

As per WHO data, an estimated 77.2 million people in India are suffering from pre-diabetes. But many of these cases can be prevented as the major cause of this disorder is unhealthy lifestyle that can be monitored and checked

SWEET DISORDER

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Incidence of diabetes is growing alarmingly in India, home to more than 65.1 million people with the disease, compared to 50.8 million in 2010. By 2030, the number of Indians suffering from diabetes is expected to cross the 100 million mark, according to a report by International Diabetes Federation.

Giving an Indian perspective, Anil (Akkawadi), Preventive Healthcare Specialist, Indus Health Plus, says, "The growth of the disease is beginning to affect the younger generation as well, especially women between the age group of 35-40. Early detection of diabetes can lower complications and improve the quality of life."

"High-stressed jobs lead to pressure and anxiety, all of which contribute to diabetes. And once diagnosed, diabetes and work sometimes become difficult to manage. "On weekends, I can eat and exercise as I'm supposed to. But at work? I don't think so. We get a lunch break of 25 minutes. We're supposed to take coffee breaks, but nobody takes them. We're too busy," shares Prateek Wadwa, a diabetic marketing professional.

According to medical experts, diabetes can be managed by preparing yourself to take charge of the disease and not losing your mind over it. "Many diabet-



ics do not talk about their disease as they feel embarrassed about it. Checking blood glucose in public or taking insulin is also what many are not comfortable

with. While skipping meals due to meetings can cause low blood glucose (hypoglycemia), avoiding medications at meal hours can lead to high blood glucose

(hyperglycemia)," states Dr. Mihir S. Ilati, Physician and Tutor Diabetology at Narayana Super Speciality Hospital.

Dr. Anoop Misra, Chairman, Fortis C-DOC, says that it is all about adopting a healthy lifestyle. "It is very important to prevent type 2 diabetes. Adequate weight loss, maintenance of normal body mass index and waist circumference, daily physical exercise and right type of diet have shown to prevent diabetes better than drugs over 10 year period in a scientific study in the USA," he informs.

Healthy eating and eating regularly is very important not only to maintain weight but also for good glycemic control for diabetic patients.

Agnes Dr Pradip Gadge, Diabetologist, "Eating on time to avoid hypoglycemia (low blood sugar) is crucial in diabetics, more so for those who are on insulin. Duty hours should be adjusted in such a way that the patient gets adequate time to eat every three hours. Usually during working hours, the mid evening meal and evening snacks are missed. But these are important as well."

> SMART LIVING

- Try to park your vehicle a bit away to the office parking lot, but do keep the margin so that there is time to walk. Try using stairs instead of lift, when talking on cellphones, try to get up from your chair and start walking. If it is necessary to be at your desk for some work, try moving your limbs in intervals to stay active. When in stress, resort to deep breathing exercises. Walking 10k steps a day measured by pedometer app in smartphone is also useful.