

DIABETES MONITOR

2011 Issue No. 3



Published by:

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&

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on behalf of DIRECT,
a Charitable Trust for diabetes.

Promoted by:



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Chennai - 600 034.
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As India prepares to assume its rightful position as one of the leading nations of the world, a major threat is emerging silently that might derail much of the progress we have made over the past few decades. Increasing levels of urbanization and higher levels of income have led to an unprecedented increase in the prevalence of the so called "lifestyle diseases", among which diabetes is a major player. If not detected and treated in time, diabetes can lead to major complications including blindness, kidney failure, heart attack, stroke and limb amputation. It is estimated that India has 51 million people living with diabetes as of 2010, and this number is projected to rise to 87 million by the year 2030. It is even more alarming that people are now getting diabetes in their twenties and thirties, this means that many of them will spend the prime of their productive lives grappling with the disease and its complications.

Is there any way we can prevent our youth from falling prey to diabetes? The answer is resounding "YES". The seeds of diabetes are sown in childhood and adolescence. Unhealthy lifestyle choices made during childhood predispose individuals to the development of diabetes later in life. Conversely, healthy habits inculcated in childhood will remain with the individual throughout his or her life and stand him or her in good stead in preventing diabetes. Our youth need to be provided with the right sort of information so that they can be motivated to make healthy lifestyle choices early in life.

For the last two decades, Dr.Mohan's Group of Diabetes Institutions has been at the forefront of the fight against diabetes in India. Our work has thrown light on the magnitude of the problem of diabetes in India and has also helped in increasing public

awareness about the disease. To mark the 20th anniversary of our Institutions, we are organizing the first ever "Diabetes Fest" in India from August 2011 onwards. The fest is open to school and college students and consists of exciting events which is displayed below.



Events for School Students

Events for College Students

	PAINTING		ESSAY
	FANCY DRESS		THEME SKIT
	DANCE AEROBICS		RANGOLI
	ELOCUTION		DIABETES QUIZ

	ELOCUTION		COOKERY CONTEST
	DANCE AEROBICS		RANGOLI
	THEME SKIT		ESSAY
	SINGING		DIABETES QUIZ
	DIABETES ART		

The Diabetes Fest 2011 aims at promoting the message of "Diabetes Prevention" through the adoption of healthy diet and lifestyle choices.

The Grand Finale is scheduled to be held on Friday, the 25th of November 2011 at the Chennai Trade Centre, Nandambakkam, Chennai from 4.00 p.m. onwards. This star



studded event is bound to be a landmark in diabetes awareness in the city of Chennai! Celebrities from various walks of life including cinema, music and sports are expected to honour the occasion with their presence. The

programme also includes live performances by many of the winning teams of the Diabetes Fest 2011. A variety of games and entertainment will also be on offer to make this fun-filled occasion for the entire family!!

Glimpse of the Interschool & Intercollegiate cultural competitions Diabetes Fest 2011

PAINTING COMPETITION



ESSAY COMPETITION



THEME SKIT



FANCY DRESS



RANGOLI



VEGETABLE CARVING



QUIZ



ELOCUTION



EXPERTS IN THE FIELD OF MEDICINE HONOURED BY DR. MOHAN'S DIABETES SPECIALITIES CENTRE & MADRAS DIABETES RESEARCH FOUNDATION, CHENNAI

The **Dr. Mohan's Diabetes Specialities Centre (DMDSC)** and **Madras Diabetes Research Foundation (MDRF)** **Gold Medal Oration Awards** were instituted with the primary objective of honouring distinguished scientists who have contributed significantly to research in the field of Medicine. This year, the Scientific Council of the DMDSC and MDRF honoured two outstanding physicians for their extraordinary contributions in Medical Research. The orations were held on **July 9th, 2011**, at Hotel

Metabolic Physician, Lilavati Hospital, Mumbai and Vice President of RSSDI, Mumbai and President of All India Association for Advance Research in Obesity were the Chief guests of this function.

