

DIABETES MONITOR

2014 Issue No. 4



Published by:

Dr. V. Mohan,
M.D., F.R.C.P (Lond, Glasg, Edin & Ire), Ph.D., D.Sc., FNASC
&

Dr. R. M. Anjana, M.D.,

Promoted by:



Correspondence:

Dr. R. Guha Pradeepa, M.Sc., Ph.D.
Editor

Mrs. K. S. Chella, M.Phil., MBA,
Co-Editor

Diabetes Monitor,

6B, Conran Smith Road,
Gopalapuram,
Chennai - 600 086.
Ph : (044) 4396 8888
Fax : (044) 28350935
E-mail : drmohans@diabetes.ind.in
Website : drmohansdiabetes.com

Designed & Printed at
Computer Graphics,
Nungambakkam,
Chennai - 600 034.
Ph : 28172508, 28170187

Dr. Mohan's Diabetes Specialities Centre (DMDSC) - Inaugurates 19th branch in Bhubaneswar, Odisha



Dr. Mohan's Diabetes Specialities Centre at Bhubaneswar, Odisha

With 66.8 million people with diabetes, India is home to the second largest number of people with diabetes in the world. Established in 1991, Dr. Mohan's Diabetes Specialities Centre (DMDSC), has been providing quality but affordable treatment not

only for diabetes but also specialized services for treating common symptoms associated with the condition. DMDSC is recognized by the World Health Organization (WHO) and International Diabetes Federation (IDF). It is also the **World's first ISO 9001 – 2000 certified** centre for the quality of its diabetes services. With 18 branches in India and one in Muscat and more than 3.3 lakh registered patients, DMDSC is one of the largest diabetes centres in the country.

In order to serve the needs of the diabetic patients in the state of Odisha, a new branch with world class diabetes care has been established in Bhubaneswar. This most modern Centre for Diabetes was inaugurated by **Shri Ashok Chandra Panda**, Hon'ble Minister for Tourism and Culture, Govt. of Odisha on **29th November 2014** in the presence of **Shri Ananta Narayan Jena**, Worshipful Mayor, Bhubaneswar Municipal Corporation, **Dr. V. Mohan**, Chairman and Managing Director, **Mrs. Rekha Thankappan**, Chief Executive Officer, DMDSC.



Inauguration of **Bhubaneswar branch** of DMDSC by **Shri Ashok Chandra Panda**, Hon'ble Minister for Tourism and Culture, Odisha. In photo [left to right]: **Prof. Sidhartha Das**, Senior Professor and Head, Postgraduate Department of Medicine, S.C.B Medical College & Hospital, Cuttack, **Dr. V. Mohan**, Chairman, DMDSC. **Dr. Philips Routray**, Consultant Diabetologist, DMDSC, Bhubaneswar Branch, **Shri Ananta Narayan Jena**, Mayor, Bhubaneswar Municipal Corporation, **Dr. Jayanta Kumar Panda**, Associate Professor, Post graduate Department of Medicine, SCB Medical College, Cuttack



The Bhubaneswar branch of DMDSC is easily accessible and conveniently located at **Crescent Tower, 3rd & 4th floor, Plot No: 476 & 477, Bomikhal (Opp Durga Mandap), Cuttack Road, Bhubaneswar**. This branch houses state-of-the-art facilities for management of diabetes and its complications. It has a Diabetology unit, ECG facility, Blood collection facility, Nutrition and Dietetics unit, Pharmacy and Specialized diabetic foot wear. **Dr. Philips Routray**, Consultant Diabetologist, will manage this new centre along with a team of well-trained staff.

During the occasion **Prof. Sidhartha Das**, Senior Consultant in Medicine & Diabetology, Senior Professor and Head, Postgraduate Department of Medicine, SCB Medical College & Hospital, Cuttack was conferred with '**MDRF Life Time Contribution Award**' and **Dr. Jayanta Kumar Panda**, Associate Professor, Post graduate Department of Medicine, SCB Medical College, Cuttack was honoured with '**DMDSC Honour Award**'.



Prof. Sidhartha Das receiving the 'MDRF Life Time Contribution Award'



Dr. Jayanta Kumar Panda receiving the 'DMDSC Honour Award'



'WORLD DIABETES DAY' CELEBRATION BY DR. MOHAN'S DIABETES SPECIALITIES CENTRE

The World Diabetes Day was celebrated globally on 14th November, 2014. The World Diabetes Day was created by International Diabetes Federation (IDF) and World Health Organization (WHO), with the aim of coordinating diabetes advocacy worldwide and the global awareness campaign of the diabetes prevention and care. The theme of this year was centered on Obesity and Weight loss.

