

Is Diabetes Bothering You?

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Increasingly stressful lifestyle and changing food habits have resulted in a scenario where 240 million people worldwide are living with diabetes of which nearly 40.9 million alone are Indians. Within 20 years, this number is expected to grow to 380 million. What is surprising is that almost 50% of them are unaware of their condition a major health challenge today.

Type 1 diabetes is growing by 3% per year in children and adolescents, and at an alarming 5% per year among pre-school children. It is estimated that 70,000 children under 15 develop type 1 diabetes each year (almost 200 children a day). The diabetics are growing alarmingly in children and adolescents and the implications become more life-threatening owing to their young age and vulnerability to infections. There is always a danger of misdiagnosis that results in late detection of the disease.

The obstacles

The impact of Diabetes is realized as the daily life of diabetics is disrupted by the need to monitor blood glucose levels, take medication, and balance the effect of activity and food. It can interfere with the normal developmental tasks even for a child, which includes succeeding in school and transitioning to adulthood. To help a Diabetic patient cope and to ensure his/her best possible physical and emotional health, care should be delivered by a multidisciplinary team with good knowledge of pediatric issues. In this way, children with type 1 or type 2 diabetes can reach adulthood with as little adverse impact as possible on their well-being. Diabetes can affect anyone, it is not imperative that the person needs to have a sweet tooth to develop it.

Is it faintly possible that a woman could be diagnosed diabetic during pregnancy even if she has never had anything to do with the disease before?

Yes. It is certainly possible. In fact, Gestational Diabetes is something pregnant women need to be constantly aware about. Gestational diabetes is the disorder that affects women during their pregnancy that usually gets resolved with delivery of the baby and it is characterized by high blood glucose (sugar) levels that are first recognized during pregnancy. The studies show that this condition occurs in approximately 4% of all pregnancies. Usually the later part of a woman's pregnancy (the third trimester), places her at risk for gestational diabetes.

Gestational Diabetes affects the development of the child during pregnancy. There is always an increased rate of miscarriage due to this. Sometimes it may lead to complications like defects in the brain and heart, excess growth of the baby that increases the risk of trauma to the mother and a rapid drop in the child's blood glucose after birth. It is vital for women planning for pregnancy to get themselves checked for diabetes. Gestational diabetes can cause malformation in the baby 8 times more than normal making it essential to monitor blood sugar levels every two weeks during the pregnancy. Gestational diabetes does not cause diabetes in child. A proper management with regular monitoring of sugar levels can help deliver a healthy baby

Get set go!

There are various pathological and diagnostic laboratories and health centers which help one to detect diabetes before you succumb to its consequences. **Metropolis Health Services (I) Ltd** is one such diagnostic laboratory that provides tests for every symptom related to diabetes. Ranging from a basic physical examination to tests on blood monitoring and blood lipid tests, it ensures that the disease takes several steps backward in your body across India.

Contrary to popular belief, Diabetes is not just a condition, it is a disease which needs to be detected, treated and monitored. Positive thinking, Healthy attitude and an active lifestyle accompanied by regular self monitoring of your blood glucose levels will help in effective management of blood sugar levels.

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