

Name of Resource person: Dr S.Girija

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Department: General medicine

Category:
Public awareness / Day celebration

TRANSCRIPT

Good morning. I am Dr Girija Professor of General medicine at Sri Manakula vinayagar medical college Puducherry. Today November 14 is World diabetes day.

Diabetes is a chronic disease, which occurs when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces. This leads to an increased concentration of glucose in the blood. United nations general assembly designated 14 November, the current World Diabetes Day, as a United Nations Day, to be observed every year beginning in 2007.

Do you know

Over the last 10 years diabetes prevalence has risen faster in low and middle-income countries than in high-income countries.

- 537 million adults (20-79 years) are living with diabetes - 1 in 10. This number is predicted to rise to 643 million by 2030 and 783 million by 2045.
- Diabetes is responsible for 6.7 million deaths in 2021 - 1 every 5 seconds.

Facts to consider or worry about

- Adults with diabetes have a two- to three-fold increased risk of heart attacks and strokes.
- Combined with reduced blood flow, neuropathy (nerve damage) in the feet increases the chance of foot ulcers, infection and eventual need for limb amputation.
- Diabetic retinopathy is an important cause of blindness and occurs as a result of long-term accumulated damage to the small blood vessels in the retina. Close to 1 million people are blind due to diabetes.
- Diabetes is among the leading causes of kidney failure.
- People with diabetes are more likely to have poor outcomes for several infectious diseases, including COVID-19.

The theme for World Diabetes Day 2021-23 is access to diabetes care.

Access to diabetes education is the focus of the second year of the World Diabetes Day 2021-23 theme

100 years after the discovery of insulin, millions of people with diabetes around the world cannot access the care they need. People with diabetes require ongoing care and support to manage their condition and avoid complications

We at Sri Manakula Vinayagar medical college are committed to the prevention and care of diabetes. This year From Nov 9-11, a screening program for complications of diabetes is planned by the Department of General medicine.

A peer group discussion with patients with diabetes is planned to educate on lifestyle, diet and insulin technique.

To prevent type 2 diabetes and its complications, people should:


- achieve and maintain a healthy body weight;
- be physically active – doing at least 30 minutes of regular, moderate-intensity activity on most days. More activity is required for weight control;
- eat a healthy diet, avoiding sugar and saturated fats; and
- avoid tobacco use – smoking increases the risk of diabetes and cardiovascular disease.

In addition diabetes can be treated and its consequences avoided or delayed with medication, regular screening and treatment for complications.


Have yourself screened and avoid complications of Diabetes.

Thank you.

Signature of the Resource Person


Dr. S. G. S. J. A., M.B.B.S., D.N.B., (MED)
RSC. NO. 44074
PROFESSOR
DEPARTMENT OF GENERAL MEDICINE
Sri Manakula Vinayagar Medical College and Hospital
Kalitheerthalkuppam, Madagadipet, Puducherry - 605 107.

Signature of the HOD


PROFESSOR & HEAD
Department of General Medicine
Sri Manakula Vinayagar Medical College & Hospital
Kalitheerthalkuppam, Madagadipet,
Puducherry-605107.