As Dr. Mohan's Diabetes Specialities Centre and Madras Diabetes Research Foundation are designated as a WHO collaborating Centre for Non communicable disease - Prevention and Control as well as an International Diabetes Federation (IDF) Centre of Education, we took up the task creating awareness of diabetes and its prevention on a massive scale. To illustrate the importance of controlling diabetes and to spread awareness about diabetes and its complications, several programmes were organized to commemorate World Diabetes Day.

Multiple programmes were organized at our main centre at Gopalapuram, and all its branches to raise awareness and to reduce the impact of diabetes and its associated complications. All the centres of DMDSC were **lit in blue colour** to symbolize '**Fight against diabetes**'. Diabetes screening camps, Media Campaigns, awareness walk, pinning of blue badge, exercise demonstration, fun dance, skipping activity, puppet show, quiz programmes on diabetes and its complications and live demonstration of healthy low calorie recipes were conducted at our main centre and also in all our branches in Tamil Nadu, Puducherry, Andhra Pradesh, Goa, Muscat to celebrate World Diabetes Day.

GLIMPSES OF WORLD DIABETES DAY ACTIVITIES



Gopalapuram main centre lit in blue colour



Awareness lecture





Diabetes screening camp



Demonstration of exercise



Puppet show to educate the public on diabetes



Conversation map to create awareness about diabetes



Receipe demonstration



Diabetes quiz



**DR. V. MOHAN FELICITATED
BY Dr. S. S. BADRINATH AT SANKARA NETHRALAYA**



Dr. V. Mohan, Chairman, Dr. Mohan's Group of Diabetes Institutions participated in the World Diabetes Day Celebration organized by Sankara Nethralaya, Chennai on 13th November 2014 and delivered a lecture on “**How to tackle the menace of Diabetes in India**”. The lecture was very well received and appreciated by the audience who participated in the function. On this occasion **Dr. V. Mohan** was felicitated by **Dr. S. S. Badrinath**, President and Chairman Emeritus, Medical Research Foundation, Sankara Nethralaya, Chennai.



Hearty Congratulations



To

Our Beloved Chairman Padmashri. Dr. V. Mohan



For being awarded the SGRF award for excellence in Science by the SciGenom Research Foundation (SGRF) and IDF oration award by the Indian Doctors Forum, Kuwait and Kuwait



Hearty Congratulations

To

Our Joint Managing Director Dr. R. M. Anjana & Vice Chairman Dr. Ranjit Unnikrishnan



Dr. R. M. Anjana

Dr. Ranjit Unnikrishnan

*For been conferred with the prestigious Fellowship of the American College of Physicians (FACP) from the American College of Physicians, which is the largest society of internists in the world. This is one of the most coveted awards and is conferred to doctors who are dedicated to continuing education in medical practice, teaching, or research. This fellowship has been conferred on **Dr.R.M.Anjana** and **Dr. Ranjit Unnikrishnan** in recognition of their service and contributions to patient care, teaching, community service, continuing medical education and research work in the field of diabetology.*





Seeing Is Believing - A Trip To Sriharikota With Type-1 Diabetic Children

Dr. Kalpana Thai, Pediatric Endocrinologist &
Ms. Vidulatha Ashok, Psychotherapist
Dr. Mohan's Diabetes Specialities Centre



'Friends Forever' is a support group for children with juvenile diabetes, which was started at Dr. Mohan's Diabetes Specialities Centre, in March 2002, whereby they meet on the 2nd Saturday of every month. It is conducted by a team of professionals, viz, diabetologist, dietitian, psychologist, diabetic educator to oversee psychosocial issues arising due to the nature of the illness. This kind of group therapy prevents the children and their families from feeling isolated, and helps them cope better with day to day issues. Emphasis is also laid on the need for children to get involved in sports, school activities and day trips, by taking proper precautions, and leading a normal life.

Every year the children are taken on a trip to places of interest, for fun, and for, inculcating a sense of curiosity and wonderment. Similarly, this year, the entire team braved a long, three hour journey to Sriharikota, 120 kms from Chennai. Sriharikota is surrounded by Pulicat Lake, home to many migratory birds; the children were excited to get a glimpse of pelicans, gulls, ducks, storks and flamingos, as we sped by. We headed to The Satish Dhawan Space Centre (SHAR), one of the well known space ports in the world, which is located in Sriharikota. Since it is a restricted zone, we had to get special permission to see the 'rocket-launching' place.

