

Editorial

Diabetes and Unhealthy Life Style

Mohsin Masud Jan

Editor

Diabetes is on the rise as there are 422 million diabetes in the world and almost 16 percent population of Pakistan is living with the disease. The people can ward off diabetes by adopting healthy lifestyle through use of balanced diet and regular exercise.

Giving up the habit of junk food and cold drinks, eating fresh fruits and vegetables in daily diet and doing regular walk or exercise daily will help to prevent diabetes. Proper care and preventive measures can control diabetes in an effective manner.

We have become lethargic and sedentary, which tantamount to inviting various diseases. Use of fresh fruits, vegetables and regular exercise would help in preventing diabetes.

Diabetes affected all organs of body, therefore, it was necessary to consciously fight against this disease. Diabetes had become a common disease as it could be inherited as well. It is in our hands to prevent the disease before happening and control the disease after happening. The balanced diet, including fresh fruits and vegetables and 35 to 40 minutes of walk play key role to keep diabetes away. If preventive measures are not adopted then diabetes can be dangerous and can invite more diseases to the patients.

There is a need to spread awareness and remove misconceptions among the people. Some diseases like diabetes and blood pressure can neither be diagnosed earlier nor completely cured, therefore, proper care and prevention help in keeping the diseases away. Diabetes and blood pressure required lifetime treatment. The diabetes had to take medicines for life, therefore, it was advisable to prevent and avoid this disease. If a patient adopts carelessness then serious complications can affect the patient. Diabetes was a genetic disease and could be inherited by the children from their diabetic parents. Major risk factors for type 2 diabetes include obesity and a sedentary lifestyle. The diabetes patients and their families need counseling to deal with the disease.

25 percent of all patients in hospitals were suffering from various complications of diabetes. The use of insulin and medicines among diabetes should be fourth

on priority list. The diabetics should adopt healthy lifestyle, our balanced diet, do regular exercise and spend tension free life. There were around 422 million patients of diabetes in the world and it is also spreading at a fast pace in Pakistan as almost 10 percent of the population was suffering from this disease.

According to estimates, diabetes with this pace will affect every 10th person by the year 2040. It was paramount to create awareness among the people to prevent diseases. According to a 2013 survey, 400 million people were suffering from diabetes, which may potentially affect up to 600 million people by the year 2035.

Treatment of diabetes was not all about insulin and medicines to keep blood sugar in normal range, but it was also about keeping blood pressure and cholesterol within their natural limits. The treatment of diabetes consists of four ingredients of healthy diet, exercise, sugar monitoring and medicines.

There were two types of diabetes i.e. type-I and type-II, adding that type-I diabetes emerges in childhood that destroys the insulin producing cells, whereas type-II diabetes reduces the production of insulin in the body. Almost 90 percent of patients are suffering from type-II diabetes.

It was extremely important to control diabetes among pregnant women to prevent diabetes in the newborn.

The symptoms of diabetes include frequent thirst, numbness in hands and feet, delay in healing of wounds, burning of feet, needle-like pinching in the body, excessive urination and rapid weight loss.

People are advised to adopt preventive measures to avoid diabetes through healthy lifestyle. We need to protect our new generations from this disease. People are further advised to avoid oily and fast foods, cold drinks, sweets etc. and do regular physical exercise to avoid sugar.

Early diagnosis of diseases, including diabetes was a key towards control, treatment and cure of the diseases. The diabetes was fast spreading among people not only in Pakistan but around the world.