

DIABETES MONITOR

2011 Issue No. 1



Published by:

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M.D., F.R.C.P (Lond, Glasg, Edin & Ire), Ph.D., D.Sc., FIMASC
&

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on behalf of DIRECT,
a Charitable Trust for diabetes.

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Nungambakkam,
Chennai - 600 034.
Ph : 28252508, 28270287

DR. REMA MOHAN- "THE GUIDING LIGHT OF DMDSC"

Dr. Rema Mohan, Co-Founder, Managing Director and Chief Ophthalmologist of Dr.Mohan's Diabetes Specialities Centre and Vice President, Madras Diabetes Research Foundation, Chennai, passed away on Friday, 25th March, 2011.



Dr. Rema was born on 3rd August 1954. She did her schooling at Good Shepherd's Convent, Chennai and later obtained her M.B.B.S., from Madras Medical College in 1977. She started her career as an Ophthalmologist in 1981 after completing her *Post-graduate Education* in Ophthalmology at the Government Ophthalmic Institute, Chennai. **Dr. Rema** was one of the first ophthalmologists in India to specialize in the field of diabetic retinopathy to which she devoted her whole life and became an internationally acclaimed scientist. To enhance her knowledge in the field of diabetic retinopathy in classification, grading and laser therapy and research techniques, she underwent training in Retinal Diseases at the Sankara Nethralaya with Dr. S.S.Badrinath and later at the University of Zagreb, Yugoslavia in 1982. From 1984 she worked with Dr. Eva Kohner, who is a doyen and world renowned expert in the field of diabetic retinopathy, at the Diabetic Retinopathy Unit, Hammersmith Hospital and Royal Post-Graduate Medical School, London in 1984-85 and later at the University of Ulm, West Germany in 1985-86. In 1999, she also underwent advanced training in Early Treatment Diabetic Retinopathy Study (EDTRS) grading system at the University of Wisconsin, USA.

Dr. Rema was conferred the Ph.D for her research on diabetic retinopathy in the year 1996 and is one of the Ophthalmologist in India to receive a PhD. **Dr. Rema** made extensive contributions in basic science

with her work on human retinal endothelial cells which she set up in culture for the first time in the country. Her pioneering epidemiological studies on diabetic retinopathy and on genetics of this condition are well recognized nationally and internationally. She served as a recognized guide for the doctoral degree (Ph.D) in the Dr.M.G.R.Medical University and the Madras University. Dr. Rema has published over 100 papers in addition to contributing chapters to numerous text books. Dr.Rema's contributions have ranged from diabetes eye care and research to training and teaching. Her primary aim was to render quality service to the patients and provide free service to the poor and needy. She also started the 2-year Fellowship programme in Eye Diseases in Diabetes for Ophthalmologist in Dr.Mohan's Diabetes Specialities Centre.

For the remarkable contributions made by Dr.Rema in the field of diabetic retinopathy, she was conferred with many prestigious awards including Dr. C. N. Shroff Award from the All India Ophthalmology Society, Dr. E. Balakrishnan Memorial Award, awarded by the Indian Association of Biochemical Scientists, the Vocational Excellence Award by Rotary Club of Madras Metro and the IMA – Outstanding Personality Award, awarded by IMA, Christian Medical College, Vellore, India. Dr.Rema was also awarded the Fellowship from the British Society for Prevention of Blindness and the Indian Association of Bio Medical Scientists (FABMS), New Delhi. For her research work on “Retinopathy in tropical forms of Diabetes” she was awarded the Research Grant from Welcome Trust U.K.

The Dr.Mohan's Diabetes Specialities Centre established in 1991 (DMDSC), at Chennai is the brain child of Dr.Rema and her husband Dr.V.Mohan. This is a 96-bedded hospital with outpatient, in-patient and intensive care facilities for diabetes and associated complications. DMDSC is one of the few centres of its kind to offer a One-Stop

comprehensive treatment for diabetes and its complications, providing intensive health care for over 2,40,000 registered diabetes patients. Dr.Rema's outstanding expert leadership, efficiency and contribution towards quality control policy has resulted in DMDSC achieving the unique distinction of becoming the World's First ISO 9002 Certified Diabetes Centre. This centre has grown in leaps and bounds with branches in Anna Nagar and Tambaram, clinics at Adyar and Vadapalani at Chennai, Chunampet and Vellore at Kanchipuram, Jubilee Hills and Domalguda in Hyderabad. Within a short span of 20 years DMDSC has grown to become the largest diabetes centre in Asia.