This year the Scientific Committee of the Madras Diabetes Research Foundation (MDRF), Chennai conferred the **3rd MDRF Gold Medal Oration Award** on **Dr.K.K.Talwar**, Chairman, Board of Governors, Medical Council of India, New Delhi and Former Director, PGIMER,



Dr.Mayil Vahanan Natarajan, Vice Chancellor, The Tamil Nadu Dr. MGR Medical University presenting the **3rd MDRF Gold Medal Oration Award** to **Dr.K.K.Talwar**, Chairman, Board of Governors, Medical Council of India. Also in Photo are **Dr.R.M.Anjana**, Joint Maneging Director, DMDSC, **Dr.Shashank R.Joshi**, Endocrine & Metabolic Physician, Lilavati Hospital, Mumbai, **Dr.V.Mohan**, Chairman, DMDSC, **Dr.K.M.Venkat Narayan**, Professor of Medicine, Rollins School of Public Health, Emory University, Atlanta, USA and **Dr.Ranjit Unnikrishnan**, Vice Chairman, DMDSC.

Taj Connemara. **Padma Laureate Dr.Mayil Vahanan Natarajan**, Vice Chancellor, The Tamil Nadu Dr. MGR Medical University and **Dr.Shashank R.Joshi**, Endocrine &

Chandigarh in recognition of his outstanding contributions in the field of medicine in general and cardiology in particular. **Padma Laureate Dr.Mayil Vahanan Natarajan**,



Vice Chancellor, The Tamil Nadu Dr. MGR Medical University presented the gold medal to Dr.Talwar. Dr.Talwar delivered the oration on the topic 'Coronary Artery Disease in the Young'.

Dr.K.M.Venkat Narayan, Hubert Professor of Global Health and Professor of Medicine Rollins School of Public Health, Emory University, Atlanta, USA was conferred with the '18th DMDSC Gold Medal Oration Award' in recognition of his

Mumbai and President of All India Association for Advance Research in Obesity presented the gold medal to Dr.Narayan.

During this occasion several novel educational courses offered under The Tamil Nadu Dr.M.G.R Medical University by Dr.Mohan's Diabetes Education Academy [DMDEA] were also inaugurated by Dr.K.K.Talwar, Chairman, Board of Governors, Medical Council of India. The



Dr.Shashank R.Joshi presenting the 18th DMDSC Gold Medal Oration Award to Dr.K.M.Venkat Narayan. In photo from left Dr.R.M.Anjana, Dr.V.Mohan, Dr.K.K.Talwar, Dr.Mayil Vahanan Natarajan and Dr.Ranjit Unnikrishnan.

monumental contributions in the field of diabetes. Dr.Narayan delivered the Oration on the topic '**Prevention of Type 2 Diabetes needs strategies to preserve beta cell function**' emphasizing the role of potentially modifiable factors including physical activity, dietary factors, that may predict changes in β -cell function in the early natural history of diabetes. **Dr.Shashank R.Joshi**, Endocrine & Metabolic Physician, Lilavati Hospital, Mumbai and Vice President of RSSDI,

new courses included 1) Post Doctoral Fellowship in Diabetology for those with MD degree (1 year), 2) PG Diploma in Diabetes Education for those with B.Sc Food Science, Nutrition & Dietetics or B.Sc Nursing or B.Sc Pharmacy (1 year), 3) B.Sc in Medical Laboratory Technology for those who have passed 12th standard (3 years), 4) Diploma in Podiatry for those who have passed 12th standard (2 years) and 5) Diploma in Nursing Aide for those who have passed 12th standard (2 years).



