

world diabetes day

14 November

Every year November 14 is recognized as world diabetes day

Diabetes currently affects more than **62 million** Indians, which is more than 7.1% of the adult population. The average age on onset is 42.5 years.

Diabetes types



Diabetes warning signs

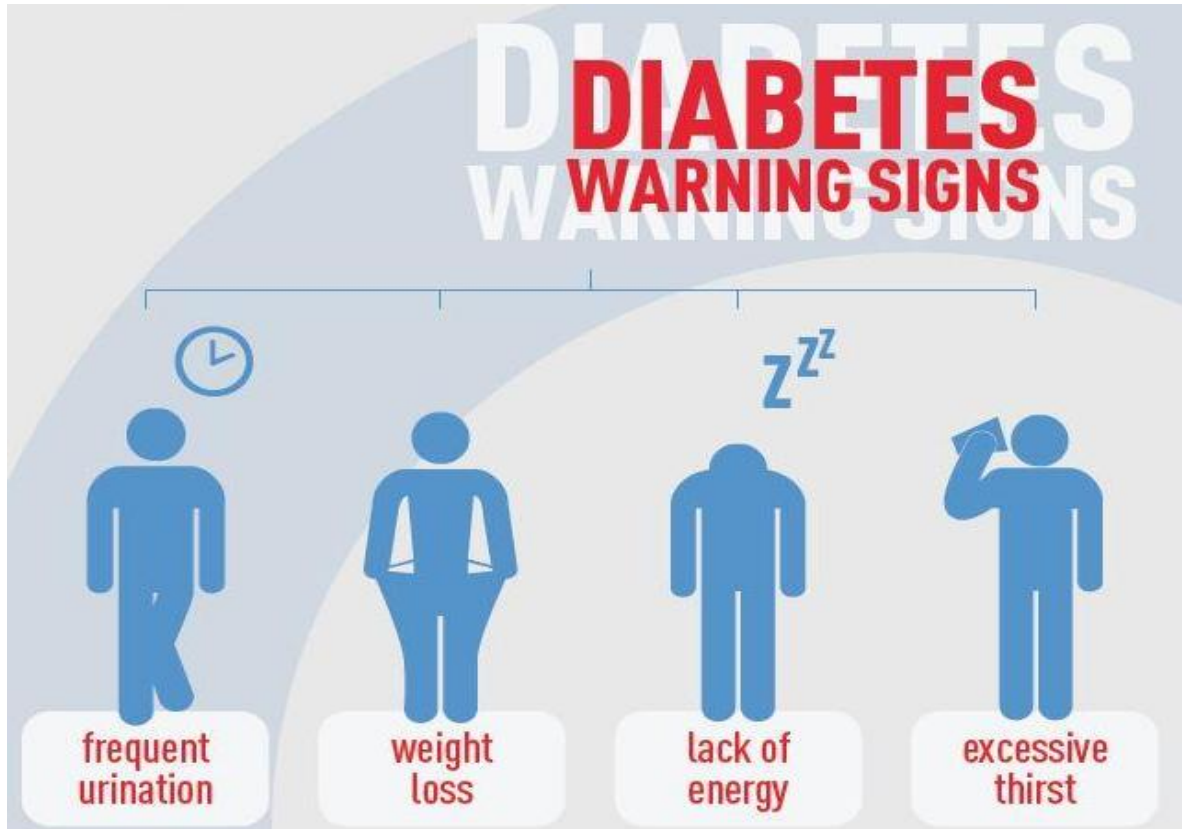
Diabetes warning signs



Individuals can experience different signs and symptoms of diabetes and sometimes there may be no signs. Some of the signs commonly experienced include:

- Excessive thirst • Increased hunger • Weight loss • Frequent urination
- Tiredness • A tingling sensation or numbness in the hands or feet
- Blurred vision • Frequent infections • Slow-healing wounds

