

Get set to fight diabetes

Diabetes and obesity go hand in hand. The best way to reduce insulin resistance is to shed some extra kilos by appropriate diet and by exercising

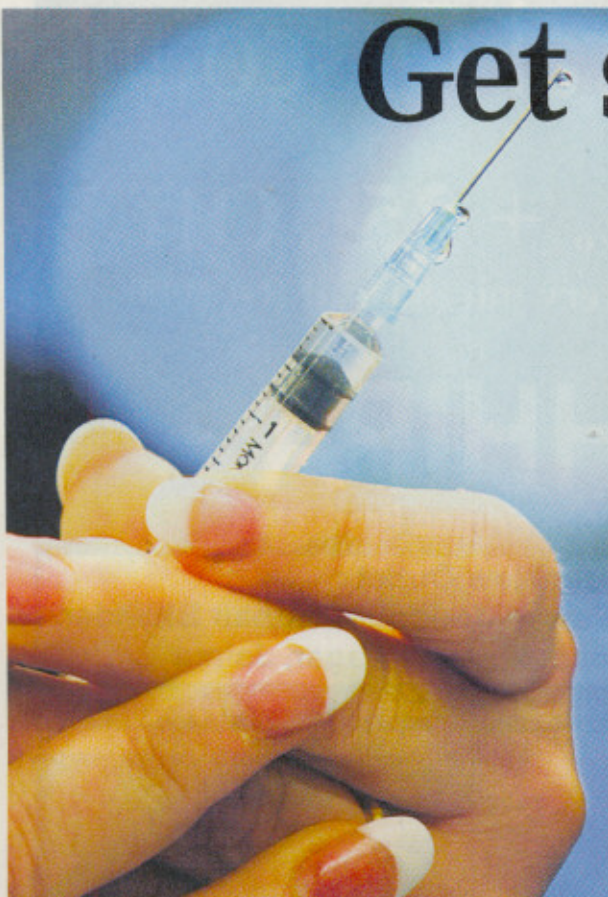
swimming, outdoor sports and games will bring down the sugars, weight and cholesterol. This will build up some muscle mass which will bring down insulin resistance and increase the basal metabolic rate. Reaching and staying at a healthy weight is a long term challenge for people who are overweight or obese. But it also can be a chance to lower your risk of serious health problems.

Tips to lose weight

- Eat three meals a day, possibly at the same time and place.

- Serve low calorie food in small plate and bowls.
- Eat at a slow pace with proper chewing.
- Eliminate distractions like TV viewing
- Pause at the end of food to evaluate satiety.
- If food is forcibly served, leave it, let it go to the garbage.
- Never reward children by food items.
- Do not skip meals or starve to lose weight.

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Sailesh Lodha

India is the world capital of Diabetes. We have acquired this dubious distinction partly due to our bad genes and partly due to our follies. To control genetic influences is beyond our limits but a lot can be done to get a control over this disease. The rapid increase in Type-2 diabetes, obesity and associated complications is a major health problem. Diabetic cases are increasing rapidly especially in urban India and majority of diabetics are obese.

Diabetes is a disorder in which body's cells fail to utilize glucose as a fuel which is present in the blood. Diabetes is the leading cause of heart attacks, kidney failure, blindness and amputations in adults. The economic implications are colossal. Along with diabetes, obesity is also increasing fast among the people. In recent years a new term- Diabesity has been coined. Because diabetes and obesity go hand in hand Diabesity is the right term to address this menace.

The current cost of type-2 diabetes in the European Union is 15 billion Euros per year and medical complications arising from it account for up to 8% of total health costs in Europe. There are no Indian figures available but the enormity of the diseases is high in India.

People must understand that there is no quick fix solution for obesity and diabetes. Obesity is a

chronic condition characterized by an excess of body fat. Body Mass Index or BMI can be taken as a reliable indicator of body fat. BMI is weight in kilograms divided by height in meter square (Kg/M²). BMI of more than 25 is considered overweight and more than 30 is obese. To be more precise, abdominal or the central obesity is a major risk factor for diabetes, CAD and hypertension.

A person's weight is a result of environmental influences, family history, genetics, metabolic rate and behaviour and habits. Our social customs and sedentary lifestyle have led to the present rocketing rate of diabetes in India. Obesity results from increased energy intake, decreased energy expenditure or both. Many people eat less but still gain weight, which can be explained by the newly discovered thermogenetic mechanism.

One of the major challenges for Endocrinologists in diabetes management is attaining ideal body weight in their patients. The requirement of drugs to control sugar is more in obese people due to insulin resistance. The best way to reduce insulin resistance is to shed some extra kilos by appropriate diet and by exercising. Exercises involving large muscles like walking, jogging, cycling,