

Q. *India has 41 million people with diabetes and the percentage of Indians affected by the disease is growing each year. What's causing this alarming diabetes epidemic in India and how can it be slowed?*

– **Anonymous, India 03/24/08**

Rated: ★★★★★ by 14 **Council Members**

A. 1 *From: M Manju, Registered Member on Ammas.com*

Hello Anonymous,

It is a nice question and I want the people to get awarness related to this..

In recent days there are more studies and researches based on this issues and we in ammas group should contribute something towards this awarness program..And I hope this query is for that..

Thanks

Ok let me come to the point of dicussion

The world's largest diabetes epidemic is threatening India, which is ill-equipped to cope, say experts.

The amount of type II, or adult-onset diabetes in Indian cities is high, and rising, suggests health data.

India has a population of more than a billion, and its citizens appear prone to developing diabetes later in life, and are certainly more vulnerable to its complications such as high blood pressure leading to coronary heart disease.

Part of the blame falls on the adoption of a more Western lifestyle, involving fatty food and too little exercise.

Obesity is a known risk factor for the development of diabetes.

Dr Vikram Seshaiyah, Medical Director of the Diabetes Unit with the Apollo Hospitals in Chennai, told the annual conference of the Association of Physicians of India: "By 2005, we will have 30 to 35 million diabetics in India, and every fifth diabetic in the world will be Indian.

"Epidemiological data shows that now only the prevalence of type II diabetes is very high in the urban population, but it is also increasing."

Another worry confronting the Indian health authorities is the relatively young age at which diabetes is being diagnosed in many patients.

A study of complications in more than 3000 diabetics by the Diabetes Research Centre in Chennai showed that many had suffered eye, nerve or other tissue damage by the time diagnosis was made.

Other experts say that more efficient food production says that many Indians are at present better nourished than at any point in the last century.

Diabetes occurs when the body can no longer produce enough of the hormone insulin to properly regulate the levels of sugar in the bloodstream.

Type I diabetes, often referred to as juvenile diabetes, happens when the cells in the pancreas which produce insulin are destroyed.

Patients require daily insulin injections, and a carefully controlled diet, for life.

The more common variety, type II diabetes, generally happens later in life, and happens because the cells of the body become less responsive to the regulatory effects of insulin.

This, coupled with a tendency to produce less insulin overall, again leads to levels of glucose sugar in the bloodstream becoming too high, eventually causing tissue damage.

Some type II diabetics can control the problem with diet restrictions and exercise, but many also need extra insulin in the form of tablets or injections.

In the US, one in ten adults is thought to suffer from diabetes.

According to IDF President-Elect Martin Silink, The diabetes time bomb has been ticking for 50 years, and its been getting louder. Despite the warning, successive generations of world leaders have largely ignored the threat. Diabetes has now

exploded with the force felt greatest in the Middle East, India, China and the USA.

refer:www.idf.org

So I recommend to join in THE INDIAN TASK FORCE ON DIABETES CARE IN INDIA to serve for our people

What Is it?

The Indian Task Force on Diabetes Care In India has been formed by a group of around 300 practising doctors with a predominant interest in diabetes and has an International Advisory Board consisting of eminent members of the International Diabetes Federation (IDF) and the World Health Organisation (WHO).

Although there is no tight hierarchy in the Task Force, for purposes of efficient working, Prof. C. Munichoodappa (Bangalore) and Prof. V. Seshiah (Chennai) are the Co-Chairpersons.

Who Can Join

All those interested in working for the cause of diabetes care in India can be a member of this Task Force.

This includes Consultants with a predominant diabetes practice, Family Physicians and other medical practitioners, people with diabetes, and also those persons who may be interested in diabetes by virtue of having a family member or friend who has diabetes.

The per capita income of an Indian has been estimated to be Rs.15,000 per year. In view of the significant disparity in incomes, most people earn much less than this. The 1998 World Development Report says that 52% of the Indian people live below the accepted poverty line. This is based on the rupee value vis a vis the dollar at 1985 rates. At that time, the rate was around Rs 14 to the dollar, whilst today it is around Rs 40 to the dollar. Consequently, the number of people who live below the poverty line is estimated by economists to be more than 75%. The Inequality Index in India is extremely high, and this again shows that although the per capita income may be reported as Rs. 15,000 per year, more than three fourths of the people earn less than this.

The economic realities must be taken into account when drawing up any diabetes

care programme. Any programme must only be available to the common people, but must also be accessible and affordable to them.

It is here that a partnership between Consultants practicing diabetes, family physicians, people with diabetes and all those interested in diabetes become essential. If we are to make any progress in making diabetes care available, accessible and affordable, we have to join hands. By coming together on a common platform we empower ourselves, become a force in the true sense of the word, to pursue our aim to better the cause of those with diabetes in our country.

TOGETHER, WE CAN MAKE A DIFFERENCE!

JOIN IT!

Rated: ★★★★★ by 20 Council Members

A. 2 *From: Geetha Gopakumar, Council Member on Ammas.com*

Diabetes mellitus is one of the main threats to human health in the 21st century. The past two decades have seen an explosive increase in the number of people diagnosed with diabetes world-wide - this is world estimate about diabetes to people. Definitely the increasing of diabetes is a threat to the health, life span because of diabetic and the side diseases of people. NOVEMBER 14 is World Diabetes Day when all of us with concern for this disease should reaffirm our commitment to the eradication of diabetes. Diabetes is the talk of the world today as the number of patients is rapidly increasing due to the adoption of Western life style and other factors. Men and women at a young age are developing diabetes and the cost of the total management of the ailment and its complications involving the eyes, kidneys and foot gangrene is rising.

In India is also the population of diabetic patients increasing in an alarming rate as we can call it as an epidemic. The Indian Task Force on Diabetes Care In India has been formed by a

group of around 300 practising doctors with a predominant interest in diabetes and has an International Advisory Board consisting of eminent members of the International Diabetes Federation (IDF) and the World Health Organisation (WHO). All those interested in working for the cause of diabetes care in India can be a member of this Task Force. This includes Consultants with a predominant diabetes practice, Family Physicians and other medical practitioners, people with diabetes, and its

is assured also that those persons who may be interested in diabetes by virtue of having a family member or friend who has diabetes. Another worry confronting the Indian health authorities is the relatively young age at which diabetes is being diagnosed in many patients.

