Press Release

**India is the diabetes capital of the world**

*As many as 50 million people in the country suffer from Type II diabetes with the number likely to reach 87 million by 2030*

**New Delhi, 20 May 2017:** According to statistics, India is the diabetes capital of the world with as many as 50 million people suffering from type-2 diabetes. The country certainly has a challenge to face with the number likely to increase from 51 million in 2010 to 87 million in 2030. However, timely detection and right management can help patients lead a normal life, feel medical experts.

The WHO fact sheet on diabetes indicates that an estimated 3.4 million deaths are caused due to high blood sugar. Diabetes mellitus is one of the world’s major diseases. If not monitored on time, diabetes can lead to an increased risk of vascular complications like cardiovascular, renal, neural and visual disorders which are related to the duration of the disease.

Speaking about this, **Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement**, said, "Diabetes mellitus is caused due to insufficient production and secretion of insulin from the pancreas in case of Type-I diabetes and defective response of insulin Type-2 diabetes. Insulin, a hormone produced by the pancreas, helps lower the blood glucose level. When the blood glucose elevates (for example, after eating food), insulin is released from the pancreas to normalize it. In patients with diabetes, the absence or insufficient production of insulin causes hyperglycemia. A lot of times, resistance and feeling of disbelief that ‘I can have diabetes too’ makes most patients defer on detection and treatment which can lead to complications."

Although this is a chronic medical condition, it can be curbed at the initial level with lifestyle changes and controlled after its incidence with medicines in early stages and external insulin in advanced stages. However, this disease cannot be cured completely and lasts a lifetime.

Adding further, **Dr Aggarwal**, said, "Regular check-ups and timely detection have a vital role to play in controlling and managing this condition. It is imperative for patients to adhere to medication and changes in lifestyle as this can help them lead a normal life."
The following lifestyle changes can help manage this condition better.

- **Eat healthy** What you eat affects your blood sugar levels. Consume plenty of vegetables, fruits, and whole grains and limit foods high in sugar and fat.
- **Exercise** For those who are not active, now is the time to start. Walking, cycling, and running are all good to get you going. An active lifestyle helps you control diabetes by bringing down your blood sugar.
- **Get regular checkups** Diabetes raises the odds of getting a heart disease. It is important to keep track of your numbers by getting regular checkups done.
- **Manage stress** Stress shoots up the blood sugar levels. Find ways to relieve stress through breathing exercises, yoga, or hobbies that help you relax.

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**About IMA:** Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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