Indira Eye Institute- a unit of Dr. Mohan's Diabetes Specialities Centre set up by Dr. Rema

In order to provide quality care for diabetic eye disorders with the latest state-of-the-art eye evaluation and management facilities, the '*Indira Eye Institute for diabetes*'- a unit of Dr. Mohan's Diabetes Specialities Centre, one of the exclusive Diabetic Eye Institutes in India, was established by **Dr. M. Rema**. The Institute has an array of sophisticated state-of-



the-art equipment for diagnosing and managing eye disorders in diabetes which include colour digital photography, Fundus Flourescein Angiography (FFA), Optical coherence Tomography (OCT) and Computerized field testing. Laser therapy for diabetic retinal disorders & cataract surgery by Phacoemulsification are also conducted at the Institute. A well equipped operation theatre is available at the institute.



Dr. Rema delivering a lecture

It was Dr. Rema's vision that helped establish the "**Kallam Anji Reddy Diabetes Research Centre**" at the Women's Biotech Park at Siruseri in the outskirts of Chennai. The aim of this Centre is to establish an environment for scientists and students to innovate new technologies and products, which can be translated to be used in therapy of disease. The new research facility is a multidisciplinary science and technology facility with tremendous potential for pharmaceutical and biotechnological developments.

An articulate speaker, Dr. Rema has

delivered lectures in over 50 national or international conferences and seminars. She has made presentations of her original research work at various prestigious conferences, prominent among them being 67th Annual Conference of All India Ophthalmological Society, held at Jaipur in 2009, KRSSDI Conference, Karnataka in 2008, the SERI-ARVO Meeting on Research in Vision and Ophthalmology, 2003 held at Singapore, Association for Research In Vision and Ophthalmology (ARVO) 2004 at Florida, USA and the American Diabetes Association Annual Meeting and Scientific Sessions (2002-2004), USA.

Kindhearted, magnanimous and highly spiritual, she devoted lot of her time and money to charity. She was instrumental in setting up the Sai Rural Diabetes Specialities Centre in Chunampet. Her pioneering work on tele-ophthalmology helped to provide free eye care services to thousands of poor people in Kanchipuram district. She also ran free eye services with the Sathya Sai Organization and provided free cataract and laser surgeries.



Dr. Rema providing free eye consultations for the poor

An able administrator and strict disciplinarian, Dr. Rema contributed largely to the growth of Dr. Mohan's group of diabetes institutions in her role as Managing Director.

"DR.REMA - The 'Guiding Light of DMDSC' will always be in our hearts and will confine to guide us as we continue to strive to fulfill her dreams"



Tribute to our beloved Madam Dr. REMA MOHAN



My Beloved MAM....

who never made living a night mare for me during my career and always saw to it that I was passionate at my work place. She always made it obvious that there is a fine line between 'Friendly' and 'stern'. Though she was in the position of power, she was always an approachable person for me and if there was a problem, she was there to help and never to hinder the situation. Even too with all the rest of the employees, she had an 'open door' policy and was never standing over their shoulder, critiquing them, in spite of being known as a very strict person.

She was instrumental in chasing my dreams and the number of tasks, whether personal or official, which were entrusted by her with sheer confidence, enabled me to be motivated, each time after the accomplishment.

'Success' to her, was just not being on the top, but it took her through a lot of sacrifices and more courage to stay her foot on the ground. This success of hers was like a form of virus with me and when she was around with me, I felt encouraged and inspired, never to give up, sometimes where it required bending to avoid breaking.

INSIDE THE OYSTER OF WILL POWER, SHE HAD THE GEM OF INNERSTRENGTH

N. Thanigaimani,
Vice President

In fond remembrance of Dr. Rema Mohan....

It has been a fantastic ride for the last 10 years 10 days since March 15th 2001 and my personal journey with dearest Mam is a memory, I always cherish and would say it was a life changing experience.

She had the potential to make something out of nothing and to do so, she nurtured her ideas with imagination and breathed life into her ideas. God looked at the formless void in the darkness, with the twinkle in the eyes, thinking of all the things that he could create; so was our beloved Mam, a person who saw the natural strength and talents that others don't see in you.

**THIS MADE THE GREAT ONE,
GREATER.**

I continue to hear the pearls of her advice, echo in my mind, which keeps me one step ahead of myself.

Ms. Shalini .S
D.G.M. - Administration

UNFORGETTABLE MEMORIES

R-Respect
E-Empathy
M-Meticulous
A-Affectionate

This is how I will always treasure
Madam!!!

