

Brought to you by YP team of AIS Pushp Vihar-Yashika Thapar, Srijan Vaish, Prakriti Bhanot, Sehaj Malhotra & mentor teacher, Sonali Batra



**Managing Diabetes** 

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### Diabetes – A Story That Starts Sweet And Ends On A Bitter Note

## I have diabetes Three Diabetics & Their Story



Fitting with time When I was diag-nosed with type 2 diabetes, it was quite hard to believe it. The thought of being on a restricted diet for lifetime scared me. But thanks to good medical advice and help from dieticians, I started looking up to life again. With time I discovered, I am like any normal person. Only thing is I have to eat small regular meals on time, foods with low glycemic index and exercise regularly. My world embraced me and I embraced my world.



**Go holistic** Twas diagnosed with type 2 diabetes. My blood glucose level was 400mg/dl. It came as a huge shock because I don't have a sweet tooth. My doctor told me to start medications and exercise regularly. I didn't blood pressure my distick to allopathy alone etary restrictions are but also tried home more. Living with diaremedies like having cinnamon water daily, having green tea and doing yoga. After 6 months,

mg/dl. Neena Bhanot



### **Prevent** it

Tam a patient of type 2 Liabetes and also suffer from high blood pressure and arthritis. I crave for sweets but cannot eat them. I don't like the fact that I cannot eat half the things I like. Due to high betes during this phase of my life is very difficult. I suggest young people to maintain a my fasting blood glucose healthy lifestyle at an level is down to 118-120 early age itself to avoid diabetes.

Housewife



**Shabad Malhotra** 



# People were unaware that form of diabetes

53.8

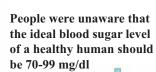




YOUTH POWER



gestational diabetes is a





People believed that sugar is the only cause of diabetes

Sample size: 500 Methodology: Questionnaire Sample group: 13-60 years

Mallika Ahuja, Alumni

**Retired Teacher** 

childhood

not produced in the body

e: Usually develops during

Risk factors: Family history Prevention: Cannot be



vears

Family history.

BP

obesity, high

### .adoo land

India has over 65.1 million diabetics.

• Within 2 decades, number of diabetics in India will reach **100** million.

• On an average, an Indian develops diabetes **10 years** earlier than his western counterparts.

• Diseases like diabetes and other CVCs will cause India <mark>26 million</mark> INR between 2012-2030.

•**25%** of the family income goes to diabetes care in a low income family group.

• **1 million** people died from diabetes in India in 2012.

•**17.2** million people in India are said to have pre-diabetes.

# Ladoo meets Glucoman