In keeping with the scenario of most developing countries, India has long passed the stage of a diabetes epidemic. The problem has now reached, in scientific language, "pandemic" proportions. To put it simply, it has crossed the dividing line in which it is a problem associated with individuals, no matter how large this number may be, and is now a very large public health problem, growing astronomically year after year. More than a matter of individual health and well being, the pandemic calls for an effort in which attention must be paid not only to treating a patient with diabetes. It involves a collective response which includes the setting up of a complete infrastructure which involves attention to prevention as well as making diabetes care "Available, Accessible and Affordable" to all persons with diabetes. Diabetes in developing countries is significantly more than in many developed countries and its presentation is also different than what is traditionally described in the developed countries.

The crude prevalence rate of diabetes in urban areas is about 9% and that the prevalence in rural areas has also increased to around 3% of the total population. Moreover, the type of diabetes which we see in India is considerably different from that described in the western literature. It is widely accepted that the health, socio-economic and personal costs of diabetes and its attendant complications is unacceptably high, not only to the individual, but also to the nation as a whole when one considers the sheer number of people who are already known to be diabetic.

It is therefore, a major concern to those involved in diabetes care that India has no major initiative available, or even planned, to try and face this problem. India has a distinct need for a comprehensive diabetes care program. This should not only confined to report on the standards of diabetes care which are prevalent here, but needs to be more wide ranging. It has to be a continuous ongoing process, which approaches the problem from an all encompassing primordial, primary, secondary and tertiary approaches. At the same time, it should be workable and have short and long term aims and objectives in the quest to improve diabetes care in India. It needs to continuously examined and reevaluated so that one is sure that the objectives are being achieved. Without such an objective evaluation, there is always a possibility that such programs will be high on "percept" and abysmal in "practice". For any such program to succeed, it must be rooted in ground realities as present in India.

The program should have an infrastructure that makes it "available", both in terms of technology and expertise, accessible", even to the common man with diabetes, and should be "affordable".

India is a vast and diverse country. This is something which is often forgotten. Not only is India a vast and heavily populated country, but the people who live here are ethnically heterogeneous. This heterogeneity is manifested in significantly different religions, communities, castes, cultures, languages (18 major languages and more than 200 dialects!), food habits, life styles and in their genetic endowment. It would be true to say that India has more diversity than the whole of Europe and this diversity must be taken into account when planning any program for diabetes care in India. Before people ate less fattening food and got more exercise. Now it's the reverse and Indians are getting fat. Diabetes occurs when the body can no longer produce enough of the hormone insulin to properly regulate the levels of sugar in the bloodstream. Patients require daily insulin injections, and a carefully controlled diet, for life.

It is no secret that Indian food as delicious and unparalleled as it certain is contains some of the worst dietary ingredients so far as health is concerned. In addition to life-boosting spices and herbs, Indian food is generally prepared with large amounts of Ghee (basically clarified butter except 10x fatter than regular butter), Oil (and sometimes gobs of it are floating on top of my nihari), Sodium (salt, msg), and sugar (a very key element in pretty much every dessert), and lots of pure Cream, which are to be controlled and cared and awareness in the matter is better than cure.

Rated: ★★★★★ by 20 Council Members

A. 3 *From: Indumukhi A., Council Member on Ammas.com*

Diabetes and its frequent companions like obesity, high blood pressure, heart disease, PCOs, etc. are seen with greater frequency in Indians and also in other populations which have adopted a "Western" style diet and sedentary lifestyle relatively recently.

However, I think it is erroneous to blame these high rates of diabetes on genes. In the book "Ultraprevention" I read about how we can basically disable our negative genetic tendencies by following a healthful, plant-based diet and exercising.

So, to sum up, causes would be:

1) Sedentary lifestyle: how many Indians get the recommended 30-60+ minutes of

physical activity daily?

2) Move away from traditional diet– whether it is eating more meat, more refined products like white sugar, biscuits, partially hydrogenated oil (e.g. vegetable ghee); or eating less foods like sorghum, millet, nuts and seeds which may be more costly than cheap deep fried snacks. Not to mention inavailability of fresh, organic, unadulterated fruits and veggies for many people.

3) Both of the above lead to create overweight and obesity, leading risk factors for diabetes.

4) Increased rates of smoking and exposure to secondhand smoke, all of which are risk factors for diabetes.

4) Finally, our physical environments are worsening– not just pollution, but reduced green space where kids (and adults) could play and walk outside to stay fit and healthy.

How can it be slowed? Again I recommend the book "Ultraprevention" by Mark Hyman. It is so inspiring to realize that we can "turn on" our good genes and "turn off" the ones that lead us to get diabetes, etc. I think we need two things, one is personal responsibility and the other is government action:

1) Kids need exercise. All schools should have physical activity time in which kids play sports or games– both boys and girls.

2) There need to be spaces, especially urban spaces, where both men and women feel safe running or walking– whether this means not getting harassed or not getting run over by cars.

3) Indian government should ban partially hydrogenated oils like many U.S. states are now doing. There should also be more smoking bans and efforts to help people quit smoking, and keep teenagers from starting.

4) Government also needs to regulate food supply to make sure urban dwellers aren't getting fruits injected with chemicals to make them appear ripe, and also encourage traditional small-scale organic farming practices and make sure these can remain profitable through subsidies.

On the personal responsibility side, we all must take responsibility for our lifestyle choices: exercise, diet, smoking, etc., and try to educate ourselves to make the best

choices possible! I have the biggest sweet tooth, so I know how hard it is...but we all need to support each other and find different paths to happiness and showing affection than by sharing sweets. At least we should avoid having every day!

Rated: ★★★★★ by 20 Council Members

A. 4 *From: Ms saipriya r, Council Member on Ammas.com*

hello Anonymous

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"Epidemiological data shows that now only the prevalence of type II diabetes is very high in the urban population, but it is also increasing."

Another worry confronting the Indian health authorities is the relatively young age at which diabetes is being diagnosed in many patients.