Ms. Wendy Jacobi,
HOD & Sr. Manager - Catering

மங்காத ஒளிச்சுடர்

எண்ணும் பொழுதே கண்ணில் நிறையும்
எங்கள் DMDSC ன் நல்முத்தே!
அன்பை பண்பை அள்ளித்தந்து
அரவணைத்த பொன்முத்தே!
விண்ணில் வாசல் வளர் நிலவாய்
வழிதனை காட்டும் வெண்முத்தே!
புன்னகை வீசும் புண்ணியவடிவே!
புலரும் பரிதி ஒளிச்சுடரே!

Dr. J. Selvakumar
Consultant Diabetologist



**DEDICATED TO MY MENTOR,
PHILOSOPHER, GUIDE AND
CLOSE TO MY HEART... GONE
WITH THE WIND? NO**

I withered away all my leaves,
Felt like a sponge with all water squeezed
out, Searching for the water, for my
leaves...
Where have they gone suddenly...
Gone with the wind...
Has the wind taken YOU from me ...
You taught me to live, You made me to
smile, You educated me to plan, You
made me a leader,
You planned for me, trained me to
schedule,
To take decisions, to stand like a pillar
and
Every time with your support I survived.
You made me complete...
And now....?
**You warned me, "Learn to live by
yourself..."**
I paid no heed to this... I never learnt
this...
No attention to this... for greed to learn
more from you...
Turned to you every time...,
I would ring you up, Sometimes to hear
your melodious voice...
SWEETHEART...
I want to hear you..., Only once dear...
Now I am searching... for want of
pampering... for guidance... for
support... for everything... Where are
you?...
Gone with the wind?...NO
I know you are living in me, In my
thoughts,
In my actions, In my words, So I will live
with sanctity,
You were pure... The place where you
dwell also needs to be pure... MY
HEART
Thank God, It's a breezy day... Coming
to us back every time with the WIND?
To guide us, to motivate us, to teach us new
lessons, **You've recently begun...**

Ms. S. J. Parvathi,
D.G.M. - Quality Systems & Education

A Tribute

It seems unfair but yet is true
That our ship has no captain but a sad
crew
A void so large, no one can fill
Never have we swallowed
such a bitter pill
As a mentor, master,
mother and guide
We know she'll
always be by our side
We will miss her
everyday
But for her soul's
peace let us pray
Never ever think
that she is gone
The song alone has
ended, the melody will linger on...
As the saying goes...
To be absent from the body
is to be present with the Lord
The dust returns to earth
The spirit returns to God
Take heart folks !



Dr. Prasath Jaison,
Consultant Diabetologist

**Dr. Rema Mohan – a Vision Scientist of
Visionary Accomplishments**

Although I joined MDRF as an established
research scientist, I learned about what is
'translational research' only when I worked
in association with Dr. Rema Mohan in
establishing angiogenic signaling studies
using Human Retinal Endothelial Cells. It's
time for us to remember the phenomenal
contributions made by Dr. Rema in the field
of Vision Care & Research and to continue
to progress in ocular research activities.

Dr. M. Balasubramanyam,
Dean of Research Studies, MDRF





QUOTES

When we remember
your smile; It
brightens our day
And thoughts of
your warmth love;
Seen to smooth the
way
Your gentle spirit is
still with us; Though
you are gone
Sunny days cool
breezes; Always for
you Madam!

In the world we shall
not find a heart so
loving and so kind,
so soft a voice, so
sweet a smile, an
inspiration so
worthwhile, a
sympathy so sure so
deep a love, so

wonderful to keep.

In tears we saw you smiling
We watched you fade away
Our hearts were almost broken
You fought so hard to stay
But when we saw you sleeping
So peacefully free from pain
We could not wish you back
To suffer that gain.

The angels are always near to those who
are grieving, to whisper to them that their
loved ones are safe in the hand of God.

Oh heart, if one should say to you that
the soul perishes like the body, answer
that the flower withers, but the seed
remains.

May God bless her soul and complete all
her wishes.

Dr. Saroja Raghavan,
HOD & Sr. Manager - Nutrition & Dietetics

Dr Rema Mohan is one of the excellent
women entrepreneur in the medical industry.
Unfortunately I happened to meet her only
very few occasions but I was amazed by her
vision to establish quality and research
oriented organization. When I was
interacting with our senior colleagues, I came
to know that she took lot of pain to set up this
quality facility to reach all especially
underprivileged people.

She is the great inspiration for all and
mainly for younger generation who wants to
achieve greater goals. I am sure her vision is
getting realized and it is reaching its highest
level. Madam's absence will be a vacuum but
we all collectively work as one team to take
this organization to the highest level.

Ms. Jayashri .R
HOD & Sr. Manager - Clinical Lab

It is with a very heavy heart to think about
our revered Rema mam. To me mam was the
purest form of a soul, understood all pain and
worries of her staff, friends and family.

