

HOW TO DOWNLOAD AND USE ALIVE APP

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STEP 2 Picture Scan: Open the Alive app on your phone and scan the picture by focusing your phone's camera on it. **QR Code Scan:** Open the Alive app and tap on the 'QR code' tab at the bottom of the screen. Fill the QR code inside the square and hold still. Available on iOS and Android only.

STEP 3 Watch the photo come Alive. View it and share it with friends.

Available on select android (version above), iOS (version 7.0 and above), (version 5.0 and above), Symbian (version and above), Windows (version 7.5 and above)

90% of diabetics are unaware of their condition

'By 2030, India Will Have 100 Million Patients'

TIMES NEWS NETWORK

Mumbai: Nine of 10 people with diabetes believe their blood sugar is under control even though it's not, a survey conducted by the Association of Physicians of India (API) has found.

The survey, the results of which were announced on Wednesday, involved 1,500 adults with diabetes, 302 caregivers and 60 doctors across eight cities: Mumbai, Delhi, Kolkata, Chennai, Bangalore, Ahmedabad, Hyderabad and Pune.

"The World Health Organization last year announced that sugar is the new tobacco. Just as tobacco is one of the leading causes of cancer, sugar leads to diabetes," said API president Dr Shashank Joshi. "Yet people don't view diabetes seriously."

There are reasons to view dia-

betes as one of the most serious public health problems facing India. In terms of prevalence, India is second largest in the world. The International Diabetes Federation pegs the number of patients with diabetes in India at 65.1 million (it was 50.8 million in 2010). The number is expected to cross 100 million by 2030.

"More than 50% people with

“ Last year the WHO announced that sugar is the new tobacco. Just as tobacco is one of the leading causes of cancer, sugar leads to diabetes

Dr Shashank Joshi | PRESIDENT, ASSOCIATION OF PHYSICIANS OF INDIA

diabetes (mostly women) believe that diabetes has impacted their personal life while men with diabetes believe the condition impacts professional life due to exhaustion and fatigue. Women are also more aware about the impact of diabetes than men," said the survey.

The API survey, conducted

along with pharma major Abbot, showed that 54% of the patients interviewed for the survey had developed at least one complication associated with diabetes.

The survey also showed that people are not aware that sugar fluctuations occur throughout the day. "These sugar swings are responsible for complications associated with diabetes. People don't realise that skipping a meal or pill won't do. Worse, they don't know that if you skip a meal, then skip the pill too. The lack of awareness about diabetes is worrisome," said Dr Joshi.

One in three respondents experienced hypoglycemia (low blood sugar) or hyperglycemia (high blood sugar). These sugar level fluctuations, a factor that has been observed in the Indian population with diabetes, puts people at increased risk of complications, including neuropathy (nerve problems: 24.6%), cardiovascular complications (heart disease: 23.6%), kidney problems (21.1%), retinopathy (eye problem: 16.6%) and foot ulcers (5.5%), said the survey.

DISEASE CHECK



Normal blood sugar levels

Before meal (preprandial plasma glucose)

70-130 mg/dl

1-2 hours after meal (postprandial plasma glucose)

Below **180 mg/dl**

Warning signs |

Excessive thirst and increased urination, fatigue, weight loss, blurred vision, slow healing wounds and frequent infections, tingling feet and hands, red swollen gums

Details of Survey*



90% of people with uncontrolled diabetes

believe their blood sugar is under control. In Mumbai, the figure is 92%

➤ Monitoring was considered important by only 13% of respondents (Mumbai, 10%)

*Conducted by Association of Physicians of India

Prevention

Follow a healthy meal plan, exercise regularly, take medicines as advised, monitor glucose levels

54% of respondents experienced at least one complication because of poor blood sugar control (Mumbai, 55%)

The country has

65.1 million

diabetes patients & 77 million pre-diabetes stage patients