A study of complications in more than 3000 diabetics by the Diabetes Research Centre in Chennai showed that many had suffered eye, nerve or other tissue damage by the time diagnosis was made.

Heart disease toll

More than a third of patients had high blood pressure, while 11.4% had developed coronary heart disease.

Dr Seshaiiah told Reuters: "Our hospitals cannot manage this magnitude of complications.

"In Government Royapettah Hospital in Chennai, the patients attending the diabetic clinic have increased from 6,190 in 1993 to a staggering figure of 19,991 by 1999."

"Before people ate less fattening food and got more exercise. Now it's the reverse and Indians are getting fat," said Dr Rekha Sharma, a dietician at one of Delhi's leading hospitals.

Despite this impending threat, the World Health Organisation recently listed the biggest threats to health in India as smoking and HIV.

Other experts say that more efficient food production says that many Indians are at present better nourished than at any point in the last century.

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In the US, one in ten adults is thought to suffer from diabetes.

Type of Diabetes

Type 1 Diabetes

The body stops producing insulin or produces too little insulin to regulate blood glucose level. Type 1 diabetes occurs when the body's own immune system destroys the insulin-producing cells of the pancreas (called beta cells).

Type 1 diabetes is an autoimmune illness. Type 1 diabetes grows most often in children but can occur at any age.

Type 1 diabetes comprises about 10% of total cases of diabetes in the United States. Type 1 diabetes is typically recognized in childhood or adolescence and can occur in an older individual due to destruction of pancreas by alcohol, disease, or removal by surgery or progressive failure of pancreatic beta cells, which produce insulin.

Type 2 diabetes

Type 2 diabetes is gradually more being diagnosed in children and adolescents. Type 2 diabetes is more ordinary in older people, particularly in people who are overweight, and happens more often in African Americans, American Indians, some Asian Americans, Native Hawaiians and other Pacific Islander Americans, and Hispanics/Latinos. The pancreas secretes insulin, but the body is partially or completely not capable to use the insulin. Type 2 diabetes is classically recognized in adulthood, generally after age 45 years. Type 2 diabetes is usually controlled with diet, weight loss, exercise, and oral medications

Here is a list of some best Home Remedies for Diabetes:-

Home Remedies for Diabetes

- 1) Most effective Home Remedy for Diabetes is Bitter gourd and proved helpful in controlling diabetes. For better results, the diabetic should take the juice of about four or five Bitter gourds each morning on an empty stomach.
- 2) Take juice of bilva and parijataka leaves in identical parts for natural remedy of diabetes.
- 3) Indian gooseberry, with its high vitamin C content, is measured important in diabetes. A tablespoon of its juice, mixed with a cup of bitter gourd juice, taken daily for two months, will rouse the islets of Langerhans, that is, the remote group of cells that secrete the hormone insulin in the pancreas. This mixture diminishes the blood sugar in diabetes. This is another effective Home Remedy for Diabetes.

- 4) The seeds of parslane are helpful in diabetes. A teaspoon of the seeds should be taken each day with half a cup of water for four to five months. It will boost the body's own insulin and help in curing diabetes.
- 5) Including grapefruit in the diet is an outstanding natural home remedy for diabetes.
- 6) Take two teaspoons of powdered Fenugreek seeds with milk. Two teaspoons of the seeds can also be consumed whole, every day.
- 7) The tender leaves of the mango tree are considered as good Home Remedy for Diabetes. An infusion is made by soaking 15 gm of fresh leaves in 250 ml of water overnight, and squeeze them well in the water. This filtrate should be taken every morning to handle early diabetes. As an option, the leaves should be dried in the shade, powdered and preserved for use when needed. Half a teaspoon of this powder should be taken two times a day.
- 8) The juice of Margosa is a cooperative natural home remedy for diabetes.
- 9) String bean pod tea is a superb natural Home Remedy for Diabetes and can be substituted for insulin.
- 10) Eat 10 fresh fully full-fledged curry leaves each morning for three months. It avoids diabetes due to genetic or heredity factors.

if whole of india who has Diabetes follows these home remedies there might be a slowed down .

Rated: ★★★★★ by 20 Council Members

A. 5 *From: Meena v, Registered Member on Ammas.com*

India has more than 30 million people with diabetics and is the epicentre of this epidemic. The number of diabetics climb steeply day by day. It is estimated that by 2025, India will be number one in the world with the maximum number of people with diabetes. This is according to the World Health Organization (WHO)'s press release in 1998. According to that, these people will be in the age group 40 and 64.

Diabetes is a condition of the body in which the body does not produce enough insulin or does not use it properly. Insulin is a hormone which converts sugar and other food items into energy needed for the day to day activities of the human body.

The actual cause of diabetes is still not known. Hereditary reasons and the lifestyles of the people play an important role. There are three types of this disease: Type 1,2 and Gestational diabetes.

Diabetes, if not controlled, will cause serious health problems which include cardiovascular disease, chronic renal failure, retinal damage, nerve damage, impotence and gangrene with risk of amputation of toes, feet, and even legs.

Diet restrictions:

Avoid sweets completely.

Fried and fatty foods should be minimized.

Insulin will work properly if overweight is reduced.

Foods containing more fibre should be taken. This will help to reduce the absorption of glucose into the blood stream, there by reducing the sugar level in the blood.

If not vegetarian, Consumption of egg yolk, mutton and beef should be reduced. Take fish and chicken without skin instead.

Amount of oil used in a day should not exceed 4 teaspoons.

Avoid Vanaspathi and Margarine.

Avoid excessive eating.

Do not skip exercise.

Reduce stress and maintain good health.

Prevention:

Diabetes can be prevented by changing a person's diet and by having proper exercise. Eating a healthy diet, losing some weight and regular physical activity will help you prevent or delay type 2 diabetes.