In my working with her for the past 15
years, she has stood like a pillar of strength of
my life. To me personally and for us this is a
huge loss, which no amount of time can
compensate for.

I wish her pure soul is happy and we all
miss her and always love her and work hard
for her dreams to come true.

Ms. M. P. Meera,
HOD & Sr. Manager - Purchase Stores

It is always MAM!!!

When life shows me the first Victory and
leads me into the World of temptations.
It is always you who smiles and prepares me
to face the Storm.
It can be none other than you MOM
(MAM)!!!

Ms. S.Ivy
Executive Nursing Superintendent



The sudden demise of our beloved madam was an irreparable loss to our Organization. During Madam's able leadership, our institution had tremendous growth and recognition. She was a best teacher, best administrator and very kind person. Words cannot even begin to express our sorrow. It is very disheartening and most unfortunate. We sincerely pray departed soul rest in peace.

Dr. Prasanna Kumar Gupta,
Consultant Diabetologist

REMA MAN - A Visionary Women with Extraordinary Leadership qualities

My experience with Rema Mam, spanning 10 years, will be unforgettable and will stay as evergreen memories and cherishable moments in my life. Since I joined the MDRF & DMDSC family, she has been my source of inspiration, mentor and guide in the field of diabetes ocular research. Her overly enthusiasm, passion and quest for excellence in research related to diabetic retinopathy inspired me to pursue my Ph.D work in that field. Although Mam was not my guide for Ph.D, it was she who encouraged and made me get involved in work related to diabetic eye diseases and rendered support throughout. I am indebted to her for her support and invaluable suggestions in research. Mam and I have travelled together for many conferences abroad and in-country, she was friendly, loving, caring, motherly and protective in all will be strong and work as a team and will continue to work on your innovative ideas in the field of diabetic ocular research. This will be the best tribute we can give you. We know that you will lead and guide us in all the future endeavors of our institute to achieve great heights

Dr. R. Guha Pradeepa,
Sr. Scientist & Head, Research Operations

She was a great teacher, a very nice human being and above all caring. Its an irreparable personal loss to all of us.

Dr. Brijendra Kumar
Assistant Director & Consultant Diabetologist

It is with a heavy heart that I pen my thoughts in memory of our beloved Managing Director Dr. Rema Mohan who passed away on the 25th of March 2011.

Dr. Rema was an embodiment of strength and courage. A mother figure to everyone, she was extremely caring and concerned about each one of her employees. The warmth with which she related to us was so comforting that every time we spoke to her we felt reassured and positive. That was the kind of vibration that she created around her. Like a mother she was in caring and like a mother she was in feeding. In Sanskrit there is a beautiful term called ANNADHARA, which means the one who gives you food like only a mother can and that was what she was to all of us. That was the greatest service above all. With an extraordinary professional achievements to her credit, she was still approachable, humble, pragmatic and simple. The design of destiny has been cruel and none of us have a control over it but wherever you are Dr. Rema, you will always be remembered for your great service, for your simplicity, for your courage and strength and for your total faith in God. You will continue to inspire us.

And as I think of her life and achievements, Henry Longfellow comes to my mind quoting,

*"Kind hearts are the
Gardens, Kind
thoughts are the
Roots,*

*Kind words are
the Flowers and Kind
Deeds are the fruits."*



Dr. Rema's life was a strong -rooted garden of flowers and fruits and it has attained its own fruit at the lotus feet of Bhagwan Sri Sathya Sai Baba.

Dr. Radha Venkatesan
Executive Scientific Officer &
Head, Molecular Genetics



My experience with ma'am

Ma'am, when I reviewed an article for you for the first time, I learnt how resourceful, conversant and passionate a Researcher should be.

When you called me to congratulate when I made my first presentation in a conference, I'm touched & learnt how simple an Eminent leader should be.

During my gestation days, I learnt how considerate and caring a Master & Mother should be.

When I was involved in auditing process, I learnt how forthright an Administrator should be.

You are still with us, as several things around us remind U.

Ma'am, you are unique!

Dr. M. Deepa
Sr. Scientist & Head Epidemiology



IN HONOR OF AN EXEMPLARY WOMAN – Dr. Rema Mohan

Ralph Waldo Emerson the famous American poet once said, 'Do not go where the path may lead, go instead where there is no path and leave a trail'.

Our Rema mam has indeed left us that trail. Let us retrace our steps to follow that trail to fulfill her dreams in all honesty & to the best of our ability and I believe that she will be there to guide us.

Dr. Ranjani Harish
Scientist & Head - TRD

You live forever in our hearts mam...

