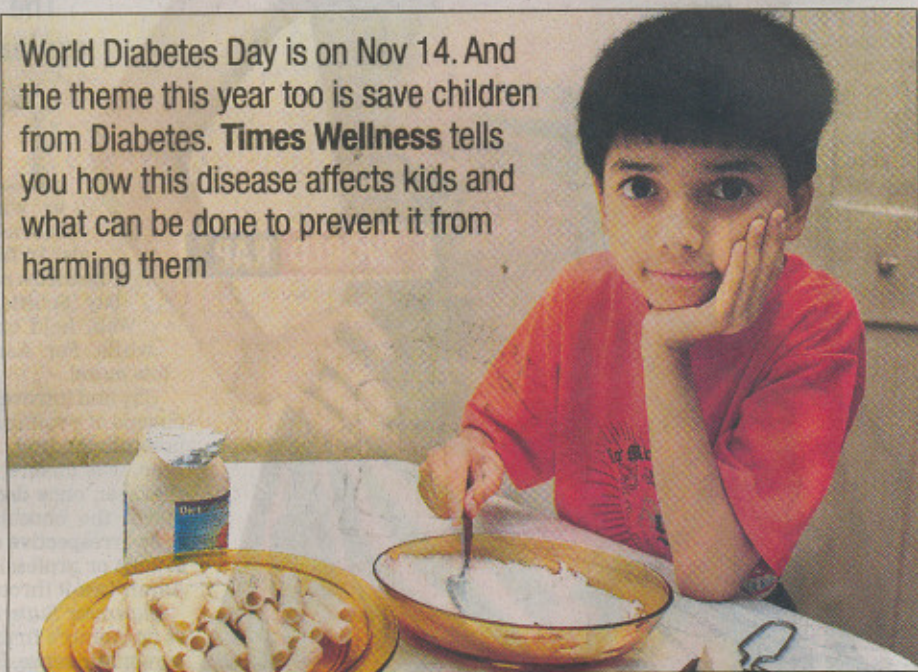


Save kids from Diabetes

World Diabetes Day is on Nov 14. And the theme this year too is save children from Diabetes. **Times Wellness** tells you how this disease affects kids and what can be done to prevent it from harming them



Dr Sallelsh Lodha

Mrs. Singh noticed that since last few days her younger daughter Tanushree, who was 8, was getting weaker, lethargic and eating a lot. But what baffled her was the soiling of clothes during night. While asleep, Tanushree passed urine in bed. Next day she couldn't believe when the doctor told her that Tanu had diabetes. She was not ready to accept this as she knew nobody in her family or on Tanu's father's side had diabetes. But gradually, when doctors, relatives and friends encouraged her, she got motivated. And today her daughter injects insulin herself and in a short span of time she has acquired back her charming looks and smile.

Childhood diabetes is not a rarity. Children can have both Type 1 diabetes (which is the classical childhood diabetes) and Type 2 diabetes (which occurs prominently in adults). In India about 2-3% of the total diabetic population has Type 1 diabetes. A recent surge in the incidence of Type 2 diabetes in adolescents has been contributed by the sedentary lifestyle and poor nutritional habits.

Families and children need

to understand as much as possible about diabetes. Diabetes is a unique disease as it requires ongoing

communication between the patient and the doctor. A knowledgeable and supportive family is a boon

for the patient. Family support is vital for boosting morale, providing required meal at right time, reminding of drug intake, injecting insulin shots, checking sugars, etc.

Education of the child for diabetes is a neglected part of the diabetes management in our country. The main reason is paucity of trained manpower and funds. Few institutions have started imparting training to patients through regular educative programmes. It is said that the person who knows more about diabetes lives a long and healthy life. The rising numbers of children with diabetes (Type 2) can be prevented as much as 80% just by following a health lifestyle which includes eating the right kind of food at the right time and place and doing good physical activity. We are currently involved

TYPE 1 DIABETES	TYPE 2 DIABETES
Prominently in children	Prominently in adults
Absolute insulin deficiency	Relative insulin deficiency, insulin resistance
Symptoms are intense like marked weight loss, polyuria, polydipsia, lethargy, fatigue	Symptoms are less intense. Sometimes the disease may be totally silent.
The only treatment is insulin replacement	Initially oral drugs, later on insulin may be required.
Serious complication like Ketoacidosis is common.	Rare

in a multinational drug trial for the possible cure of Type 1 diabetes. I hope this drug emerges as a panacea for Type 1 diabetics. But we have to go a long way for that.

(The writer is a DM endocrinology and Sr Consultant, Endocrinology & Diabetes Fortis Escorts Hospital)