Workshop on 'Multi-sectoral Partnerships for Health Promotion and Non-Communicable Diseases (NCDs) Prevention in India' organized by Madras Diabetes Research Foundation, Chennai

The Madras Diabetes Research Foundation (MDRF) in partnership with Public Health Foundation of India (PHFI) along with the Centre for Chronic Disease Control (CCDC), Health Related Information Dissemination Amongst Youth (HRIDAY) and supported by the World Health Organization (WHO) undertook an assessment of existing NCD related health promotion initiatives in India to identify the potential gaps, barriers and opportunities for promoting multi-sectoral participation in NCD prevention. Towards that, a one day regional workshop was organized on 23rd July 2011 at MDRF, Gopalapuram, Chennai. The aim of this workshop was to sensitize various stakeholders on NCD burden in the country and

obtaining their inputs on how multi- sectoral partnerships can be achieved to alleviate the rising burden of NCDs in India.

The inputs from the regional workshops formed the basis for the National summit held at New Delhi in August 2011 and facilitated in building a national consensus on articulating India's position at the forthcoming United Nations summit on NCDs in September, 2011. As these diseases are lifestyle disorders, experts from southern states including Tamilnadu, Kerala, Andhra Pradesh, Karnataka and from Delhi discussed the need for multi-sectoral partnership to tackle NCDs in India. The Participants/ Stakeholders from various settings included:





Panel discussion in progress after presentation of the experts. In photo from left to right: **Dr.Ramesh Babu**, Managing Director, Medwin Hospital, Hyderabad, **Ms. Anagha Khot**, National Professional Officer - Health Systems and Human Resources, World Health Organization, New Delhi, **Dr.Ritu Rana**, National Consultant NCDs, Ministry of Health and Family Welfare, New Delhi, **Ms.Girija Vaidyanathan IAS**, Principle Secretary, Health and Family Welfare Department, Government of Tamilnadu, **Dr. Mithila Dayanidhi**, National Consultant NCCP, Ministry of Health and Family Welfare, New Delhi, **Dr.V.Mohan**, Chairman, Dr.Mohan's Diabetes Specialities Centre and **Dr.Mathews Numpeli**, Senior Medical officer, Institute of Palliative Medicine, Calicut



Group Discussion in Progress

Government sector & Policy makers, Legal experts, Schools, Colleges, workplaces and

communities, Health care providers (both for profit and not for profit institutions), Customs,





Dignitaries on the dais during Valedictory function of the workshop. In photo from left to right: Dr.Ritu Rana, Dr.V.Mohan, Shri.T.M.Jacob, Minister for Food and Civil Supplies, Consumer Affairs & Registration, Government of Kerala, Ms.Girija Vaidyanathan, Dr.S.Elango, Former Director, Public Health and Preventive Medicine, Government of Tamilnadu and Ms.Anagha Khot

excise and income tax, Representatives from print and electronic media, Representatives from the food and pharmaceutical industries, consumer protection advocates, corporate & private sector, non-governmental organizations.

Presentations by experts on different issues of NCDs and Group discussions were also conducted to discuss on what NCD policies, programs and interventions exist and what new NCD policies are needed, what are the priority strategies and interventions needed for prevention and control of NCDs and also capacity building efforts and resources are needed to comprehensively tackle NCDs in India.

Dr.S.Elango, Former Director, Public Health and Preventive Medicine, Government of Tamilnadu was the Chief Guest for the valedictory function and the

function was presided by Hon'ble Shri T.M.Jacob, Minister for Food and Civil Supplies, Consumer Affairs & Registration, Government of Kerala. Ms.Girija Vaidyanathan IAS, Principle Secretary to Government of Tamilnadu for Health and Family Welfare Department. Dr.Ritu Rana National Consultant NCDs, Ministry of Health and Family Welfare, New Delhi and Ms. Anagha Khot, National Professional Officer - Health Systems and Human Resources World Health Organization, New Delhi were the guests who attended the valedictory function.

This workshop served as a platform to recommend appropriate strategies for inter-sectoral collaboration for NCD related health promotion and on the possibilities for integrating it into other health and non-health sectors in their respective regions.