Your helpful, giving ways,
Your generous heart
Your unselfishness displays.
Your kindness,
You're one of the nicest people
I have ever met in my life.

Ms. Ambika
Executive Nursing Superintendent - OT

MEMOIRE OF A LEGEND

Behind the success of every man there was a woman – this saying was reinvested in me when I met Dr. Rema Mohan eight years before. She was steering the wheels of administration of this reputed Organization more efficiently and effectively. Her unflinching loyalty in her profession, her managerial ability, her punctuality, her devotion to the patients were never challenged.

She was commanding but compassionate even when she come across minor errors among the subordinates. No problem was too big for her solution and no issue was too small for her attention. She was not a leader requiring other colleagues to follow, she was a leader walking along with her coworkers. A Japanese proverb says, "A thief will have time to sleep but a watchman will not have". Rema mam was the watchman of this superb service Organization.

She had great vision to walk miles and miles but fate snatched the precious and valuable life of a great doctor. She is a legend in the history of this Organization. She is not with us, yet she lives with us forever. Her memory is indelible.

In memory of our Beloved mam,
Dr. Lovelena Munawar,
Consultant Diabetologist

Mam you have helped to improve the life of people in our organization and improved the system what we live now. U are there in all our systems and processess.

Mam the powerful thing what you had was A positive push, A smile, A World of Optimism and hope, A "YOU CAN DO IT" When things are Tough

We are sure you will be there to drive us and help us to deliver whatever is needed from us.

IT Team



I met madam for the first time on 6th May 1992 with a charming face and loving smile. She is a lady with charismatic and positive thinking that attracted not only abundance of friends, employers and opportunities but managed to survive life's stormy times with style and courage.

She was generous, honest, warm-hearted, magnanimous, broad-minded, expansive, loving, proud, enthusiastic. She had been a great strength to me at times of many obstacles that I have faced during these years.

She had been constant source of encouragement and her uplifting words made me what I am now.

Without madam's support and courage, I couldn't survived in this institute for almost 20 years. I still feel that she is alive and gives me strength to sail the rest of my years in this prestigious institute.

Dr. S. Poongothai
Sr. Scientist & Head Clinical Trials

Mother of DMDS

Those we hold closest to our hearts never truly leave us
you still live on in the kindness you have



shared and
the love you brought into
our lives.

Though dmdsc family lost
its caring mother, your
memories
gives us strength to do
our work better and
better.

Stand with us on the
way to success
May your heart and
soul find peace and
comfort.

Dr. Parthasarathy
Consultant
Diabetologist

Madam has been a guiding light for the eye department. She will be greatly missed by all of us. She was a wonderful human being and great selfless doctor. She always motivated us and wanted us to be strong and focused in our work. She will always live in our hearts and fill us with energy to achieve greater heights. We should resolve to follow her foot steps, dedicate ourselves with greater enthusiasm and fulfill all her dreams and wishes.

Dr. Prathiba V.
Head of Glaucoma Dept & Executive Consultant

Remember you

Ever for your thoughts, vision and
advice on

Mission one should hold

All the time with life values of ...

Caring

Sharing & Giving the
best

to Be the best of all.



Ms. Sudha Vasudevan
Sr. Scientist & Head FN&DR

When I tell about ma'm the great thing I can remember that her personal care to the people around her even for small things, encouraging and motivating humanitarian touch and hospitality. I have personally felt and witnessed so many such occasions. She really touched our hearts with her love and affection. I couldn't really believe that she is not with us. I can feel her presence everywhere in the hospital. When I come to the Boat Club house, it's like calling me for this and that. I think we are not lucky enough to have ma'm with us for many more years. She will be always live in my thoughts.

Mr. Biju .C,
HOD & Manager - Maintenance



NINTH MDRF-UAB INTERNATIONAL SEMINAR ON “PREVENTION OF NON-COMMUNICABLE DISEASES”

Non-communicable diseases (NCD) are now recognized as major cause of morbidity and mortality. The term NCDs include cardiovascular diseases, diabetes, cancers and chronic respiratory diseases. Epidemic of NCDs are presently emerging or accelerating in most developing countries like India. In

particularly 'Prevention and Control of NCDs', needs to be strengthened through building sufficient capacity and quality of the public health and clinical workforces dealing with chronic disease.

