



ASK THE EXPERT

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Awareness about diabetes during World Diabetes Month

Diabetes is a grave emergency in India: More than 65 million people are currently living with it and over 77 million people are pre-diabetic. International Diabetes Federation (IDF) has estimated that one in two adults with diabetes is undiagnosed and this often leads to complications like eye damage, heart disease, kidney disease, nerve damage and foot ulcers.

Up to 70% cases of type 2 diabetes can be prevented or delayed by embracing a healthier lifestyle. First marked by IDF and World Health Organization (WHO) in 1991, November 14 is celebrated annually as World Diabetes Day (WDD). It attained the status of an official United Nations Day in 2006. Additionally, November is recognized as the 'National Diabetes Awareness Month'.

'Eyes on Diabetes' was the theme of WDD this year and it focused on the

following key messages:

- Screening for type 2 diabetes is important to modify its course and reduce risk of complications.
- Screening for diabetes complications is an essential part of managing all types of diabetes.

At Advanced Diabetes Centre, we celebrated WDD to raise awareness about the condition and its complications. From November 10 to 25, the center has organized various outreach activities across the city and we look forward to people's wholehearted participation.

The centre is committed to improving organised diabetes care. It will conduct sessions like 'Healthy Diabetic Recipes' on November 19 and 'Diabetes Awareness Walk' on November 20.

For more information give a missed call to 7227000100 and for appointments call 0261-2600100