IIT-Delhi Professor Honoured by MDRF

Prof. Chinmoy Sankar Dey, Professor at the Kusuma School of Biological Sciences, Indian Institute of Technology, Delhi, has been awarded the **First “MDRF Honour Lecture Award”** by the Madras Diabetes Research Foundation (MDRF). **Dr.V.Mohan**, President, MDRF presented the award to Prof. Dey on 22nd July 2011 at MDRF auditorium. This award was given in recognition



Dr.V.Mohan, Chairman, DMDSC presenting the **First MDRF honour award** to **Prof. Chinmoy Sankar Dey**, Professor at the Kusuma School of Biological Sciences, Indian Institute of Technology, Delhi. Also in photo are **Dr.M.Balasubramanyam**, Deen, Research Studies, MDRF and **Dr.Ranjit Unnikrishnan**, Vice Chairman, DMDSC

of Prof. Dey's significant contributions in the areas of '**Molecular mechanisms of insulin resistance and drug target identification in type 2 diabetes**'. Prof. Dey will also serve as a '**Visiting Scientist**' at MDRF.

DR.V.MOHAN & DR.RANJIT UNNIKRISHNAN PARTICIPATED IN TRAC-2011



Our Chairman **Dr.V.Mohan** and Vice Chairman **Dr.Ranjit Unnikrishnan** participated in '**2nd Tamil Nadu RSSDI Annual Conference-2011 (TRAC 2011)**' held at Tuticorin, Tamil Nadu on 30th & 31st July 2011. **Dr.V.Mohan** delivered

lectures on “**Epidemiology of Diabetes in India – ICMR – Indiab Study**”, “**Pre – Diabetes – Are we ignoring?**” and “**Prevention of Diabetes**” and **Dr.Ranjit Unnikrishnan** delivered lecture on “**Intensive early Insulin therapy in type 2 Diabetes**”. Their talks highlighted the glimpse of the activities that are performed by MDRF/

Dr.Mohan's Diabetes Specialities centre- WHO collaborating centre in prevention and control of NCD's. Eminent scientists from all over Tamil Nadu participated in this conference. The lectures were very well received and won wide applause.





Childhood Obesity - Once a Symbol of Wealth, now a Danger to Health!

Dr.M.Balasubramanyam,

Dean of Research Studies & Senior Scientist, MDRF

Childhood Obesity is a growing global problem. The World Health Organization (WHO) has cautioned all the world organizations to be active in their mission to curb the global problem of childhood obesity. Data from the National Health and Examination Survey (NHANES) revealed that about one-third of U.S. general population (33 to 35%) is obese. Approximately 20% of children and adolescents aged 2-19 years are obese in US. While the obesity rate is increasing in every state, someone rightly questioned **“Is it United States of America or United States of Obesity?”** The U.S. Equal Employment Opportunity Commission (EEOC) now claims obesity as a disability under the Americans with Disabilities Act Amendments Act (ADAAA).

'Young India' moving towards 'Obese': A new study conducted by a sports management agency (EduSports) has revealed that obesity is on the rise (about 25%) among children in India with many of them suffering from the problem even before they reach adolescence. A very recent study from the New Delhi assessed that the prevalence of overweight and obesity in urban Indian children are 21% and 12%, respectively. On extrapolating these data, more than 15 million children would currently be overweight and 4 million abdominally obese in urban India alone.

Much is in Mom's hand: Parents

(mostly Moms) naturally want their children to gain weight, as they grow. The result is that they tend to overlook, even welcome, some extra pounds that creep in. It's common that having and nurturing a 'bubbly and chubby kid' is a status symbol or a symbol of wealth! But such a situation carries the risk of imminent obesity and can become a serious problem. Obese children are at much greater risk of growing into obese adults. This can make them prone to several, serious health problems such as :



- ⊗ Diabetes
- ⊗ Heart Disease
- ⊗ Eating Disorders
- ⊗ High blood pressure
- ⊗ Respiratory problems
- ⊗ Liver problems
- ⊗ Sleep disorders
- ⊗ Fatigue
- ⊗ Low esteem
- ⊗ Lack of Confidence
- ⊗ Behavioral issues
- ⊗ Depression



So, it is right and apt to say, **“Childhood obesity – once a symbol of wealth is now a danger to health”**. Parents in India need to be aware of the overall impact of obesity in the future health of their children, and accordingly make necessary changes in the environmental factors that are in their control – encourage exercise and take control of nutritional requirements, discourage and delay unhealthy eating of junk and processed foods.

