

Defeat Diabetes 2008 Inaugurated By Ms. Nita Ambani

Mumbai's first and biggest diabetic education event from 23rd-25th May'08 at Nehru Centre, Worli.

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Diabetes Endocrine Nutrition Management and Research Centre (DENMARC) organised Defeat Diabetes 2008. The event is being held at Mumbai's Nehru Centre, Worli, for a period of three days from 23rd - 25th May, 2008 (10 a.m. to 7 p.m) and was inaugurated by **Ms. Nita Ambani**.

Defeat Diabetes 2008 is a novel healthcare initiative conceptualized and organized for the benefit of the Indian diabetic community by **Dr. Chandalia's DENMARC** and **sponsored by Kishinchand Chellaram Educational Trust, Lokumal Kishinchand Charity Trust and Chellaram Educational Foundation**.

Also on the occasion, three books were released by distinguished Guests; Conquest of Diabetes (3rd edition) by Shri Shankarrao Jagtap, Former Speaker of Maharashtra Assembly; Living with Diabetes by Ms Kanta Masand, Managing trustee , Jaslok hospital and Research Centre; and an Event Guide (including 20 articles) by Ms.Nita Ambani.

Ms.Nita Ambani released the Defeat Diabetes 2008 event guide and said that, 'There are 180 million diabetics worldwide and 5% annual deaths due to diabetes. In India the number of diabetics is assuming great proportions and we are set to become the diabetic capital of the world. Dr.Chandalia's initiative is definitely laudable and is very timely; I am deeply touched by his crusade against diabetes as this will help not just the patients but also their families. The event guide gives immense knowledge about the disease and has great recipes for diabetics, I thank Sonal Modi, Chief Nutritionist, DENMARC for the apple pie recipe which is my father's favourite. I sincerely request Dr.Chandalia and his team to take this defeat Diabetes 2008 to other parts of India.

Defeat Diabetes 2008 is the first concrete step towards spreading nationwide awareness, information and guidance about diabetes with focus on Obesity, Blood Pressure and Heart Attack. It is an event, dedicated to the cause of empowering the diabetes- affected citizens, their families and health care provider, diabetologists, physicians and pharmaceutical industry. The events aims to showcase latest array of drugs, treatments, diagnostics, insulin administrative kit and monitoring modalities.

On the occasion **Dr. H B Chandalia, Diabetologist and Endocrinologist and Director DENMARC said that,'According to projections based on a few surveys, India had 19.4 million diabetic patients in 1995 which is likely to triple to 57.7 million by the year 2025. These numbers are alarming! The objective of organizing Defeat Diabetes 2008 is to stem the tide of diabetes and to lend support and direction to patients and their families as well as medical community.** Dr. H.B Chandalia has been an Honorary Professor of Medicine and Diabetes for 30 years at Grant Medical College, Mumbai. His area of specialization includes endocrinology, diabetes, obesity & nutrition science. He is affiliated to Jaslok Hospital and Research Centre. The book, Conquest of Diabetes by diet & exercise, the magazine 'Diabetes Today' shows his multiple contributions towards the Diabetes World. He has formed and nurtured long lasting organisations such as Association for Diabetes Care and Prevention, Research society, Grant Medical College and

National Diabetes Association of India. He is a fellow of American college of Physicians and a member of American Diabetes Association. He is guiding Research Society for Study of Diabetes in India (RSSDI) as its Executive patron.

Also present on the inauguration were Shri Shankarrao Jagtap, Former Speaker of Maharashtra Assembly , he said that, 'I have been Dr. Chandalia's patient since past 21 years, and his treatment has enabled me to be active in politics without any diabetic hindrance. He has helped innumerable patients like me to face diabetes successfully. India need initiatives like defeat Diabetes and I wish Dr.Chandalia the very best for his defeat diabetes movement.

The aim of organizing **Defeat Diabetes 2008** is to showcase the latest developments in diabetic care through education & awareness with a special focus on lifestyle disease.

ABOUT DEFEAT DIABETES 2008

1) **PATIENT EDUCATION GALLERY:** This gallery will exhibit about 80 posters on various facts about diabetes: the cause, clinical manifestations and management. It will also include a Nutrition Exhibition

2) **INTERACTIVE SESSIONS** (Diabetes Lecture Series): Visitors can participate in information-packed interactive sessions with leading multi- speciality faculty, who will lecture and reply to queries and issues related to diabetes management. This will also include elaborate demonstration on diet, foot care, insulin administration & self monitoring of blood glucose.

Topics to be featured: Primer on diabetes introduction, types of diabetes, importance of monitoring blood sugar, diet management, role of exercise , oral drugs and insulin, insulin pens and insulin pumps ,foot care for diabetes, panel discussion on complications of diabetes.

3) **DIABETES EXPO** (An exhibition): **Over 20** stalls displaying a wide array of diabetes-related products, services, drugs, food, drinks, equipments and medication kits will offer a host of information. Apart from these, consumer products dedicated to diabetic patients will also be showcased.

4) **DIABETES CHECK UP CAMP:** A health camp will offer on-the-spot diagnostic tests to the visitor at highly subsidized rates. Visitors will get to participate in preliminary investigations. If diagnosed borderline diabetes patient will be offered prevention by lifestyle management.

5) **LIFESTYLE INTERVENTION SECTION:** This will include nutrition management techniques and yoga which are beneficial for diabetes patients. About 300 patients will be enrolled on a 3 year prevention project free of cost.

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