

Everything
you should
know
about



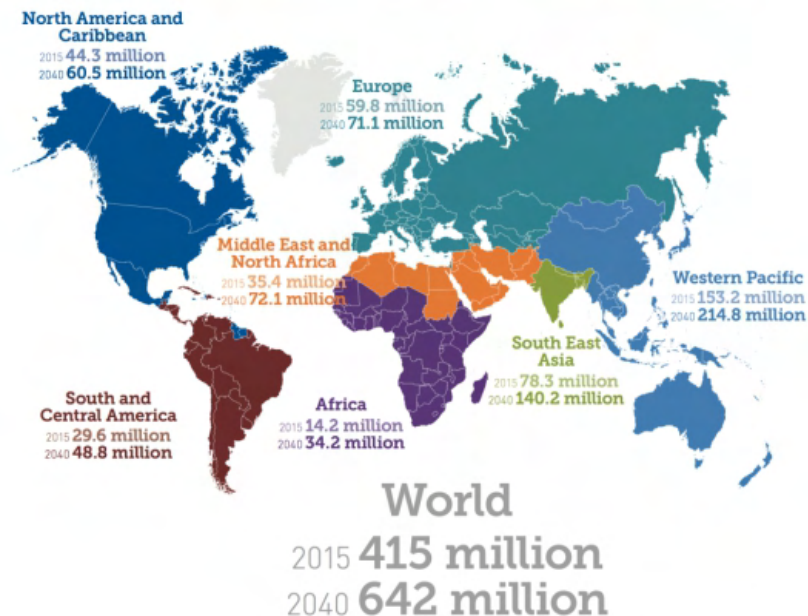
What is Diabetes?

Diabetes is a condition of having too much sugar (glucose) in the blood. Although sugar is needed to provide energy for the body, when in excess, it causes problem.

Persons with diabetes have excess sugar because they lack or have deficient supply of insulin.

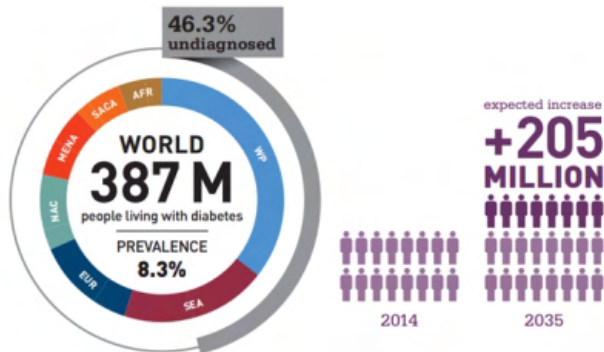
Estimated People With Diabetes [2015 and 2040]

Estimated number of people with diabetes worldwide and per region in 2015 and 2040
(20-79 years)



Undiagnosed Fraction

1 in 2 adults live with diabetes undiagnosed.



India is the Diabetes Capital of the World!



Diabetes currently affects more than 62 million Indians [$> 7.1\%$ of the adult population].

Nearly 1 million Indians die due to diabetes every year.

India is projected to be home to 101.2 million individuals with diabetes by 2030.

Blood Glucose Levels

	Normal mg/dl	Impaired mg/dl	Diabetes mg/dl
Fasting	< 100	100-125	≥126
Post prandial	< 140	140-199	≥200
HbA1c	< 5.7%	5.8-6.4%	>6.5%

Who Can Get Diabetes?

Diabetes risk increases with:

Sedentary
Lifestyle



Unhealthy
Eating habits



Family history



Obesity



Stress



Age



Diabetes: Signs & Symptoms



Weight Loss



Extreme Tiredness



Increased Hunger



Excessive Thirst



Frequent Urination



Tingling & Numbness



Blurred Vision

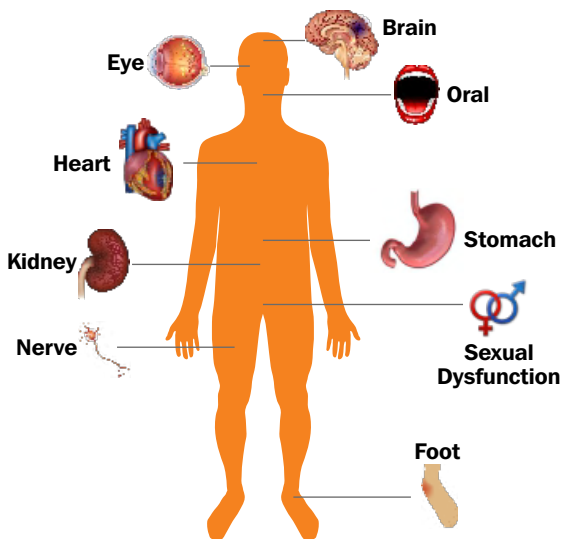


Unhealed Wound



Urine Attracting Ants

Diabetes can affect all body parts



Management of Diabetes

• HEALTHY LIFESTYLE

Exercise:
150 min/week



Weight
reduction



Stress
reduction



Diet:
Less calories,
more fruits
and fibres



Avoid
smoking and
alcohol



• ORAL MEDICINES



• INSULIN



If not controlled
by above measures

What is HYPOGLYCEMIA (Low Sugar)

Hypoglycemia, also known as low blood sugar, is when blood sugar decreases below normal levels.

This may result in a variety of symptoms.



Hypoglycemia Treatment



2-3 tsp. of
glucose powder



6-10 hard
candies



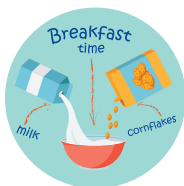
Fruit juice
or soda



3-4 commercially
prepared
glucose tablets



Recheck
Blood Sugar
after
15 minutes



After
improvement,
snacks or milk.

Important Points

- **Diabetes is life-long, it cannot be cured but can be controlled.**
- **Those having diabetes, should check their blood sugar routinely.**
- **No symptoms does not always mean blood sugars are normal.**
- **Even thin or fit individual of any age can develop Diabetes (Type2).**
- **Be in contact with your doctor for annual assessment.**

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