Even though it can be due to hereditary reasons, I am inclined to think the lifestyle habits are responsible. Above all, unless the lifestyle of Indians change, I very much doubt whether we can control this. Due to inexpensive labor, people outsource all physical labor. It is considered demeaning to clean things yourself, a false status symbol. If you are in the US, you would be doing your own shopping, lug it home

and cut/cook yourself and try to clean your own car/ have it cleaned occasionally. Abroad, some people even whitewash houses, clean their swimming pool themselves. In India, in the place where I live, BMC has impounded hand carts, yet we have people shouting out of the windows, and encouraging vendors to deliver everything to the house. Laziness! Also why climb floors when lift is available. All forms of enjoyment/parties,etc are associated with gorging on food. I think even though hereiditary factors are involved, it is due to the lazy lifestyle, inexpensive labor that has forced people on a more sedentary lifestyle. Even at offices, most people dont do anything themselves. There are peons, clerks, etc who deliver everything. As a result, people's health is affected. Even if they were to do a fraction of their own work, they would stay fit. I can see a / wives/ row of burkas in the swimming pool encouraging sons and daughters to have a day at the pool. Yet, they themselves would be shy to step out.

Nowadays there are gyms, and health clubs, but they are not sufficient. In big cities, the parks and clubs are hounded by a few. With the vast majority not even able to walk peacefully on the footpaths..... for a morning/evening walk.

It is nice to have cricket matches, yet how many adults - women/men actually play at least on weekends either at homes/ leisure places. A few.

We have to actively encourage physical activity for both men and women to avoid falling prey to these type of healthstyle diseases.Unless we drastically combat the lifestyle patterns, and introduce changes that have a healthy lifestyle, the situation in India would get a lot worse, before it can get better.

Rated: ★★★★★ by 19 Council Members

A. 6 From: **Nisha Danny**, Council Member on *Ammas.com*

Hello,

India has the 2nd largest population in the world. Hence the count of 41 million people with diabetes is insignificant. According to The Time Magazine, the cause is :

*Until very recently, the regulation of glucose how much sugar is present in a persons blood, how much is taken up by cells for fuel, and how much is released from energy stores was regarded as a conversation between a few key players: the pancreas, the liver, muscle and fat.

Now, however, the party is proving to be much louder and more complex than anyone had shown before.

New research suggests that a hormone from the skeleton, of all places, may influence how the body handles sugar. Mounting evidence also demonstrates that signals from the immune system, the brain and the gut play critical roles in controlling glucose and lipid metabolism. (The findings are mainly relevant to Type 2 diabetes, the more common kind, which comes on in adulthood.)

Genetics play a major role in Diabetes. Even diet-gene interactions also plays a major role. According to neutrogenomics study journal, " The gene-diet interaction studies, which revealed that the adiponectin gene polymorphism (10211T?G) contributed to insulin resistance and diabetes and this was exaggerated in those consuming diets with higher glycemic loads. These subjects also had an increased risk for hypoadiponectinemia. Similarly, the Ala54Thr polymorphism of the fatty acid-binding protein 2 gene showed a synergistic effect with a high glycemic load increasing the risk for hypertriglyceridemia. These studies indicate that gene-diet interactions could play a major role in increasing the risk for diabetes." So a high calorie diet coupled with sedentary life stle is to be blamed.

The per capita income in India also increased than it was a decade ago. More people could afford luxury. Our food intake increased in quantity while output of energy reduced drastically.

Solving the epidemic:

1. Teach the next generation to eat in moderation. Too much of anything is bad as too little of anything is bad. Every family should emphasize eating up to 70% of the intake capacity. All foods in moderation is the key.
2. Cutting down fatty food: Fatty foods needs to be cut down. Cut down consumption of ghee and vanaspati as it is rich in fat content. Due to excess fat conetnt, it burns less readily when used in sauting and baking.
3. Get the children to exercise: Exercise can only help the body to be fit. It can not only tone up the body but helps shed the extra calories taken as food.
4. Fight obesity: Obesity is the major cause of diabetes. Set up a culture to physical activity for young and old alike. India truly needs a cultural attitude change towards physical activity. Get the people to do it young and encourage them to continue for the rest of their lives. Another way to fight obesity epidemic would to charge

extra from obese people in restaurants. Obese children should be made to exercise more unless it is due to any health issues as medication. For this, weight needs to be monitored frequently in schools. Interestingly, eating too much in the short-term can result in a severe drop in the ability of the body (and brain) to be satisfied by fat and to control blood sugar levels. Read more at:

www.naturalnews.com

Fight obesity to atleast delay the onset of diabetes.

5.National awareness: People needs to be made aware about the cause and preventive measures to be taken.

Diabetes is mainly caused by overeating. That is the main reason why Indians affected by the disease is growing each year. Encourage Indians to get more exercise and stop over eating once for all.

Best wishes.

Rated: ★★☆☆ by 20 Council Members

A. 7 *From: Dr. Sindu., Council Member on NDTV*

Diabetes is the single most important metabolic disease which can affect nearly every organ system in the body. Diabetes is very rampant in India because of genes or the racial difference. We Indian are more prone to have diabetes, at the same time we are insulin resistant as well. More over the onset of diabetes in Indians is significantly at a young age compared to their Western counterparts. The world's largest diabetes epidemic is threatening India, Part of the blame falls on the adoption of a more Western lifestyle, involving fatty food and too little exercise. It is a lifestyle disease, inevitable with super fast urbanisation. At the same time, we find there is an increase in the risk factors associated with diabetes like obesity, sedentary life habits and stress. We have a big problem in hand. The information technology professionals. They are under tremendous stress at work. We used to see many cases of diabetes among doctors and surgeons. Now we have this new class of very young people. They don't follow any timing, they have the pressure of deadlines, they have irregular meals, they work at night and they have only time to sit in front of the computer for hours and hours without any physical exercise.

Obesity is a known risk factor for the development of diabetes. .The increased

prevalence of diabetes in India has a lot to do with a switch from a traditional to a Western diet. The reasons for this escalation are due to changes in lifestyle, people living longer than before (ageing) and low birth weight could lead to diabetes during adulthood. Long hours at work, stress, unhealthy eating habits and lack of exercise are some of the main causes of diabetes. Various studies and programmes have shown that a modification in lifestyle and proper medication can delay and prevent diabetes in high-risk groups.

PREVENTION

We can not prevent Diabetes...only we can slow down or delay the onset of disease.