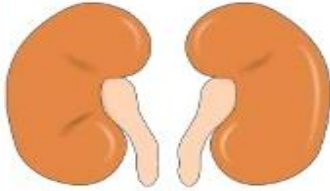




Risk factors



Organs Affected Due to Diabetes



Kidney and Renal System



Brain



Eyes & Vision



Heart & circulatory System

Management of diabetes



Routine medical checkup

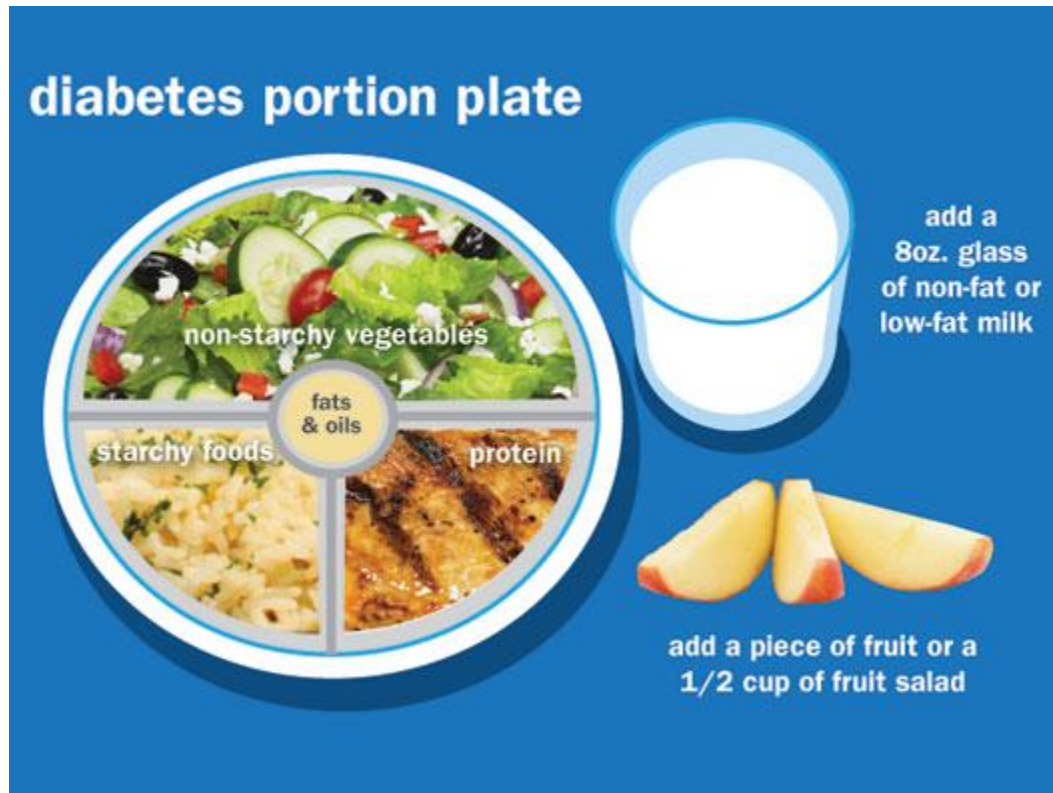
Follow up with your doctor

Diet restriction

Take care of your foot from Injuries.

Regular exercise

Regular medication



DOS.

- Eat at fixed hours. Make sure that you have three appropriate meals & snacks in the middle.
- Eat the same amount of food every day.
- Eat leisurely and chew well before swallowing.
- Drink sufficient amounts of water
- Include salad (cucumbers, tomatoes, onions, carrots, turnips and radish) for lunch and dinner.
- Include Whole grains such as brown rice, wheat, Bajra, Millet, oat, barley in the preparation of foods. Whole grains have more vitamins, minerals and fiber help us blood glucose control.
- Include vegetables at least 3-4 colors are yellow, green, orange in the diet, as they provide vitamins, minerals and dietary fiber which are low-carbohydrate foods.
- Include fruits like guava, Apple, orange, papaya pear or Sweet lime can be taken in your diet for 2 servings of fruit a day as snacks.
- Proteins can be included.

- Use less oil per person per day to 3-4 tsp.
- Drinks tea or coffee without sugar or include sugar-free
- Have your medicines at the same time every day.
- Exercise about 20 minutes every day.
- Have to sleep at the same time every day. Good night.
- Check your blood glucose regularly and check also the other tests, such as the kidney function, liver function, heart function, ketone levels depending on the needs.
- Maintain your HBA1C level below 7
- From time to time check your weight and keep always an ideal body weight

Don'ts

- Don't skip meals. Uniform distribution of food to prevent high and low blood sugar.
- Don't eat too much.
- Kindly restrict the intake of coconut (dry or fresh)
- Restrict the use of spices such as mustard, ketchup, soy sauce and salad dressing, as they are rich in salt and too much sugar
- Limit salt intake.
- Limit fats and sweets you eat.
- Avoid white rice, white flour, carrots, potatoes, bread and bananas, as they increase blood sugar levels.
- Avoid processed foods, ready-to-eat, sweets and sugary drinks (cans), as they deliver the empty calories..
- Quit smoking.
- Stop alcohol consumption.
- Don't miss your medication or change the dose of the drugs mentioned without consent of doctors. Do not prescribe medication for yourself.

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What is special about Diabetes Safe?



- ✓ Diabetes Safe provides relief to diabetic patients exclusively.
- ✓ We will take your stress and help you to live with diabetes, and take control of your life.

INGREDIENTS FOR A HEALTHY LIFESTYLE



Eat right, Move more



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Walk to Cure Diabetes



Avoid walking with bare feet