Madras Diabetes Research Foundation (MDRF) along with Dr.Mohan's Diabetes



Lighting of Kuthuvillaku during the inauguration of the seminar by
Dr. V.Shanta, Chairman, Adyar Cancer Institute, Chennai. In picture from left to right
Dr.R.Guha Pradeepa, Sr. Scientist & Head, Research Operations, MDRF, **Dr. O. Dale Williams**,
Professor, Division of Preventive Medicine, UAB, **Dr. Ranjit Unnikrishnan**, Vice Chairman, DMDSC,
Dr. V.Mohan, President, MDRF & Chairman, DMDSC

India, with rapid changes in the economic, social, and demographic situation, there is increase in consumption of tobacco and alcohol, an unhealthy diet consumption, physical inactivity and adoption of other unhealthy lifestyles, which are important determinants of NCDs. While these risks and the NCDs linked to them have high prevalence in urban areas, the epidemic is moving to poor people, younger generation and rural areas. WHO's global strategy which is aimed at reducing the burden of NCDs,

Specialities Centre (DMDSC), have the unique distinction of currently being the only centre in the world to be designated by the World Health Organization (WHO) as a “WHO Collaborating Centre for Non-Communicable Diseases Prevention and Control” as well as by the International Diabetes Federation (IDF) as an “IDF Centre of Education”. Our centre has taken the initiative to train epidemiologists and community health specialists in Prevention and Control of NCDs both within and outside India. In collaboration with the



University of Alabama at Birmingham (UAB), USA, MDRF and DMDSC, Chennai has conducted eight seminars/workshops on Epidemiology and Prevention of NCDs with the support of the National Institutes of Health (NIH) U.S.A. The primary objective of the programme is to encourage capacity building in India and to develop strategies for prevention of NCDs in general and diabetes and cardiovascular diseases in particular. In order to plan strategies for prevention at the national and international level, the International Seminar on 'Prevention and

Minnesota. **Dr. V. Mohan**, President of MDRF is the Principal Investigator from the MDRF assisted by **Dr. R. Guha Pradeepa** and other colleagues from MDRF. Since the initiation of this programme in 2003, over **205** young researchers and students have been trained during the intensive training course and 924 epidemiologists and community health specialists from **23** states across India including the North eastern states and from various countries including Bhutan, Maldives, Nepal, Sri Lanka, Thailand, Vietnam and USA have been trained in epidemiology of NCD through



Dr. O. Dale Williams, presenting the sixth MDRF-UAB Oration award to **Dr. V. Shanta**. Also in picture are **Dr. R. Guha Pradeepa**, **Dr. Ranjit Unnikrishnan** and **Dr. V. Mohan**

Control of Non-Communicable Diseases (NCDs)' and Intensive training program was conducted at MDRF from 23 - 27 February 2011. This activity was organized under the auspices of the Indian NCD Network (INN), established in the year 2006.

The seminar focused on 'Prevention and control of NCDs'. **Dr. O. Dale Williams**, Professor of Medicine and Biostatistics, Division of Preventive Medicine, is the Principal Investigator from the UAB (USA) and he is assisted by **Dr. Cora Lewis** of UAB and **Dr. Myron Gross** of University of

the MDRF –UAB international Seminars.

The international seminar was inaugurated by **Dr. V. Shanta**, Chairman, Cancer Institute (W.I.A), Chennai. The seminar was designed for those who are currently involved in clinical or epidemiological work with the focus on prevention of diabetes and other NCDs. During this occasion, the **Sixth MDRF-UAB Gold Medal Oration award** was conferred on **Dr. V. Shanta**, Chairman, Cancer Institute (W.I.A), Chennai. The topic of the Oration was 'Cancer Causation and Prevention'.





Delegates in groups, designing their study during the workshop at the International seminar

The faculty members for this seminar included distinguished scientists from various prestigious institutes from India and abroad, in addition to scientists from the Madras Diabetes Research Foundation. **115 delegates from 27 institutes and medical colleges** all over the country were trained in Preventive and Control aspects of NCD's at the seminar this year.

participated in this programme. The main objective was to improve the capability of the student/ researcher, to identify methodological issues in study designs, ways to overcome potential problems, interpretation of the research findings, understanding the significance of the study results and improving the presentation and communication skills of researchers.

To further strengthen the NCD clinical research in India; this year a new session was introduced for the Community Medicine Faculty to discuss the current and future curriculum for Non-Communicable Diseases. **Twenty two** Community medicine faculty members from **13** different medical colleges of India participated in this session. The aim of this session was to acquaint the participants with the current NCD strategies, to offer training in planning, implementation



Community Medicine Faculty of various Medical Colleges who participated in the special session for them

The two-day **Intensive training programme** on clinical research methods included in-depth training on designing studies and risk factor analysis. Forty five students from all over the country

and evaluation of chronic disease prevention interventions and to present examples of successful chronic disease prevention programmes. The process of future NCD strategy development and implementation was also reviewed in this session.