First and most important thing is awareness about the causes factors contributing to as well as the complications of the disease. This will be very effective in delaying the onset of diabetes.

Lifestyle modification helps in the primary prevention of diabetes. Lifestyle modifications, inclusive of dietary modification, regular physical activity and weight reduction are indicated for prevention of diabetes. There is an urgent need for lifestyle intervention, with the incorporation of a healthy diet, an increase in physical activity and weight reduction as a means of preventing diabetes in those who are in the pre-diabetic stage and thus prevent the diabetes epidemic, which is looming large in our country. Study shows primary prevention of diabetes is possible in non-obese people with pre-diabetes without weight reduction, but by dietary modification, enhanced physical activity and also by medication.

Indians develop diabetes at an early age compared to the Western population, probably because they are highly insulin resistant. Lifestyle modification was the most cost-effective intervention, far better approach is to simply solve the underlying cause of diabetes, since this has been proven to not merely postpone the disease, but to completely reverse it in over 80% of diabetics. Don't gain weight. Be active. More importantly, childhood obesity should be prevented. Obesity in childhood leads to obesity in adulthood. Health education should start from the school level. Children should not be allowed to take junk food, and should be encouraged to indulge in physical activity. Educational intervention was successful in reducing some of the obesity parameters and improving dietary patterns of individuals with pre-diabetes and diabetes mellitus. Traditional Indian diet is good for diabetes. Promote our traditional food habits helps in combating obesity, diabetes as well as many other disease.

Daibetes is lifestyle disease affecting all the organs of our body. So the individual must take drastic measures to control this disease.

Rated: ★★☆☆ by 23 Council Members

A. 8 *From: DS Mathur, Registered Member on Ammas.com*

India is faced with a very quick growth in number of diabetes patients. The first group of patients is those who develop diabetes in their later years. They then go on to develop high blood pressure and coronary heart disease. These persons are now a substantial part of diabetes patients in the country. Adoption of Western lifestyle, growing consumption of fried and fatty food, easy availability of fast foods, rising prosperity leading to reduced physical activity, tense lifestyles and common problem of obesity are the reasons for diabetes appearing in an epidemic form. Today we have nearly 3.5 crore diabetics in the country. Every fifth diabetic in the world is an Indian. In the 1970s, the prevalence of diabetes among urban Indians was reported to be 2 per cent. This has now risen to 12 per cent. Diabetes is appearing at a comparatively young age. Many suffered eye, nerve or other tissue damage by the time diagnosis was made. The hours of work have gone up tremendously. People are running to meet the deadlines. They cannot find time to have a proper nourishing meal. They rush with a bite in the mouth. To expect such persons to pay attention to daily physical exercise would be foolish. They have no time. They do not attach priority to exercise. They have to deliver within an impractical time schedule. They must willy nilly do so at the cost of their health. This gives rise to raised blood pressure and an artificial life style not conducive to natural nourishing of the human physique. More than a third of patients had high blood pressure, while many had developed coronary heart disease. There is an urgent need for lifestyle intervention, with the incorporation of a healthy diet, an increase in physical activity and weight reduction as a means of preventing diabetes in those who are in the prediabetic stage. There is an urgent need to create awareness of the dangers of the modern urban lifestyle. Our young persons must understand the danger that they are courting by aping the west. The government must step in to regulate office hours in private establishments. The schedule of 7 am to 9 pm is against nature. It would push our young to early death. We have to prevent the diabetes epidemic in tandem with nature.

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A. 9 *From: N ., Registered Member on Ammas.com*

India leads the global top ten in terms of the highest number of people with diabetes with a current figure of 40.9 million, followed by China with 39.8 million. Behind them come USA; Russia; Germany; Japan; Pakistan; Brazil; Mexico and Egypt. Developing countries account for seven of the worlds top. A complex interplay of genetic, social and environmental factors is driving the global explosion in type 2 diabetes. For low and middle-income countries, economic advancement can lead to alterations to the living environment that result in changes in diet and physical activity within a generation or two. Part of the blame falls on the adoption of a more Western lifestyle, involving fatty food and too little exercise.

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This, coupled with a tendency to produce less insulin overall, again leads to levels of glucose sugar in the bloodstream becoming too high, eventually causing tissue damage.

Some type II diabetics can control the problem with diet restrictions and exercise, but many also need extra insulin in the form of tablets or injections. Camps should be organised for the detection of new cases and for evaluating early complications in the known ones. The health-care providers should develop diabetes-care services at the primary, secondary and tertiary levels. Insulin formulations should be made tax-free and these should be sold at a uniform rate throughout the country to prevent malpractices. Let us try to make ourselves diabetes conscious and healthy.

Rated: ★★☆☆ by 19 Council Members

A. 10 *From: **Butter Fly**, Council Member on Ammas.com*

It is very disheartening that the people nor the Government of India are not much

bothered about Diabetis. There are not much efforts by the Govt to educate people on this growing epidemic.

The main reasons for the growth of Diabetics is the change in style of living. People are accustomed to laziness during leisure periods and are simply watching Televisions and pictures through CD's. Also most house wives are addicted to watching serials in TV and are completely ignored the minimum daily exercises. This is causing the increase of Diabetis in percent. Most of the gents/ladies going to offices are using either 2/4 wheelers and this is causing ignorance for minimum walking. Food habits and excessive use of oil foods are another main reason for this.

This epidemic can be controlled by the following steps.

1. Regular ad's in papers and other media to educate people about the effects of Diabetis. (Like what we seeing in case of AIDS).
2. All cine actors/actresses should come forward and tell people the importance of daily excercises and avoiding oily foods.
3. Govt sponsored Walking programmes should be conducted in all colonies throught out country.
4. Lastly each and every individual should take a minimum precaution of doing regular exercises.

Rated: ★★☆☆ by 20 Council Members

A. 11 *From: **mrs.ram s**, Council Member on [Ammas.com](#)*

hi, very good question...

India leads the world today with the largest number of diabetics in any given country. In the 1970s, the prevalence of diabetes among urban Indians was reported to be 2.1 per cent and this has now risen to 12.1 per cent. Moreover, there is an equally large pool of individuals with impaired glucose tolerance (IGT), many of whom will develop type 2 diabetes mellitus in the future.

