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Date : 07 Apr, 2016

HEALTH AND WELLNESS CLUB
WORLD HEALTH DAY
THEME – BEAT DIABETES



Dear Parents,

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin, a hormone that regulates blood sugar, gives us the energy that we need to live. If it cannot get into the cells to be burned as energy, sugar builds up to harmful levels in the blood.

Over time, high blood sugar can seriously compromise every major organ system in the body, causing heart attacks, strokes, nerve damage, kidney failure, blindness, impotence and infections that can lead to amputations.

In 2012, the disease was the direct cause of some 1.5 million deaths, with more than 80% of those occurring in our country. WHO projects that diabetes will be the 7th leading cause of death by 2030.

Studies are showing children are at increasing risk of developing the disease. The global rise of childhood obesity and physical inactivity is widely believed to play a crucial role due to increased intake of junk food, sedentary lifestyle and lack of physical exercise.

On this World Health Day, 07 April 2016, I would like to send a message of hope for all suffering from this common lifestyle disease in the world.

- Don't let diabetes stop you from leading the life you want. It can be managed with advanced treatment options.
- Diabetes is treatable. Diabetes can be controlled and managed to prevent complications. Increasing access to diagnosis, self-management education and affordable treatment are vital components of the response.
- Research has shown that the symptoms of diabetes can be managed or even minimized by correcting certain lifestyle habits. Maintaining normal body weight, engaging in regular physical activity, and eating a healthy diet can reduce the risk of diabetes.
- Eat a complex carbohydrate, low fat, high fiber diet, including plenty of raw fruits & vegetables, as well as fresh vegetables juices. This reduces the need for insulin and also lowers the level of fats in the blood. Fibers help us reduce blood sugar surges.

- Get your protein intake from vegetables sources such as legumes and grains fish & low fat dairy products are also acceptable sources of protein.
- Modern pre-package/processed food gets rapidly absorbed in the first part of the intestine and there is no food left for the last part where a few hormones, which help in controlling diabetes are released. Hence it is advisable to avoid processed foods.
- Exercise regularly; it produces an insulin-like effect in the body.
- Avoid healthy supplements containing cysteine, vitamin B,C and fish oil capsules.
- Wearing safe and comfortable footwear is absolutely essential. Keep your feet clean, dry and warm to prevent diabetic ulcers.
- Avoid tobacco in any form; it constricts blood vessels and inhibits circulation.
- Sleep for preferably seven or more hours for the nerves and all other systems to settle down and rest. This will lower all your diabetes problems.

“KEEP YOURSELF HAPPY AND HAVE A POSTIVE OUTLOOK TOWARDS LIFE.”

Asha Prabhakar
(Principal)

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एक कदम स्वच्छता की ओर

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