

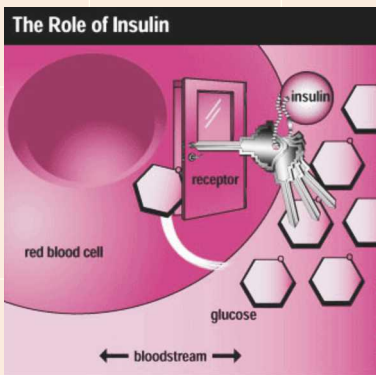
# DIABETES MELLITUS



**P. D. HINDUJA HOSPITAL  
& MEDICAL RESEARCH CENTRE**

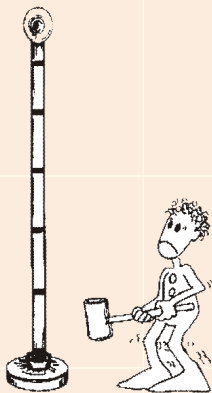
## What is diabetes?

Diabetes mellitus is a metabolic disorder characterized by long standing hyperglycemia, due to a gap between the supply and demand of insulin keeping the blood sugar constantly high. This causes complications damaging the eyes, nerves, kidneys etc.



## Diabetes what are the signs?

- Always hungry
- Always thirsty
- Frequent urination
- Always tired
- Sudden weight loss
- Wounds that will not heal
- Sexual problems
- Vaginal infections
- Blurry vision



## Risk factors for diabetes

- 1<sup>st</sup> degree relatives with diabetes
- History of Cardiovascular diseases (CVD)

- Overweight
- Hypertension
- Physical Inactivity
- Advancing age
- HDL cholesterol level less than 35 mg/dl



- Triglyceride level more than 250 mg/dl
- Heredity
- Poor diet



- Members of high risk ethnic population - Asians
- Women who delivered a baby more than 4 kg
- Impaired Glucose Tolerance (IGT) or Impaired Fasting Glucose (IFG) on previous testing.
- Women with polycystic ovarian syndrome (PCOS)
- Testing for Pre-Diabetes and Diabetes should begin at the age of 35 years
- If results are normal, testing should be repeated atleast at 3-year intervals.



## Exercise

### Benefits of Exercises

- Reduces Weight
- Reduces B.P.



- Reduces blood sugar
- Improves Cardiovascular Fitness
- Increases H.D.L. Cholesterol  
(The GOOD cholesterol)
- Reduces Mental Strain



### Principles for Exercise

- Regular exercise - Atleast 5 days in a week
- Duration 30-60 mins.
- Activities
  - Brisk walking
  - Skipping
  - Jogging
- Individualise exercise programs

### Precautions

- Careful about footwear and feet injury- Examine feet daily
- Avoid exercise in hot or cold weather
- Carry quick acting carbohydrate (glucose powder / sweets / biscuits)
- Wear loose fitting clothes
- Should have small snack before exercise
- Avoid exercise immediately after taking insulin
- Report any discomfort during / after exercise
- Dose of insulin to be given after exercise and site non exercising muscle

## Foot Care

“Feet, take you around the world in your entire lifetime take care of them”

### General

- Inspect your feet everyday. Look between your toes.
- If you cannot see the bottom of your feet, use a hand mirror
- Check for any cracks, blisters, scratches, cuts, redness or swelling
- Before washing your feet check temperature of water with your elbow or ask someone
- Dry your feet especially between toes
- Apply lotion to dry or cracked skin and soles of feet but do not put lotion between toes
- Do not do vigorous massage
- Do not sit cross legged
- Avoid walking with weight bearing on the affected foot

### Footwear

- NEVER walk barefoot
- Buy footwear in the evening to ensure that you buy the proper size
- Avoid open toe or heel shoes
- Avoid narrow shoes or tight shoes
- Check inside of shoes and underneath of shoes before putting them on

- Do not remove footwear while traveling and place feet on floor of vehicles

### **Socks**

- Always use footwear with loose cotton socks
- Wear clean socks. Change them everyday
- Avoid bumpy socks or socks with tight elastic



**For Appointments please call 39818181 / 6766 8181**

#### **Working hours**

Monday to Saturday                      08:00 am to 07:00 pm

Reports can be collected from OPD report collection counter on the next working day after 7 pm

#### **Report counter timing**

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