

ARE WE IGNORING PREDIABETES?

With an estimated seven crore Indians diagnosed as diabetic, diabetes is undoubtedly an epidemic. And what is even more worrying is the fact that the number of prediabetics is pegged at a whopping 50 crores in the country.

Physician endocrinologist, diabetologist, anti-ageing specialist and obesity consultant Dr Deepak Chaturvedi, MD, says that this is an alarming sign.

"Being an Indian itself is a non-modifiable risk factor for diabetes. This means that every Indian is at a high risk of developing diabetes. There are two situations in this case. Either we diagnose an individual when he develops diabetes and then spend time, money and energy in preventing and managing the complications. Or, we screen an individual and identify the prediabetes condition, which, by altering lifestyle and minimum medication, may prevent or delay the development of full blown diabetes," he says, and adds, "Though the second option seems a bit difficult practically (screening every Indian), if it happens, it will surely decrease the disease burden on the nation."

Assess your risk of developing diabetes:

- Does your parents or siblings have diabetes?
- Do you lead a sedentary lifestyle? Are you overweight or underweight? Do you have an increased waist circumference?
- Do you have high blood sugar during pregnancy? Do you consume oral contraceptive pills?
- Are you on steroids or body building medicines and supplements?
- Do you crave for sweet foods items often?
- Do you live in a stressful work or home environment?



Dr Deepak Chaturvedi

- Are you an alcoholic? Are you a chain smoker?
- Do you take antidepressant or antipsychotic medicines?
- Do you have heart disease or thyroid disorder?

If you answered in affirmative to a few of the above, it is advisable to consult a doctor and screen yourself for diabetes.

Where: Diabetes, Thyroid & Hormone Clinic, Andheri (W).

Call: 022-67411122, +91-9930033712

www.dthc.in

Anjana Multispeciality Clinic, Santacruz (W).

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*(*Procedures given are based on the expert's understanding of the said field)*