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More Diabetes can affect nearly every organ system in the body. The Chennai Urban Population Study (CUPS) showed that prevalence of diabetic retinopathy, nephropathy and neuropathy is not very different in urban south Indians compared to that reported among Europeans. However, coronary artery disease (CAD) occurs with increased prevalence and at a younger age (premature CAD), while peripheral vascular disease showed the opposite trend, with lower prevalence compared to that reported in Europeans.

There is an urgent need for lifestyle intervention, with the incorporation of a healthy diet, an increase in physical activity and weight reduction as a means of preventing diabetes in those who are in the prediabetic stage and thus prevent the diabetes epidemic, which is looming large in our country.

findarticles.com

Diabetes Epidemic through Self-inflicted Obesity

One of the greatest contributors to the type 2 diabetes epidemic is reckoned to be obesity, brought on by our modern lifestyles. Are you eating yourself into diabetes type 2?

Check if you have these 4 eating habits that could contribute to obesity and possibly make you part of the type 2 diabetes epidemic...

1) Unconscious eating... No, I don't mean sleep-eating (I wonder if there is such a thing?) I'm talking about automatic eating without any conscious thought to what is happening.

How often do you do something else whilst eating? Watching TV; reading a book; reading a magazine or newspaper; listening to music, a radio show or conversation? If you're anything like me it's probably a rare occasion when you just sit and have a meal, without interruptions.

A recent study carried out by Penn State laboratory showed pre-school children, who consistently watch TV whilst eating, ate up to 33% more than they did when they had a meal without the TV on.

How much extra do you eat, without realising it, because you are absorbed in a book or TV program?

2) Eating speed.. Ever finished your meal before others? Ever bolted your food down and then felt bloated afterwards?

In a recent Sky TV program Paul McKenna (the famous hypnotherapist) explained how the simple act of slowing down whilst eating; putting your knife and fork down between mouthfuls, can contribute to weight loss.

Think about it, if you're eating more slowly you'll know when you are full. You won't continue eating and get that uncomfortable bloated feeling. And you won't put extra weight on.

Watching that program gave me an Aha! moment, because that's exactly what my father has done all his life. It's a standing joke in the family that he takes so long to eat a meal - he often finishes half-an-hour after everyone else. And guess what? Yep - he's as skinny as a rake. Wish I could say the same about me!

3) Snacking... Are you really hungry when you snack? Or is it that you "just fancy a bite to eat"?

Snacking is probably one of the biggest contributions to weight gain. It's not so much the snacking, it's what you snack on! Cookies /biscuits, chocolate, cakes, snack bars - all these contain massive amounts of sugar that increase the burden on our immune

system.

If you overload your system with sugar it may not cope, you could end up with insulin resistance and that leads to type 2 diabetes.

Healthy, no added sugar or sugar free snacks are the best options if you MUST snack.

4) Sugary drinks... Do you have a favorite soft drink? If you do, is it a sugar-sweetened drink or a concentrated sugar-rich fruit juice? And, on a hot day, how much do you drink of that favorite? Half-a-liter? One liter?

Its all added sugar, which not only impacts on your weight, it also impacts on your bodys control of the sugar levels in your blood.

Rated: ★★★★★ by 21 Council Members

A. 12 *From: vaish reddy, Council Member on Ask Agent*

Hi,

A major reason for the rise of diabetes can be attributed to the recent increase of obesity. Approximately 60 per cent of diabetes cases can be attributed to obesity and weight gain³. The current obesity epidemic is largely due to environmental factors including increased urbanization, improved access to large quantities of food, increasing mechanization of labour and other aspects of society. One study has suggested that urban dwelling is an independent risk factor of obesity and diabetes in India⁴. Throughout India and other developing countries, there is improved availability of food. Unfortunately, this food is often high in fat and available in large quantities. Mechanization has led to sedentary jobs and decreased physical activity at home and in the field. Mechanized transportation has also led to a decrease in walking and urbanization has led to a decrease in the need for distance walking. This leads to a decrease in a physical activity, which further contributes to obesity.

Unfortunately, obesity and diabetes are no longer diseases just of adults. The United States and many other countries have seen a surge in the number of children and adolescents with obesity, insulin resistance and type 2 diabetes. While type 2 diabetes previously represented less than 5 per cent of new diagnoses of diabetes in children in the United States, it now represents as much as 45 per cent of the new

diagnoses⁵. Some areas have seen a 10-fold increase in the number of cases of paediatric type 2 diabetes. Similar to adults, this rise in paediatric obesity and diabetes is thought to be largely related to environmental factors including decreased physical activity and increased caloric intake - particularly of energy dense food and sugar-sweetened beverages. Fast food and sugarsweetened beverage consumption are also increasing in developing countries. This is likely contributing to increasing rates of obesity and type 2 diabetes in these countries. A recent survey of Pakistani school children revealed that 40 per cent eat fast food and consume sugar-sweetened beverages daily⁶. In a study of school age children in New Delhi, 18 per cent were found to be overweight and 27 per cent were found to have impaired glucose tolerance. The authors estimate that 15-25 per cent of urban school children in India are at risk of developing type 2 diabetes at an early age⁷.

Given the high financial and societal costs of diabetes, there is an immediate need for primary prevention strategies. The Diabetes Prevention Programme and other recent studies have shown that lifestyle modifications, centered on a healthy diet, physical activity and weight loss, can prevent the development of type 2 diabetes⁹. A similar study performed in India also showed that lifestyle modification was effective in the prevention of diabetes¹⁰.

Community-based, group centered public health interventions have shown benefit both in improving glycaemic control and preventing diabetes. The Zuni Diabetes Project is a primary and secondary prevention programme in a Native American community. The primary prevention programme is targeted to high school age adolescents and involves healthy lifestyle education, a wellness center and modification of available foods at the local high school. Participants had a significant decrease in soft-drink consumption and a decrease in hyperinsulinaemia¹¹. Similar interventions may be of use for the prevention and management of diabetes in other countries. These interventions should focus on healthy diet and physical activity. Involving community stakeholders in the development and implementation of the programme will increase the utility and likely success of the programmes. Incorporating community leaders and other prominent persons in the implementation may also lead to higher participation rates for longer periods of time.

