



DIABESITY EPIDEMIC ON RISE IN INDIA -SUMITRA DEB ROY

-The Times of India

MUMBAI: Diabetes, a newly emerged term of medical science has taken more than one billion populations into its grip in past decade. Rising at an astounding level, diabetes has reached at an epidemic proportion. India is bracing for massive surge in diabetes with estimating number of sufferers in next 20 years at more than 100 million.

Obesity is linked with diabetes, higher than normal body weight greatly increases the risk of Diabetes. An estimated 80% of Diabetes is related to Obesity. Obesity with increased diabetes is called diabetes.

Medically it is defined as metabolic dysfunction that ranges from mild blood sugar imbalances to full-fledged type 2 diabetes. Obesity is considered a major risk factor for diabetes, as it makes cells less able to use insulin to bring sugar in from the bloodstream. When you are already insulin resistant (diabetic or pre-diabetic) then it can be even harder to lose weight.

"Uncontrolled diabetes leads to serious complications such as high BP, heart attacks, brain strokes, blindness, kidney failures and nerve damages with amputations. People with family history of diabetes, heart disease and obesity are predisposed to have diabetes. If a woman's waist is greater than 35 inches and man have more than 40 inches and they often have craving for sugar and refined carbohydrate then they should have their check up done for diabetes," said Dr Deep Goel, director, bariatric & GI cancer surgery, BL Kapur Hospital, New Delhi.

Infertility is also very commonly associated with Diabetes. 70% of infertility cases are reported to have diabetes problem. Patient with diabetes also have low sex drive or sexual dysfunction problems.

Diabetes is the major cause of heart disease, stroke, dementia, cancer, kidney failure and blindness therefore it has become the leading cause of death. Obesity is second most common preventable cause of cancer after tobacco.

Link: <http://www.im4change.org/latest-news-updates/diabetes-epidemic-on-rise-in-india-sumitra-deb-roy-24254.html>