

Report on the Extension Lecture on “Know Your Diabetes”

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Women's Development and Extension Centre organized an extension lecture on “Know your Diabetes” for the benefit of women employees 24.01.2014 at 11.30 A.M. in the e-Class room of STML Building, Dr.B.R.A.O.U. Campus. Dr.Jai Prakash Sai , Diabetes Speciality Clinics, Elbit Medical Diagnostics Ltd, Banjara Hills, Hyderabad delivered the lecture.

Dr. Jayaprakashsai is a Fellow of Robert Turner Diabetes Research Training, OXFORD University (UK) and Cambridge Diabetes Epidemiology Training Cambridge (UK). He has also served as Director (Community Service) of Rotary Club of Hyderabad Central (Dist. 3150) Life Member of Indian Medical association (IMA Hyderabad City)& Indian College of General Practitioners. Currently he is the Joint Secretary of Research Society for the Study of Diabetes in India, AP Chapter. He has passion in empowering public on Diabetes Education and Prevention. He has been Organizing DEAR (Diabetes Education Awareness Reach) Activities for Physicians, Patients, Public for the past 5yrs.

The gist of his presentation is outlined in the following paragraphs.

India is facing an epidemic of diabetes. At present, confirmed diabetes patients in India are 67 million, with another 30 million in pre-diabetes Group (High Risk for Diabetes). By 2030, India will have the largest number of patients in the world.

An inactive life-style, which involves lack of exercise and poor calorie management, is one of the biggest contributors of diabetes today.

Adopting a healthy lifestyle with more activity will reduce the incidence of diabetes and heart disease. Try walking each day or do some cardio activity, after consulting your doctor.

Exercise can help you to lose weight, lower blood sugar, and boosts sensitivity to insulin which helps to keep blood sugar within a normal range. Research shows that both aerobic exercise and resistance training can help control diabetes. But the greater benefit comes from a fitness program that includes both.

In general, it is best to limit highly refined carbohydrates like white bread, pasta and rice as well as soda, candy and snack foods. Focus instead on high-fibre complex carbohydrates (Brown rice, whole-grain bread, peas or leafy greens) – also known as slow-release carbs. Slow-release carbs help keep blood sugar levels even because they are digested more slowly, thus prevent your body from producing too much insulin.

Eat Less, Eat on TIME, Eat Right, Walk More, Sleep Well & on Time and smile.