



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



# Bittersweet Story

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 diagnosed 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.

**Mallika Ahuja, Alumni**



### Go holistic

I was 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 stick to allopathy alone but also tried home remedies like having cinnamon water daily, having green tea and doing yoga. After 6 months, my fasting blood glucose level is down to 118-120 mg/dl.

**Neena Bhanot  
Housewife**



### Prevent it

I am a patient of type 2 diabetes 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 blood pressure my dietary restrictions are more. Living with diabetes during this phase of my life is very difficult. I suggest young people to maintain a healthy lifestyle at an early age itself to avoid diabetes.

**Shabad Malhotra  
Retired Teacher**

## Stevia vs Sugar

	Stevia	Sugar
Sweetness	High 200X	Low
Calories	Zero	387/100 gm
Glycemic Index	Zero	65

(Source: Internet)

## Type 1 / Type 2

**Cause:** Enough insulin is not produced in the body

**Age:** Usually develops during childhood

**Risk factors:** Family history

**Prevention:** Cannot be prevented

**Cause:** Insulin is produced, but not efficiently utilized

**Age:** Develops in 45+ years

**Risk factors:** Family history, obesity, high BP

**Prevention:** Preventable

### YOUTH POWER FINDINGS

**53.8%**

People were under the impression that diabetes is a treatable disease

**50.4%**

People were unaware that gestational diabetes is a form of diabetes

**53.8%**

People were unaware that the ideal blood sugar level of a healthy human should be 70-99 mg/dl

**71.4%**

People believed that sugar is the only cause of diabetes

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

## Ladoo 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 **26 million** 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.
- 71.2** million people in India are said to have pre-diabetes.

Source: Internet

## Ladoo meets Glucoman

**Ladoo is watching Glucoman's ad**

**Suddenly, TV starts sucking in everything**

**Help!**

**This will suck me in too**

**Where am I?**

**Just let me go!**

**I know you're pre diabetic**

**Ladoo look into my eyes.**

**You are in Glucoman's world!**

**And now at these sugar crystals. You will see your future with these magical crystals.**

**"Fight Diabetes", says Glucoman**

**Nothing can help me! Not even Glucoman**

**Who was that? It couldn't be me. Can I prevent this?**

**Yes, exercise regularly and use natural sweeteners.**