Rated: ★★☆☆ by 21 Council Members

A. 13 *From: kjk jlkj, Registered Member on Ammas.com*

Hai,

India has been acclaimed along with China and the US, due to its alarming growth rate of diabetics by the International Diabetes Federation (IDF). India, along with 30 million cases, is following China (39 million cases) while followed by the US with 21 million cases on the dubious roster. Before going to any further discussion, it is essential to know the reasons behind the great rise in the diabetics in the past few years.

Causes and Incidence

The very first cause of Diabetes could be due to resistance to insulin, little insulin (a hormone secreted by the pancreas to control blood sugar), or both.

To comprehend diabetes, it is essential to know about the process of food metabolism. When food is digested, glucose enters the blood which is also a source of energy for the body. As stated earlier, Insulin is made by the pancreas and its function is to move glucose from the blood to muscle, fat and liver cells, where it can be used as energy provider.

Diabetics usually have high blood sugar either because their pancreas dont create adequate insulin, or their muscle, fat and liver cells dont react to insulin by and large, or both.

Exercise is very important to maintaining a healthy life and managing diabetes. Combining diet, exercise, and medicine (when prescribed by your doctor) will help control your weight and blood sugar level. Exercise is good for you because:

It lowers blood sugar by speeding the transport of glucose in the cells. (Known as invisible insulin.)

It helps promote weight loss and maintenance of ideal body weight.

It decreases cardiovascular risk by making heart pump more efficiently.

It improves circulation.

It reduces demands on the pancreas.

It improves our muscular tone.

It reduces stress.

Controlling diabetes is very important and should be supervised by a medical doc-

tor. When diabetes is controlled, it will help prevent serious complications such as: infections, kidney damage, eye damage, nerve damage to feet and heart disease.

Rated: ★★★★★ by 20 Council Members

A. 14 From: **bhaskara ramam g**, Council Member on [Ammas.com](#)

our lifestyle has changed considerably during these 50 years.

formerly people bot sex used to work hard. no transport and used to walk miles together and women used to work hard for washing clothes fetching water and many ways. now neither are working hard. even for a little distance one prefer to use two wheeler than to walk.with the onset of washing machines and other gadgets one need not work hard. 50 years back many used to eat ponded rice with vitamins and now we are eating milled rice. the use of chemical fertilisers are littl and food grains were organic without any pesticides. so we are buying these problems and recently someone suggested to switch off lights . instead if one disconitnue the use of vehicle we can save oil health and weather too.

Rated: ★★★★★ by 19 Council Members

A. 15 From: **khatib shiraz**, Registered Member on [Ask Agent](#)

- 1.Uncontrolled eating habits.
- 2.sedentary life style.
- 3.Worry,mental tension and anxiety.

These are some main causes for diabetes epidemic in india.

It can be slowed by increasing awareness about it and taking necessary precautionary measures.

For those who are already affected,doing simple exersises and walking will help.Also,taking care of their feet and controlling their food habits is advised.For those who are likely to get affected due to hereditary reasons,they are advised to walk daily for sometime,eat vegetarian food and practice meditation to keep your mind and body healthy.

Rated: ★★★★★ by 16 Council Members

A. 16 From: **Jeya Lakshmi**, Council Member on *Ammas.com*

Hai,

The actual cause of diabetes is still not known. Hereditary reasons and the lifestyles of the people play an important role. India has a distinct need for a comprehensive diabetes care program. This should not only confined to report on the standards of diabetes care which are prevalent here, but needs to be more wide ranging. It has to be a continuous ongoing process, which approaches the problem from an all encompassing primordial, primary, secondary and tertiary approaches. At the same time, it should be workable and have short and long term aims and objectives in the quest to improve diabetes care in India. It needs to continuously examined and reevaluated so that one is sure that the objectives are being achieved. Without such an objective evaluation, there is always a possibility that such programs will be high on "percept" and abysmal in "practice". For any such program to succeed, it must be rooted in ground realities as present in India. The program should have an infrastructure that makes it "AVAILABLE", both in terms of technology and expertise, "ACCESSIBLE", even to the common man with diabetes, and should be "AFFORDABLE"!

Rated: ★★★★★ by 22 Council Members

A. 17 From: **AMIT SHARMA**, Registered Member on *Ammas.com*

Diabetic is of two types

1.Diabetic insipidus

2.Diabetic mellitus

diabetic insipidus is a disease of impaired renal conservation of water due either to an inadequate secretion of vasopressin from the neurohypophysis or to an insufficient renal response to vasopressin. Very rarely, di can be caused by an abnormally high rate of degradation of vasopressin by circulating vasopressinases. Patients with di excrete large volumes more than 30ml/kg per day of dilute urine and he there thirst mechanism is functioning normally, are polydipsic. In contrast to the sweet urine excreted by patients with diabetic mellitus, urine from patients with di is tasteless, hence the name, insipidus. Although the mainstay of treatment of nephrogenic di is assurance of an adequate intake of water, drugs also an be used to reduce polyuria.(Amiloride)

diabetic mellitus dm it is a metabolic disorder characterized by hyperglycaemia, glycosuria, hyperlipemia, negative nitrogen balance and sometimes ketonemia.

Two makes types

a. Insulin dependent diabetic mellitus, juvenile onset diabetic mellitus in which there is beta cell destruction in pancreatic islets ;in all type 1 cases circulating insulin levels are low or very low and patients are more prone to ketosis.

b. Non insulin dependent diabetic mellitus, maturity onset diabetic mellitus in which there is loss or moderate reduction in beta cells mass; insulin in circulation is low, normal or even high.

Treatment include INSULIN administration or ORAL HYPOGLYCAEMIC AGENTS such as sulphonylurea, biguanides, meglitinide, thiazolidinediones, alpha glucosidase inhibitors.

Rated: ★★★★★ by 15 Council Members

A. 18 From: **Latha Jayaprakash**, Council Member on Ammas.com

Dear ,

Yes what you say is correct. Diabetes is seen now as an epidemic in India. The main reason seems to be lack of exercise, wrong dietary habits etc. Family inheritance is a major point. If both the parents have it like in my case, diabetes can be expected to come at any time. So in these cases awareness should be there. Just not taking sweets will not help in preventing diabetes.