Attributes of Obesity warrant a change in our Attitude: Obesity in children is largely attributable to a sedentary lifestyle, which gets compounded by overeating. Today's environment plays a major role in shaping the habits and perceptions of children and adolescents. The prevalence of television commercials promoting unhealthy foods and eating habits is a large contributor. In addition, children are surrounded by environmental influences that demote the importance of physical activity. In the absence of an environment that fails to encourage exercise or healthy eating, children are becoming prey to obesity early on in life. Just a year back Michelle Obama initiated the **“Let's Move”** campaign to curb the childhood obesity epidemic in the United States. According to the campaign website, its goals include “creating a healthy start for children” by empowering their parents and caregivers, providing healthy food in schools, improving access to healthy, affordable foods, and increasing physical activity. Such campaigns are very much important and need of the day for India.

Perform physical activity – Don't just watch it: Mahakavi Bharathi said, 'Children.... Run & Play!'. Where is the place for children to run and play now? It's a sad fact that about 50% of schools in India do not have playgrounds. In fact, starting schools and colleges has now become anybody's playground without meeting the educational

standards and the need for a playground of required size. Children have nowhere else to play due to the lack of public parks and playgrounds in the vicinity of their residence. Children of today are exposed to environments that allow familiarity to



computers and video games much earlier in age as opposed to say, a decade ago. Instead of themselves performing or engaged in physical activity, children simply watch physical activity (!) in television/computers/video games. Educationists and child psychologists caution that a school (or a college) without a playground is an incomplete institution as it does not allow the all-round development of a child, which includes his/her physical wellbeing. Unfortunately, in many of the school/college systems, the physical education teachers are not treated as equal (by skill and pay) to other academics. At a time when the country is progressing towards a juvenile obesity epidemic, smart physical education should be in place in every school/college. School management, teachers, parents and the children should know the importance of regular physical activity and its positive effect on student health and achievement.

If the childhood obesity is not prevented, India - which is known for its **'Unity in Diversity'** may soon become a nation of **'Obesity in Diversity'**. We don't want this large country to harbor **'extra-large'** children and ever increasing health burden! Become an ambassador to prevent obesity!





Sprouted Green Gram Pulao

Dr. Saroja Raghavan

HOD & Sr. Manager, Nutrition & Dietetics,

Dr.Mohan's Diabetes Specialities Centre, Chennai

Ingredients:

Rice – 100g	Bay leaf – 1
Sprouted green gram – 25g	Turmeric powder – a pinch
Capsicum, green – 1	Cinnamon - a piece
Cabbage – 25g	Cloves – 2
Onion big – 50g	Green chilly – 1
Spring onion – 1 bunch	Ginger – ½ piece
Garlic – 2 flakes	Coriander powder – 1 tsp
Small onion – 4	Salt to taste
Garam masala – ½ tsp	Oil - 1 tbsp
Red chilli powder - 1/2 tsp	

Method:

Soak rice for 10 minutes. Drain water and fry in a teaspoon of oil for a minute along with cinnamon and cloves. Cook in a pressure cooker. Chop the vegetables lengthwise. Grind small onion, garlic, ginger, green chilly, garam masala, and chilly powder. Heat oil in a pan. Add the ground masala and fry for a minute. Add the chopped vegetables, sprouted green gram, salt and stir fry. Add cooked rice and sauté for a minute. Serve hot with raita.



