

# 1 IN 10 DIABETIC IN TN

■ Diabetes may become world's seventh largest killer by 2030: WHO

■ Diabetics number doubled in 13 years in India



ANNA SAKHI JOHN | DC CHENNAI, APRIL 6

Uncontrolled diabetes can affect various parts of the body, which include blood vessels, heart, kidney, eye, gums and nerves. Hence, adequate and preventive measures need to be adapted to control the spread of diabetes among the city's workforce. Today, an efficient lifestyle management is the foundation to prevent such lifestyle diseases.

— DOBSON DOMINIC, medical director, SIO Health Sports Lounge

Among the 15 states that ICMR focused on in its INDIAB study, Tamil Nadu had the highest number of diabetics, following Chandigarh (UT).

— R.M. ANJANA, director, Madras Diabetes Research Foundation

The prevalence of diabetes, a non-communicable disease (NCD), has been steadily increasing in the past few decades, especially in Tamil Nadu (10.4 per cent prevalence), as seen in INDIAB study of Indian Council of Medical Research. (ICMR).

With the global rise in diabetes becoming a serious issue, WHO has chosen diabetes to be a priority area of global public health concern.

"Among the 15 states that ICMR focused on in its INDIAB study, Tamil Nadu had the highest number of diabetics, following Chandigarh (UT)," said R.M. Anjana, director - Madras Diabetes Research Foundation, who was part of the survey.

"Every one in 10 persons is diabetic in Tamil Nadu," said Boochandran, TS, endocrinologist, Apollo Hospitals.

Dr Mohan's study conducted in some pockets of Chennai saw many were still unaware

India (2015)	DEATHS	
	30-69 years age group	Above 70 years
Males	75,900	46,800
Women	51,700	45,600



about the disease or unable to grasp the seriousness that is related to it.

"Tamil Nadu is well ahead of other states in terms of awareness," said a senior health official.

However, despite increasing awareness of diabetes and its life-altering complications, very few people undergo regular screening tests proactively to prevent the disease.

A recent study revealed that people

with Type-I Diabetes, who intensively control their blood glucose soon after diagnosis, are likely to live longer than those who do not. However, care is not taken to control one's blood glucose.

"Adults these days do not believe in exercising. They never realise the seriousness of the disease," said a diabetologist, M. Verghese.

India, which is reported to have the second highest number of diabetic individuals in the

world, has in recent years seen a sharp increase in its numbers - 18 million in 1980, to 66.8 million in 2015 - according to International Diabetes Federation.

Diabetes is fast gaining an epidemic status in India. According to Poonam Khetrapal Singh, regional director, WHO South-East Asia, taxing sugary beverages and re-investing the revenue in health promotion activities is an evidence-based intervention that makes real change.

Public health agencies worldwide are concerned as diabetes is linked to ailments ranging from strokes to cardiovascular disease. Though mortality due to diabetes is relatively less as compared to cancer and cardiac disorders, WHO fears that the disease could become the world's seventh largest killer by 2030.

"More than 50 per cent of those who die with various ailments have diabetes," said Boochandran.

## DATRI gets 150th donor

DATRI, India's largest blood stem cell donors' registry, successfully completed facilitating over 150 unrelated blood stem cell donations on the eve of World Health Day when 37-year-old Premangshu Choudhury's, received a call stating that he was a potential match for a patient suffering from multiple myeloma, a deadly blood disease, making him DATRI's 150th donor.

## NCDs ACCOUNT FOR 55% DEATHS

NON COMMUNICABLE DISEASES (NCDs) ACCOUNT FOR OVER 55 PER CENT OF ALL DEATHS IN INDIA. DIABETES REPRESENTS ONE OF THE IMPORTANT NCDs

89,257

out of 3,02,234 samples tested between the age group 20 to 80 yrs for fasting blood glucose at Metropolis Healthcare Ltd, were found to be positive for diabetes mellitus.

■ Prevalence of pre-diabetes as per ICMR-INDIAB survey was 8.3 per cent in Tamil Nadu

## IN URBAN AREAS

the highest prevalence of hypertension (overall) was observed in Chandigarh (32.6%) and Tamil Nadu (32.3%)

## IN RURAL AREAS

Tamil Nadu has the highest prevalence of hypertension (28%)

ACCORDING TO WHO, the number of diabetics in India doubled in 13 years and it is projected to increase to 101.2 million in the next 15 years.

The annual expenditure on treating diabetes in India is estimated at ₹15 lakh crore. This is nearly FIVE TIMES the centre's ₹32,000 crore allocation for health.

## TYPES OF DIABETES

### TYPE-I

- Cause unknown.
- People living with it require daily insulin administration for survival.



### TYPE-II

- Accounts for the vast majority of people living with diabetes globally.
- Largely the result of excessive body weight and physical inactivity.

### GESTATIONAL DIABETES

- Temporary condition.
- Occurs during pregnancy.
- Carries long-term risk of type-II diabetes.
- Present when blood glucose values are above normal but still below those diagnostic of diabetes.



## WHO FACTS AS PUBLISHED IN LANCET JOURNAL

The number of people living with diabetes and its prevalence are growing in all regions of the world.

In 2014, 422 million adults (or 8.5% of the population) had diabetes, compared with 108 million (4.7%) in 1980.

■ Diabetes caused 1.5 million deaths in 2012.

■ Many of these deaths (43%) occur prematurely, before the age of 70 years

■ The deaths are largely preventable through adoption of policies to create supportive environments for healthy lifestyles and better detection and treatment.

■ Diabetes has become more common among men than women

■ Rate of diabetes has risen significantly in many low and middle income countries, including India.

■ The WHO recommends that adults between 18 and 65 get at least 150 minutes of moderate physical activity.

