



An IT Enabled Initiative

VMF- HOLISTIC CENTRE FOR DIABETES & LIFESTYLE DISEASES

IMPORTANCE OF AWARENESS

WHAT YOU NEED TO KNOW ABOUT DIABETES AND HYPERTENSION

- Can affect people across all socio- economic strata – both the affluent and the economically weaker section
- Can affect people in both urban and rural areas
- Can affect even children – the prevalence of childhood and adolescent diabetes is on the rise
- Diabetes and hypertension are fully treatable
- Most of the complications related to these diseases can be prevented by appropriate treatment
- Those who are overweight or obese, those with family history of diabetes, sedentary lifestyle, lipid disorders, heart diseases, etc are at high risk for development of diabetes and early corrective steps can prevent it
- These diseases can be prevented to a large extent by a healthy lifestyle. A healthy approach to life starting from childhood can reduce to a large extent the risk of development of these problems in future.

DO THE CHILDREN AND ADOLESCENTS ALSO HAVE A ROLE IN THIS CAMPAIGN

- The prevalence of type 2 diabetes mellitus, lipid disorders and obesity is on the rise in children
- Most of the children spend their time in front of computers and television – lack of physical activity make them vulnerable to these problems
- Junk foods further compound these problems
- For a better future a healthy lifestyle should be inculcated as early as possible

HOW CAN YOU BENEFIT FROM THIS CAMPAIGN

- Check up for blood pressure and blood sugar
- Identify new cases of diabetes
- Identify new cases of hypertension
- Awareness regarding importance of weight reduction in those who are overweight and obese.
- Known persons with diabetes can check for adequacy of their blood glucose control
- Known persons with hypertension can check for adequacy of their blood pressure control.
- Identify persons who are at high risk for development of diabetes and to take appropriate steps to prevent it

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Lifestyle Management is the key to healthy living.

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