

# DIABETES

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Let me take this opportunity to talk about Diabetes, the modern epidemic.

We have almost 6 crore Diabetics and 60 crore Prediabetics in India. It has a huge economic load on the nation.

The day anybody is diagnosed as Diabetic, his/her risk is same as that of a person who has had a heart attack.

We all have to be vigilant about this epidemic.

## RISK FACTORS

1. Being Indian (Asian)
2. Being Man (that does not mean that women are very safe).
3. Menopause
4. Genetics
5. Family history of Diabetes (if your father is Diabetic then your chance of getting Diabetes is 20 times more than general population. If your mother is diabetic then your chance is 7 times).
6. High LDL (so called Bad Cholesterol)
7. Low HDL (so called good cholesterol)
8. High Triglyceride
9. Being overweight (that does not mean that lean Indians are safe. In India we have "Lean Obese" people. That means we are apparently lean but have fat deposits inside).

10. Increased waist circumference
11. Flat hips
12. Increased waist to hip ratio
13. Less physical activity
14. Sedentary job (life style)
15. Depression and isolation.
16. Lack of sleep
17. Irregular eating habits.
18. High sugar and fat containing food.
19. Smoking
20. Alcohol
21. Recreational drugs
22. On chronic medications (like oral contraceptive pills, anti-psychotics, antidepressants, some BP medicines, Steroids etc)
23. Body building medicines.
24. Hypothyroidism, Hyperthyroidism and other hormonal problems.
25. Vitamin D deficiency

If you have any of the above issues then you are at risk. Please make sure that you screen yourself for Diabetes as soon as



## YOUR GOAL SHOULD BE

1. Physical activity (exercise for at least 40 min a day for seven days a week)
2. Encourage INEAT (Non Exercise Activity Thermogenesis). It means that increase the activity other than exercise. For example, don't ask anybody glass of water. You get up and go to kitchen to take your water. Other example is not to use remote to change TV channel. Get up and do that. In your office make sure you get up from your chair every 1-2 hours and move a bit. Use stairs to climb 1-2 floors rather than using lift.
3. Screening to be done every 6 months or one year
  - Diabetes profile (FSL fasting, OGTT, HbA1c)
  - Thyroid profile





- Extended lipid profile
  - ECG
  - Stress test
  - 3D Echocardiography
4. Periodic monitoring of
- Blood pressure (early morning and evening)
  - Waist circumference
  - Body weight
5. Keep goals as follows
- BSL Fasting : 80-100
  - BSL PP: 110-140
  - HbA1c : <6
  - LDL : < 80
  - BP: 120/80
  - Weight: In ideal limits
6. If you are already a diabetic, then periodic screening can prevent or delay complications in you. Following screening to be done:
- Lipid profile
  - Kidney function test
  - USG whole abdomen with pain.
  - Urine analysis
  - Doppler of both lower limbs.
  - ECG
  - 2-D Echocardiography
  - Stress test
  - Folicacin
  - YFT (to test for touch and temperature sensations)
  - Complete eye checkup
7. Diabetic foot (ulcers) are preventable.
8. Diabetes can be managed with life style modification and medicines.
9. Timely initiation of insulin can delay or prevent lot many complications of diabetes.
10. If you have any problem with the medicines then discuss with your doctor and don't stop by yourself.
11. Discuss with your doctor about any existing/new symptoms you are getting like burning feet, tingling, numbness, erectile (sexual dysfunction), recurrent infections, bowel bladder symptoms, alteration in thirst and sweating tendencies etc.
12. You may get lot of messages about the herbal way (gudine, Diwanje, haldi, methi etc etc). You are free to follow that but don't stop your medicines.



13. Restrict your salt, sugar and fat intake as advised by your health care provider.
14. Don't avoid any discomfort which is there from your umbilicus to the feet. See your doctor right away. Don't ignore your heart ailment considering it to be only gas. Diabetes can present with silent heart attack.
15. Any sexual dysfunction (erectile dysfunction) should be taken seriously. It's more common in patients of Diabetes. As per the latest data, the erectile dysfunction may be the first sign of your heart problem. If you have erectile dysfunction then there are chances that you may get a heart attack in few years. So don't avoid it.
16. Any unexplained fatigue and lethargy should be evaluated thoroughly.

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