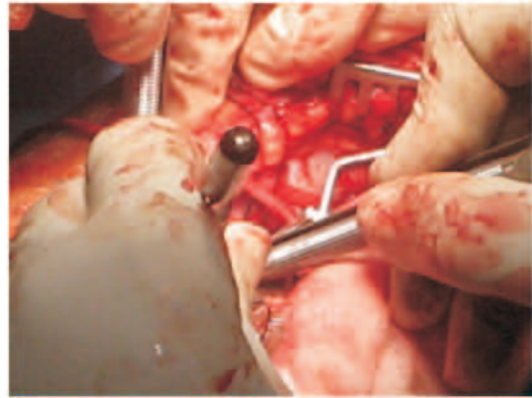
LIMB BYPASS SURGERY CONDUCTED AT DR. MOHAN'S DIABETES SPECIALITIES CENTRE, GOPALAPURAM, CHENNAI

Hardening of the arteries in the legs leads to serious problems. However, if hardening of the arteries progresses, then there may be a risk of amputation. Arterial



Team of Doctors performing the bypass surgery

Dr. Mohan's Diabetes Specialities Centre, Gopalapuram, Chennai. We have successfully conducted a Limb bypass surgery in our hospital on



Limb bypass surgery in progress

bypass surgery can save the leg or reverse severe disability. The aim of the procedure is to improve blood flow in the leg. Surgical bypass treats narrowed arteries by creating a new pathway for the blood flow using a graft. Grafts can either be a synthetic piece of material, or one of the veins (if suitable), that the surgeon connects above and below the blockage in order to allow blood to pass around it.

Limb bypass surgery is done in very few hospitals and we are happy to inform that this surgery is now being done in our

December 15, 2010 for a male patient aged 75 years. The limb bypass surgery is a boon to the diabetic patients who suffer from limb problems and it can be performed meticulously at **Dr. Mohan's Diabetes Specialities Centre, Gopalapuram, Chennai**. Congratulations to **Dr. M.Bakthavachalam**, Consultant Vascular surgeon, **Dr. T.Palaniappan**, Consultant Anesthetist and Intensivist and **Mrs. K.B.Ambika**, Executive Nursing Superintendent [OT] and her team who performed the surgery successfully.

“Early Detection and Prompt Attention Can Not Only Help Save Feet, They can also be Life-Saving.”



Inauguration of Dialysis Unit at ICU of Dr.Mohan's Diabetes Specialities Centre, Gopalapuram, Chennai

Dialysis facility has been introduced at the ICU of Dr.Mohan's Diabetes Specialities Centre, to cater the needs of diabetic individuals with kidney related disorders. Dr.Vijayasethumadhavan is the Consultant Nephrologist. Dr.V.Mohan, Chairman and Managing Director, DMDSC and Dr.Ranjit Unnikrishnan, Vice Chairman and Director, DMDSC inaugurated the dialysis facility on 17th February 2011.



Inauguration of Dialysis unit by **Dr.Ranjit Unnikrishnan**, Vice Chairman and Director, DMDSC. Also in Photo (from left to right): **Dr.T.Palaniappan**, Consultant Intensivist, DMDSC, **Dr.V.Mohan**, Chairman and Managing Director, DMDSC and **Ms. Shyni George**, Dialysis Technician



Dr.P.S.Jagadish

Urinary tract infection and Diabetes

Dr.P.S.Jagadish, Consultant Diabetologist
Dr.Mohan's Diabetes Specialities Centre, Chennai
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Key points:

- Patients with diabetes acquire urinary tract infections (UTIs) very often.
- Urinary tract infection cure for diabetic patients requires a longer period.
- Keeping blood sugar level within normal range can prevent UTI.

Introduction

Individuals with diabetes are at higher risk for urinary tract infection (UTIs). Increased

susceptibility in patients with diabetes is positively associated with increased duration and severity of diabetes. Patients with diabetes acquire UTIs very often because excess glucose is filtered in the kidneys and results in significantly higher urine glucose concentrations when compared to the urine of non-diabetic individuals. High glucose concentrations in the urine provide an abundant source of nutrients for bacteria, which can proliferate and cause an infection. Besides increased urine glucose, diabetes may increase the risk of UTIs through additional mechanisms, including impaired immune cell delivery, inefficient white blood



cells and inhibition of bladder contractions that allow urine to remain stagnant in the bladder.

Classification

UTIs are of two types. They are:

- Lower urinary tract infection (affects the urethra and bladder)
- Upper urinary tract infection (affects the ureters and kidneys)

Symptoms of UTI

Symptoms of urinary tract infections often include, pain while voiding, blood in the urine, and increased urgency and frequency of urination. Other symptoms may include nausea, vomiting, and pain in the back and rib region.