On arrival, we were whisked to the MCC, or the Mission Control Centre, which is shaped like a spaceship, where we were educated about different 'consoles' that have giant screens, colorful switchboards, countdown timers, and such. The children were amazed to learn that the different authorization panels make the rockets take off via remote control, without being actually present anywhere near the venue. The countdown and the tracking of the rocket, till it places the satellites in orbit, is done here. The VIP Gallery, from where the dignitaries, such as



the Prime Minister, President, etc. can view the entire proceedings, was another area of interest to the children.

We were also transported to two venues where the rockets are launched. Apparently, the rocket is assembled in different places, and then brought here by different teams, who coordinate till the take off. The assembled rocket is then transferred on wheel bogeys to the Umbilical Tower (UT), which feeds the propellants to the rocket before it takes off. Children were excited to peep into the 'forbidden' area, which is a 12 meter deep well trough that helps deflect the exhaust from the rocket during the launch. The entire area is cordoned off hours before the launch. Some of the concerned queries from the children were, "What about the sea animals", "What about the flora and fauna", 'What about the rate of success and failure', to which they got adequate answers regarding the precautions taken before the launch. It came as a surprise that rate of success or failure is 100 or 0, respectively.

It was time to bid adieu after an exciting trip. The children were proud to learn that diverse kinds of space missions with remote sensing, communications and scientific satellites are accomplished, not only in other countries abroad, but also, in India. Since the

centre itself made all the arrangements regarding food, the children were well fortified throughout the trip. The only disappointment was, that no photographs were allowed inside, but, as one can see, many photographs were taken outside the centre. There were no untoward happenings, even after such a long and arduous trip, thereby giving the children a sense of joie de vivre and self confidence.

During this trip the children learnt self discipline, managing their diabetes on their own, did self injections, managed their insulin pumps and self monitoring of their blood sugars. The older children with type 1 diabetes supported their younger peers sharing their experiences in their journey through life with Type 1 diabetes. The adolescent children who were noted to be "quiet, introverts" at home and school formed their teams and were noted to be happy and cheerful. The positive spirit and the experiences during the trip encouraged children to feel normal and increased their confidence in self management of their diabetes.

The "Friends forever" support group for children continues to support the children and their families with type 1 diabetes in every step so that they are not alone in their journey through life.





SMOKING – ADDICTION – NOT A HABIT

Ms. Vidyalatha Ashok

Psychotherapist, Dr. Mohan's Diabetes Specialities Centre



Smoking as an addiction:

Smoking is not just a habit; it is an addiction. Nicotine, a natural product of tobacco, is a stimulating drug that enters the body and starts circulating in the bloodstream; it reaches the brain within 10-20 seconds after inhalation. Nicotine activates the sympathetic nervous system, which increases the flow of adrenaline, resulting in increase in heart rate, blood pressure, respiration and higher blood glucose levels. It also leads to increased levels of neurotransmitters such as dopamine, and nor epinephrine, leading to feelings of euphoria, sharpness, alertness, and relaxation.

Nicotine is physically addictive like drugs or alcohol. There are specific nicotine receptors in the brain that get activated when one smokes; these nicotine receptors increase the craving for more, over a period of time. Hence, withdrawal symptoms may manifest in the form of anxiety, irritability, craving, tremors, etc. when one tries to reduce it or discontinue it. Smoking not only gives pleasure, it also helps alleviate negative feelings, and the negative effects of anxiety, sadness and boredom. It becomes a psychological addiction when it becomes a part of one's daily routine.

Meaning of addiction:

Addiction has been defined as a continued repetitive action despite adverse consequences. In other words, it shows a psychological dependence, whereby the

body has to adjust to something by incorporating it into its normal functioning. Addiction is not, only due to the feel – good factor, and, it may have little to do with will power or being morally upright.

Addiction may be to different things in life – alcohol, drugs, gambling, or even excessive internet usage. Basically, it interferes with normal functioning. Physical addiction is a term used when the body craves a particular drug or alcohol, because the body is already accustomed to it. Psychological addiction is an addiction to drugs, alcohol, cigarettes, gambling, etc. as a reaction to stress, or as a habitual action.