Nutritive value

Energy – 280 Kcal	Portion size – 1 bowl
Carbohydrate – 46.9 g	No of serving – 2
Protein – 5.2 g	
Fat – 7.9 g	

Dear Readers, we invite your contributions to 'Diabetes Monitor' in the form of Diabetes related queries, anecdotes or personal experiences.

Please send / email:

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Editor, Diabetes Monitor

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Dr. R. Guha Pradeepa





Frequently Asked Questions

1. What is Prediabetes?

Ans: Prediabetes is the state when the blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes. The diagnostic cut off for pre-diabetes is fasting plasma glucose greater than 110 mg/dl but less than 126 mg/dL or two-hour plasma glucose between 140-199 mg/dL. Those who have pre-diabetes are at higher risk of developing diabetes and cardiovascular disease and should follow proper diet and exercise programs in order to prevent diabetes and when needed during therapy as well as. Strict control of other cardio metabolic factors like BP and lipids are also indicated.

2. Who are at high risk for developing gestational diabetes?

Ans: A number of factors (non-modifiable and modifiable) are associated with the development of gestational diabetes mellitus (GDM). One is considered at high risk for GDM (and should be screened early) if maternal age is above 25 years, overweight prior to pregnancy, family history of diabetes, GDM in previous pregnancy, history of repeated abortions, or still birth, or a previous history of delivering a big baby, history of polycystic ovarian syndrome, sedentary life style, hypertension and other cardiovascular risk factors. GDM can also appear in the absence of risk factors in more than 50% of cases. Hence screening of all high risk women for diabetes is mandatory.

3. What are the present treatment modalities for diabetes?

Ans: Diabetes can be treated with both diet as well as medication. The aim of treatment is to

maintain the blood glucose levels as close to normal as possible. The treatment of diabetes is highly individualized, and it depends on the type of diabetes, duration of diabetes, complications, presence of other active medical problem, age and general health at the time of diagnosis. Management of diabetes includes carefully managing diet, exercising, taking oral diabetes medication and/or using insulin and proper education.

4. How do patients with diabetes know their disease is well controlled?

Ans: By doing a glycated haemoglobin (HbA1c) test one can accurately assess blood sugar control over a period of 2-3 months. This test is helpful in understanding a patient's control of their blood glucose levels as well as to identify those who are likely to develop complications of diabetes. For non-diabetic individuals, the usual HbA1c level is below 5.5%. In well-controlled diabetes, the HbA1c level should be <7.0%.

5. Is there any way by which kidney disease due to diabetes can be detected early?

Ans: A special test called microalbuminuria estimation can help to detect early diabetic kidney disease. The earliest sign of diabetic kidney disease is increased loss of the protein called albumin in the urine. The usual laboratory urine tests can detect only the loss of large amounts of albumin in the urine, by which time considerable damage would have occurred to the kidney. The microalbuminuria test can detect even very small amounts of urine albumin. If diagnosed at this time, effective treatment can be started.





Dr. Mohan's
DIABETES SPECIALITIES CENTRE



DIABETES FEST 2011

Mega Inter SCHOOL & Inter College CULTURAL EVENT



WHO Collaborating Centre
for Non-communicable Diseases
Prevention & Control



International
Diabetes Federation
IDF Centre of Education
2009-2013

A Gala Award Ceremony

Highlights of the Function

- Performances by Winners of the Diabetes Fest 2011.
- Games and Entertainment.
- Celebrities from various walks of life including cinema, music and sports.
- Food Court

Diabetes Fest 2011 is open to Students, Parents, Teachers, Medical and paramedical professionals.

Date: 25th November, 2011 from 4.00pm onwards

Venue: Chennai Trade Center, Nandambakkam, Chennai 600 089.

ENTRY FREE!

ALL ARE INVITED ! JOIN US IN THIS UNIQUE EVENT!



Ph: 044-4396 8888 Email: diabetesfest@drmohans.com Website: www.drmohansdiabetes.com



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