

## World Diabetes Day

All Sugar is not Sweet

Dear Parents,

World Diabetes Day is celebrated on 14<sup>th</sup> November every year to raise awareness of the condition that millions of people live with all around the world. This date is picked as it is also Sir Frederick Banting's birthday- the scientist who discovered insulin along with Charles Best.

The International Diabetes Federation statistics states that approximately 463 million adults (20-79 years) are living with diabetes and by 2045, this will rise to 700 million. Diabetes is more common amongst the lower and middle-income groups all over the world. An estimated 72.96 million among the adult population of India, are afflicted.

### What is Diabetes?

Diabetes is a disease that occurs when your blood sugar is too high. Blood glucose is your primary source of energy and comes from the food you eat. Insulin, a hormone secreted by the pancreas, helps cells absorb glucose from food which is then used for energy. When your body doesn't make enough insulin or use insulin well, glucose stays in your blood and doesn't reach your cells. Increased blood glucose levels give rise to different kinds of infections and heart related complications if left untreated.

Different types of diabetic conditions exist in different groups.

- Type 1 – Juvenile Diabetes affects children.
- Type 2 – Affects adults
- Gestational Diabetes – Affects pregnant women
- Pre-diabetic stage - Borderline Diabetes

Of the above stages, the Pre-diabetic stage (higher blood Sugar but not enough to be labeled as diabetes) is extremely vulnerable because this condition will ultimately turn into

Diabetics if necessary measures are not taken to control it in time. Campaigns like Diabetes Day will help create awareness and control disease progression.

### **Do's**

- **Get yourself checked regularly** if you have a family history of diabetes.
- **Keep track of your sugar levels**, if you are pre-diabetic.
- **Maintain** your ideal body weight.
- **Include lots of vegetables**, 1 or 2 servings of fruits and **high fiber foods like** whole grains, pulses and green vegetables.
- **Avoid reusing oil or using** margarine, Dalda/Vanaspati.
- Include 4-6 **small frequent meals** rather than 3- big meals a day.
- Choose the **healthier option** when eating out.
- Always **read labels** and select foods that are low in fat, salt and sugars.
- Ensure **sufficient physical activity**. Practice **Yoga and Pranayama** to avoid stress.

### **Don'ts**

- Avoid fasting if you are on insulin or oral hypoglycemic agents because it may result in hypoglycemia (low blood sugar levels).
- Diabetics should not skip a meal.
- Avoid white bread, chips, and pastries, which quickly increase blood sugar.
- Restrict consumption of processed foods and meats as they are rich in salt and oil.
- Do not use artificial sweeteners beyond the recommended quantity. Get used to tea/coffee without sugar gradually.
- Do not exercise on an empty or full stomach.
- Pay attention to your food while eating. Do not read, watch TV or use any gadget during mealtimes.
- Take your medication regularly.

**With Best Wishes,**

**Medical Department**

**Delhi Public School-Bopal, Ahmedabad**