Smoking and Diabetes: A deadly combination:

Smoking, not only increases the risk of diabetes, it is extremely risky when one has diabetes. Nicotine in cigarettes makes blood vessels and cells sticky allowing fatty deposits to build up, making them narrow, thereby, affecting blood circulation. Besides, people with diabetes who smoke have twice the risk of premature death. Risk of complications, also, is 14 times higher. A 2011 study, done in California, indicated that nicotine levels in the blood, show a corresponding increase in sugar levels and HbA1c levels.

Smoking can be harmful, when one has diabetes, in many ways:

1. It increases the risk of heart and kidney problems.



2. It leads to poor blood flow to the feet and legs, making the person more vulnerable to infections, ulcers and possible amputations.
3. Disorders of the retina.
4. Peripheral neuropathy (damages nerves to arms and legs, leading to numbness, pain and weakness).

About 90% of the people quit smoking of their own accord, but some may need support in the form of nicotine replacement, or support groups. Lapses usually occur within four to six weeks of cessation. As the addiction may continue even after cessation, one may be vulnerable to cues, such as going to parties, clubs, or friends, who smoke. It is important to learn behavioral coping skills such as eating, chewing gum, or other strategies to keep one's hands and mouth occupied.

Tips to give up smoking:

“Any change, even a change for the better, is always accompanied by drawbacks and discomforts”, stated Arnold Bennett, the English writer.

- ♦ Giving up smoking is an uphill task; it may take many attempts to stop.
- ♦ Have a plan: Whether to stop suddenly or gradually – whatever works for you, but it is important to fix a date, the sooner the better.
- ♦ Relapse is common many a time. Analyze the emotions or circumstances that lead to the relapse, e.g., stress, boredom, anxiety.
- ♦ Total abstinence is best, as even a single puff can lead to a relapse.
- ♦ Positive lifestyle changes to counter negative emotions – replace negative

habits with positive ones. Positive thinking helps; if you think you can, you can.

- ♦ Stimulus control – Remove anything connected with smoking – ashtrays, lighters, cigarette butts, matches.
- ♦ Stimulus substitution – make a list of things that make you feel good, such as exercising, being with a friend, reading, etc., that give you the same effect as a cigarette, and indulge in them.
- ♦ Craving lasts only few minutes; so you can put it off by doing something else like deep breathing, drinking water, eating healthy snacks, to divert your mind.
- ♦ Physical activity and stress management also helps.
- ♦ Alcohol and caffeine may act as triggers, so restrict them as much as possible.

Lastly, get the support of family, friends and co workers. One should not feel ‘alone’ in this struggle.

Short term benefits of giving up smoking: It lowers the blood pressure and reduces the pulse rate within 20 minutes. The carbon monoxide levels in the blood come back to normal within a day. Risk of heart attack decreases, and lungs function better within 2 to 3 months.

Long term benefits of giving up smoking: It reduces the risk of coronary heart disease, stroke, lung cancer and other cancers. So, it would be worthwhile to make a list of reasons why you want to quit, and start right away. If there is a lapse, do not feel disheartened. Deal with it in a positive way and continue doing what you have to do. Reward yourself regularly, as that works wonders, and helps you reach your ultimate goal – of good health.





IS STRESS THE CAUSE OF YOUR DIABETES?

Dr. V. MOHAN

Chairman & Chief Diabetologist
Dr. Mohan's Diabetes Specialities Centre



Whenever, we think the causes of diabetes, we usually think of heritability factors (family history), overeating or lack of exercise leading to obesity as the most common causes. While this is true, we often tend to forget an important cause of diabetes – STRESS. Stress is defined as “a physical, chemical or emotional factor that causes physical or mental tension and may be a factor in disease causation”. Several diseases can be caused or worsened by stress and diabetes is also one of the important ones.

How does stress affect the blood sugar levels?

The blood sugar levels are controlled mainly by two groups of hormones. The first group of hormones reduces blood sugar but insulin is the only member of this group. The second group called counter-regulatory hormones, opposes the action of insulin and increases the blood sugars. There are several of these hormones and the list includes cortisol, adrenaline, noradrenaline, glucagon and growth hormone. Stress tends to increase the levels of the counter-regulatory hormones, particularly cortisol, adrenaline and noradrenaline. If the levels of these hormones are persistently elevated, this can precipitate diabetes in a predisposed individual or worsen the diabetes control in someone who already has the disorder.