Risk factors of UTI:

The risk of UTI increases with any negative change in the immune system of the body. Diabetes, like many other disorders, affects the immune system, increasing the risk of a urinary tract infection. The other risk factors include

- Urinary tract anatomical defects
- Kidney stones – It obstructs the flow of urine and sets the stage for an infection.
- An enlarged prostate gland also can slow the flow of urine, thus raising the risk of infection.
- Menopause
- Nervous system disorders that make it difficult to empty the bladder

- Pregnancy
Females using a diaphragm for birth control
- Use of urinary catheter for long time can infect the urinary tract
Having surgery on the urinary tract system

Diagnosis

- Urine analysis
- Urine culture
- Abdomen ultrasound
- X-rays and
- Evaluation of bladder function

Treatment of UTIs

Urinary tract infection cure for diabetic patients requires a longer period, lasting from seven to fourteen days, of oral antibiotic treatment but some severe kidney infections may require hospital care, including a course of intravenous antibiotics.

Prevention and Control

- Keep blood sugar level within normal range and blood pressure under control are essential to prevent the UTI.
- Drink plenty of water everyday.
- Do not drink fluids that irritate the bladder, such as alcohol.
- Genital area must be kept clean.

Urinate when you feel the need; don't resist the urge to urinate.



Frequently Asked Questions

1. Is depression a complication of diabetes?

Ans : Depression is not generally listed as a complication of diabetes. However, it can be one of the most common and dangerous complications. The rate of depression in diabetic individuals is much higher than in the general population. A depressed person may not have the energy or motivation to maintain good diabetic management and is associated with unhealthy appetite changes. Mild depressive feelings are a normal part of grieving and adaptation. As long as they are not severe or prolonged, they may not be harmful. However, when the depression lasts a long time,

becomes severe or interferes with diabetic management, one should seek prompt treatment such as medications and specific psychotherapy techniques that have been shown to help depression.

2. I have been diagnosed to have gestational diabetes, Will my baby be born with diabetes and will I have diabetes lifelong?

Ans : No, having gestational diabetes does not cause your baby to be born with diabetes. However uncontrolled blood sugar can affect your baby and hence good control is necessary to lower the risk of an abortion or a congenital anomaly in



your baby. Usually, your blood sugar will return to normal a soon after the delivery. However, your risk of getting diabetes in the next 5-10 years is about 50%. Hence it is important to stay on a healthy meal plan, maintain a ideal body weight and exercise regularly. You should get your blood sugars checked 4-6 weeks after delivery and regularly (yearly) thereafter. Gestational diabetes provides an excellent opportunity to prevent diabetes in the future.

3. What is meant by a Continuous Glucose Monitoring System (CGMS) and where is it useful?

Ans: Continuous blood sugar testing is helpful for some with diabetic individuals with fluctuating sugar and it also helps doctors to make treatment decisions. The purpose of routine blood testing in diabetic individuals is to see how the treatment program is working and to see whether any changes should be made or not. However, there are practical difficulties in checking the blood sugar more than a certain number of times each day. The **Continuous Glucose Monitoring System (CGMS)** is a small device, which measures the sugar levels in the body on a

continuous basis all day long. It can be worn conveniently on the belt like a pager. It is useful in assessing patients in whom sugar fluctuates widely and who have recurrent low sugar attacks. Based on the CGMS readings, appropriate treatment can be instituted.

4. Will diabetes shorten my life?

Ans: The average lifespan for people with diabetes is slightly shorter than for non diabetic individuals. Most of the increased risk of death comes from the complications of diabetes, including heart, kidney, and nerve damage. Fortunately, we now know that careful monitoring and maintaining blood sugar levels close to normal values can greatly reduce the risk of most of these devastating complications. Additionally, careful attention to keeping blood pressure and cholesterol levels in the normal range also improves lifespan for people with diabetes. As more and better therapies and strategies for monitoring blood sugar levels are brought into use in the next few years, we can expect that the situation will improve even more and diabetic individuals can have a normal lifespan like their non-diabetic counterparts.

 <p>Dr. Mohan'sTM DIABETES SPECIALITIES CENTRE</p> <p><small>WHO Collaborating Centre for Non-communicable Diseases Prevention & Control</small></p> <p><small>International Diabetes Federation</small></p>	<p>To</p>
<p>If undelivered, please return to: Dr. Mohan's Diabetes Specialities Centre, 6B, Conran Smith Road, Gopalapuram, Chennai - 600 086, India Tel No: (91-44) 43968888, 28359048, 28359051 Fax : (91-44) 28350935</p>	

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

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