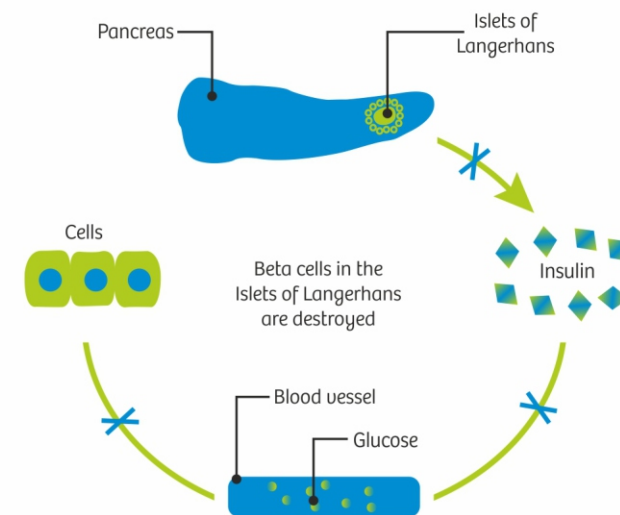
Type 1 diabetes, type 2 diabetes, diabetes in pregnancy and other types. Majority (90-95%) of the patients with diabetes have Type 2 diabetes.

TYPE 1	TYPE 2
<p>DIAGNOSIS</p> <p>Type 1 is often diagnosed in young children as the symptoms of diabetes should be apparent from a young age.</p>	<p>DIAGNOSIS</p> <p>Type 2 is generally diagnosed in those over 40. Type 2 can be diagnosed in those younger than 40, but it is not as common.</p>
<p>DEVELOPMENT</p> <p>The immune system will destroy any new beta cells the body produces and so people with type 1 diabetes need to take insulin injections to compensate for the reduced ability of the pancreas.</p>	<p>DEVELOPMENT</p> <p>The body becomes less able to respond to insulin and the body will try to compensate by producing more insulin but if the body cannot produce enough, high blood sugar levels will result.</p>
<p>TREATMENT</p> <p>Treated with insulin injections or an insulin pump device which delivers insulin directly into the body through a wearable device.</p>	<p>TREATMENT</p> <p>Treated initially with tablets and/or diet. As type 2 diabetes develops, insulin injections may be introduced.</p>
<p>PREVENTION & REVERSAL</p> <p>Type 1 diabetes can't be prevented and it cannot be controlled without insulin.</p>	<p>PREVENTION & REVERSAL</p> <p>It is possible for some people with type 2 to come off medication through lifestyle changes. However, this is not the case for all patients.</p>
OTHER TYPES	
<p>Type 1 and type 2 are not the only forms of diabetes. There are other types:</p> <ul style="list-style-type: none"> • Prediabetes : Early form of type 2 diabetes • Gestational diabetes : A form of diabetes in pregnancy, similar to type 2 • LADA: A slower progressing form of type 1 diabetes that can develop in adults • MODY : A form of diabetes caused by specific genetic mutations 	

What causes diabetes?

Cause of Diabetes Mellitus (Type 1)

Beta cells present in the Islets tissue of Pancreas are responsible for the production of insulin which helps carry the sugar and glucose to the cells. In patients having Diabetes Mellitus Type 1, their body's immune system destroys these beta cells leading to no insulin production, thus causing the rise in the blood glucose and sugar levels.



Causes of Type 2 Diabetes

- ▶ Family history of type 2 diabetes
- ▶ Asian Indians
- ▶ Overweight (BMI > 23kg/m²)/ Abdominal Obesity
- ▶ Sedentary lifestyle
- ▶ H/O Gestational diabetes/PCOS
- ▶ Metabolic syndrome
- ▶ Presence of prediabetes



Complications of Diabetes

ACUTE (Immediate)



Infections



Weight loss



Dehydration



Ketoacidosis



Coma

CHRONIC (Long term)



Nephropathy



Retinopathy



Neuropathy



Heart Diseases



Diabetic foot problems & gangrene