Mrs. S, a 52 year old lady visited me some time ago. She had abnormally high blood sugars-over 600 mg/dl. Despite my best efforts to control her with high doses of insulin and tablets, the sugar remained above 350 mg/dl. Then, suddenly one day after 3 – 4 months, the sugar levels started dropping. We had to withdraw the insulin and later, stopped all her diabetes tablets also. She told me that she was now eating sweets and chocolates every day but her sugars remained normal. She then opened out to me and said that her husband had been having an affair with another lady in his office which produced a great stress in her and that was why she had developed diabetes. After a few months, the other lady had got transferred to another city and her husband came back to her. Her diabetes disappeared! This may sound like a script from a movie but truth is stranger than fiction!

It is important to detect high stress levels in a patient, since the blood sugars will come down only if the stress is relieved or controlled. Doctors should always think of two things; when they see any patient with unexplained high sugars, or in someone whose diabetes is not under control in spite of optimum use of diet, tablets and insulin a hidden infection somewhere in the body or stress. Reduction of stress often leads to dramatic improvement or even cure of diabetes, as shown in the case above.



How can stress be dealt with?

Very often, individuals do not realize that they are under stress and even if they do, they deny it. The first step in stress management is to make the patient understand that everyone in the world is exposed to some stress or the other at some time in their lives. In fact, a mild degree of stress may actually be good for us as it raises our level of performance. Even Sachin Tendulkar recently admitted that even now he does feel mildly anxious every time he goes into bat. However, one should be alert to the signs and symptoms of excess stress, as they may be quite subtle and yet can be serious, and even dangerous.

One should try and accept stressful situations as “challenges” and not as “threats”. Many doctors tend to treat symptoms of stress with anxiolytic or anti-depressive medications without tackling the root cause of the stress. This approach could lead to harmful side-effects. Therefore, the correct approach would be the use of stress management techniques like diet, exercise, meditation, yoga and other forms of de-stressing. This approach would help to identify the underlying cause

of stress and correct it. The help of a qualified clinical psychologist or counselor can be of great help in many cases as they would often have more time to spend with the patient than a busy physician.

Stress is a part and parcel of modern fast life. Following a healthy lifestyle with adequate exercise, correct diet and regular sleeping hours will keep one physically and mentally fit to face any stressful situation that may arise in one’s life. It is particularly important that a person with diabetes learns how to manage stress, since stress can play havoc with the management of diabetes. A healthy social life, taking time out to relax with friends and family is vital in reducing stress levels, thereby reducing the risk of developing diabetes and helping people with diabetes take control of their condition. We have seen many patients who were able to reduce their dose of drugs and several cases like the one described above, who were able to completely stop all anti-diabetic medications. Find out if stress is the cause of your diabetes, and if yes, please start stress management measures today. You cannot avoid stress but you can certainly manage it!

TIPS ON COPING WITH STRESS

- Accept whatever has happened
- Practice better time management
- Improve organizational skills
- Resolve conflicts
- Yoga (eg, Pranayama) and Meditation
- Regular exercise
- Relaxation techniques
- Eat moderately and at proper times
- Proper sleeping hours
- Seek support whenever necessary either from a family members or professionally



BEST "STAND ALONE" DIABETES HOSPITAL

Best multispeciality HOSPITALS Diabetes care

1	All India Institute of Medical Sciences, New Delhi
2	Christian Medical College, Vellore
3	Postgraduate Institute of Medical Education & Research, Chandigarh
4	Dr Mohan's Diabetes Specialties Centre, Chennai
5	Medanta-The Medicity, Gurgaon
6	NLV Hospital for Diabetes, Chennai
7	Apollo Hospitals, Chennai
8	Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow
9	P.D. Hinduja Hospital & Medical Research Centre, Mumbai
10	Irdiaprastha Apollo Hospitals, New Delhi
11	Lilavati Hospital, Mumbai
12	Fortis C-DOC Hospital New Delhi
13	Jawaharlal Institute of Postgraduate Medical Education & Research, Puducherry
14	Manipal Hospital, Bengaluru
15	Madras Institute of Orthopaedics and Traumatology, Chennai

The Week – Nielsen Survey 2014, ranked Dr. Mohan's Diabetes Specialities Centre (DMDSC) as the 'Best Standalone Diabetes Hospital in India'. This is the third year in a row that DMDSC has received this credit.