I have seen many who do not take sweets saying that both my parents are diabetic and so I am avoiding sugar and sweets. Avoiding sweets and sugar will not help at all. One should start doing exercises or atleast go for walking for an hour daily. Add more fibre to your diet, vegetables and fruits. Avoid high calori ed refined foods, processed foods with out any fibrecontent etc. Keep your body healthy. Work out daily. Keep your metabolic rate high, See that you do not live a sedantary life. You'll not get diabetes in your life.

With that after 35 get a regular check up done. atleast do Glucose toleration check up once in two years. If you feel it is going the wrong way, you can start treatment at once. All the best

Rated: ★★★★★ by 20 Council Members

A. 19 From: **NEERAJA NAVEEN**, Council Member on *Ask Agent*

Glucose is used by our cells for the production of energy, and this takes place only in the presence of a hormone produced in the pancreas called Insulin. In the absence of Insulin, glucose cannot be utilized by the tissues. It accumulates in the blood. When the level of glucose in the blood rises above 180 mg percentage, it starts leaking into urine. This is called Diabetes mellitus or Diabetes.

causes of Diabetes :

- 1)Stress
- 2)Obesity
- 3)Smoking and Drinking
- 4)Lack of Exercise
- 5)Too much sleeping.

In addition to this Diabetes occurs by bad food habits like the western food , too much sweet consumption.Mainly it depends up on one's body efficiency of utilising the intake carbohydrates

According to Ayurveda it is ccausing by vitiaion of three doshas :vata,pita,kapha.And most of the world cases are due to kaphadosha vitiaion.

Agni also responsible for the culmination of diabetes.When the bodily fires are diminished ,then there is chance of decrease of utilising carbohydrates by a body and then increase of glucose levels.

Symptoms of Diabetes :

- 1)Excessive urination
- 2)Excessive hunger and thrust
- 3)Pain in the back and joints
- 4)Constant tired feeling

5) Loss of weight

6) Long time for healing of wounds

7) A taste of sweetness in the mouth

Rated: ★★★★★ by 20 Council Members

A. 20 *From: **Avinash P V**, Registered Member on [Ammas.com](#)*

hi this is mainly because of our life style and b'cs of gene.

Our life style means not involving in a physical workout. U know by not doing any physical activity may cause to diabetes.... (not to every body)

So as i think we have to involve in physical activities like exercises.... so this may in future we can reduce the percentage.

Rated: ★★★★★ by 19 Council Members

A. 21 *From: **Bhaskar Mitra**, Registered Member on [Ask Agent](#)*

Genetically south asians are more prone to diabetes and cardiovascular diseases. Diseases like diabetes are exacerbated by stress and unhealthy lifestyle, that seems to have crept in with modernization.

The only effective anti-dote is for people to exercise more (do yoga), be more mindful of what they eat and switch to a healthier lifestyle. At the government level, we need to spread awareness about diet and nutrition through education and public campaigns. We should have a health rating for restaurant foods also, so people who want to eat out healthy can make choices.

Rated: ★★★★★ by 21 Council Members

A. 22 *From: **Anu Babu**, Council Member on [Ammas.com](#)*

Hi Anonymous,

Yes good query.very important point to be discussed at this time..yes Diabetes has become a very common one nowadays..after the age of 40., we can expect diabetes at any time.

This is mainly due to our life style.Eating food stuffs full of sugar & no exercise., work ., work & no physical activity or exercise..

It is also due to hereditary as doctors say.If our parents have diabetes then those kids have to be very careful in their diet & pay greater attention to food habits.

By regular diet & healthy eating habits & exercise we can get rid of this disease.

Rated: ★★★★★ by 20 Council Members

A. 23 From: **Lathaa Manavalan**, Council Member on *Ask Agent*

Like AIDS and TB Government of India should open more diabetic centres and give medicines freely. Diabetes is a disease which affect any organs in our body. And people get affected by hereditary genes and lifestyle.

We should follow any yoga practice and art of living yoga,pranayama and sudarshan kriya has cured many patients.

Walking is a must.

More concentration should be given to food. Ban sugar which a white poison in your life. Take small quantity of food but nutritious and fresh ones. Add Bitter Gourd, Fenu Greek, Cinnamon and aloe vera which control diabetes.

Rated: ★★★★★ by 21 Council Members

A. 24 From: **Sneha Rao**, Featured Member on *Ammas.com*

The main cause of diabetes epidemic is the metropolitan lifestyle. Life has become very stressful. Food habits are not healthy. Intake of junk food and eating odd times is another cause.

Also, people dont exercise because of busy lifestyles.

Rated: ★★★★★ by 20 Council Members

A. 25 From: **Prasad.G.N. Bhavani**, Registered Member on *APOnline*

please seethe attached copy.and it can be slowed only by the life style modifications and avoiding junk foods and doing regular yoga.for further details log on to

www.andhranaturopathy.com

Rated: ★★★★★ by 10 Council Members

A. 26 *From: Prabhu Kesavan, Registered Member on Ammas.com*

Hi,

The main cause of diabetes epidemic in india is the unhygienic high carbohydrate diet that is consumed by a large proportions of indians. Diabetes can be controlled by creating awareness among the public about the disease and educating people to check their blood sugar levels. Unhygienic foods sold to consumers and no regulatory body is setup to evaluate the quality of food being sold.

Rated: ★★★★★ by 20 Council Members

A. 27 *From: Maruthi Prasad Chekuri, Registered Member on Ammas.com*

People in india are working in most competitive environments what are causing Tensions in life. These tensions will effect on their pancreas which will get disabled to release insulin.

People must Learn meditation to get rid from these tensions. To get best results visit site below.

lifetravell.blogspot.com

Rated: ★★★★★ by 9 Council Members

A. 28 *From: EnjoyLife ., Council Member on Ammas.com*

The major reason is that diabetes is hereditary. Another thing is that the food pattern of Indians also has a great influence.

Rated: ★★★★★ by 19 Council Members

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