

PREVENTION AND MANAGEMENT OF DIABETES

Can diabetes be prevented?

Yes, type-2 diabetes can be prevented if proper lifestyle changes can be adopted in daily life. Prevention is especially important for individuals at an increased risk of type 2 diabetes like sedentary life style, overweight or obesity, hypertension, raised cholesterol or a family history of diabetes. The three mantras for prevention of type-2 diabetes are losing weight, healthy dietary practices and regular physical activities.

Can weight loss prevent diabetes?

Yes, losing weight reduces the risk of development and progression of diabetes. In a large study it has been demonstrated that by losing approximately 7% of body weight with changes in exercise and diet, the risk of developing diabetes is reduced by almost 60%. More weight loss will translate into even greater benefits. So a weight loss of 7-10% in people with prediabetes is recommended.

What kind of dietary modifications are needed to prevent diabetes?

Dietary modifications that include regular and moderate diet low in calories and low in fat are important in prevention of diabetes. Some of the useful tips are avoidance of junk foods, sweets, bakery products, ghee, butter, red meat, all sweetened aerated beverages and packaged fruit juices. Food should be rich in dietary fibers like- fresh fruits, salads, vegetables, sprouts. One simple strategy for healthy eating is to divide the food plate into three divisions where half of the plate contains fruit and vegetables, one quarter contains whole grains and another quarter includes protein rich foods, like fish, lean meats and legumes.

What are the exercises to be done?

Regular exercise has many benefits like losing weight, prevention and control of blood glucose and improving other cardio vascular risk factors like blood pressure and lipids. Moderate physical activity of at least 150 min/week that includes 30 minutes or more of moderate to vigorous aerobic exercise — such as brisk walking, running and swimming on most days are recommended. Resistance exercise like lifting weights and dumbbells for at least 2 to 3 times a week should be included in the exercise schedule. Long hours of sitting should be avoided by taking few minutes of breaks every 30 minutes.

How do we manage diabetes?

There are four pillars for management of diabetes, that include

- a) Dietary modification.
- b) Regular exercise.
- c) Monitoring for glycaemia and for long term complications.
- d) Drugs that include oral anti diabetic medications and insulin and other non insulin injectables as prescribed by physician or endocrinologist.

FOR MORE INFO VISIT

<https://endocrinesocietyindia.org/>