VEGETABLE FRIED RICE FROM - DR. MOHAN'S HIGH FIBRE RICE

Miss. R. Poovizhi Selvi

Research Nutritionist
Madras Diabetes Research Foundation



Ingredients

Dr. Mohan's High fibre rice – 300 g	Celery/Coriander leaves – 20 g	Fresh Ginger garlic paste – 10 g
Beans – 30 g	Chopped Spring onion – 30 g	Black pepper powder – 5 g
Carrot – 30 g	Soy sauce – 3 tsp	Refined groundnut oil – 10 g
Cabbage – 30 g	Sliced Green Chilli – 20 g	Salt – to taste
Green peas – 50 g		

Method

- ◆ Cook Dr. Mohan's high fibre rice separately with 1:2 ratio.
- ◆ Heat oil in a pan add ground ginger garlic paste, green chillies, salt and saute for a while.
- ◆ Later add carrots, beans, green peas with cabbage and fry. Sprinkle little amount of water and allow it to cook under high flame with continuous tossing.
- ◆ Finally add cooked cold rice, pepper powder, soy sauce and mix it thoroughly.
- ◆ Allow it to cook for a minute on medium high flame garnish with chopped spring onion and coriander leaves/celery. Serve hot.

Nutritive value for Per Serving -250g Approximately

Energy (kcal)	- 331
Carbohydrate (g)	- 67
Protein (g)	- 9
Fat (g)	- 3
Fibre (g)	- 8
No. of servings	- 4





Frequently asked questions

1. Does cholesterol and blood pressure affect diabetes?

Ans : Cholesterol and blood pressure are the major contributors to morbidity and mortality in diabetes and hence should be recognized and treated early and aggressively. It has been clearly shown that high cholesterol and blood pressure in diabetic patients is associated with accelerated progression of both macrovascular (large vessel) complications – which affect the heart (cardiovascular disease), brain (cerebro - vascular disease) and the peripheral arteries (peripheral vascular disease) and microvascular (small vessel) complications – affecting the inner part of the eye called the retina (diabetic retinopathy), kidney (diabetic nephropathy) and the peripheral nerves (diabetic neuropathy).

2. 'Gadgets and Children' could not be separated nowadays. What diet would you suggest for these kids?

Ans : Gadgets mean all the electronic devices including TV watching, applications from mobile and I pads which makes the kids more prone to overweight and obesity. Most of these children eat junk foods like sweetened drinks, chips, pizzas, burgers etc. It is better for them to have home food and to take part in outdoor games and sports.

3. Most of the dieting people prefer Oats and wheat. Is it right to avoid rice fully?

Ans : Even oats and wheat if they are refined can increase the sugar levels. Traditional rolled oats-based cereals are a better choice because less processed oats generally have a lower glycemic index, i.e. they have less effect on the blood sugar levels. The best way to maximize the benefits of wheat is to have it unrefined. When wheat is refined, it is basically stripped of all its major nutrients. Wheat thus consumed, just adds calories without any of its natural goodness. Thus, whichever cereal is consumed, it should be whole grain like brown rice or whole wheat bread or oats with bran.

4. Is there any side effect of the medications / insulin given to diabetic patients?

Ans : A side effect is an unwanted problem caused by a medicine. For example, some diabetes medicines can cause nausea or stomach upset/discomfort or fluid retention when one first starts taking them. Hypoglycemia, or low blood sugar, is the most common side effect of insulin. Insulin allergy such as itching, skin rash over the entire body, wheezing, fast heart rate or sweating may also occur. Hence, before one starts a new medicine, ask the doctor about possible side effects and how it can be avoided.



5. What should a diabetic person do if all of a sudden the blood sugar goes very low?

Ans : The immediate treatment for a sudden low sugar (hypoglycemia) is oral glucose administered preferably in a liquid form, i.e., either to give normal table sugar or glucose powder mixed in any beverage or in the worst case, with water. If hypoglycaemia occurs at night, patient may experience difficulty in sleeping, nightmares or an early morning headache.

Hypoglycaemia should be promptly recognized and treated, as otherwise the patient can go on to a stage of coma. Mild hypoglycaemia can be managed by taking coffee with sugar, a chocolate or even a snack. If it is not responding to these measures, the patient should be taken to a doctor or given glucose injections through a vein. Diabetic patients should always carry a card which gives details regarding his or her disease and treatment so that hypoglycaemia can be easily recognized and treated.

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

Dr. R. Guha Pradeepa, M.Sc., Ph.D.,
Editor, Diabetes Monitor
Email : guhapradeepa@gmail.com



Dr. Mohan's[®]
DIABETES SPECIALITIES CENTRE



WHO Collaborating Centre
for Non-communicable Diseases
Prevention & Control



International
Diabetes Federation
2011-2021

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

To