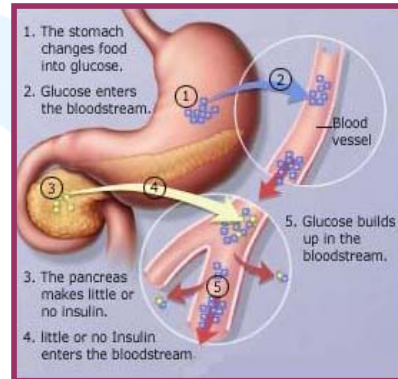




World Diabetes Day is celebrated every year on 14th November. The World Diabetes Day campaign is led by the International Diabetes Federation (IDF) and its member associations. It engages millions of people worldwide in diabetes advocacy and awareness. World Diabetes Day was institutionalized in 1991 by the International Diabetes Federation and the World Health



Organization in response to growing concerns about the escalating health threat that diabetes now poses. Diabetes is a condition in which the body either does not produce enough, or does not properly respond to, insulin, a hormone produced in the pancreas. Insulin enables cells to absorb glucose in order to turn it into energy. In diabetes, the body either fails to properly respond to its own insulin or does not make enough insulin, or both. This causes glucose to accumulate in the blood, often leading to various complications. So there are two type of Diabetes i.e. type-1 and type-2

Diabetes and its Effects



Diabetes in Children and Adolescents International Diabetes Federation reports that 70,000 children develop Type 1 diabetes every year (Type 1 diabetes is usually found in children and young adults. This was previously described as juvenile diabetes. In this case, the body does not produce insulin, the hormone that is needed to convert sugar (glucose), starches and other element into energy needed for daily life). This works out to 200 new cases every day. Around 4, 40,000 children worldwide

under the age of 14 now live with the disease and they require insulin injections throughout their lives. Adding to this, the occurrence of Type 2 Diabetes (a condition where either the body does not produce enough insulin or the cells ignore the insulin) in children in alarming proportions. Type 2 Diabetes usually occurs in older people and is preventable to a large extent by proper life style.

Symptoms



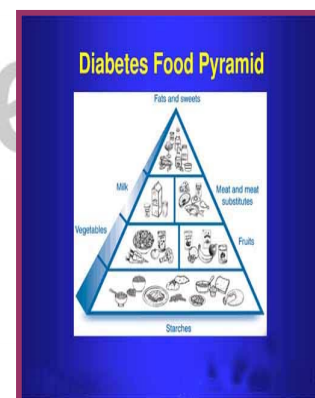
In both types of diabetes, signs and symptoms are more likely to be similar as the blood sugar is high, either due to less or no production of insulin, or insulin resistance. In any case, if there is inadequate glucose in the cells, it is identifiable through certain signs and symptoms. These symptoms are quickly relieved once the Diabetes is treated.

Prevention

- Managing your insulin (controlling sugar sources)
- Eating small portions instead of "filling up" at meals.
- Keeping your body fat percentage down (obesity is a high risk factor)

Diet

- Eliminate as many processed carbohydrates as possible.
- Don't eat carbohydrates 2 hours before bedtime.
- Balance your fat/carbos/protein in a roughly 30/40/30 ratio (this is a guideline, not a hard and fast rule--it doesn't work for everyone).
- Eat at least 5 or 6 small meals a day.
- Always eat a high-protein breakfast.



Life style of to be adopted

- Physical Work
- Exercises
- Morning walk
- Meditation
- Pranayam as prescribe for disease
- Avoid day sleeping habit
- Restriction on food intake
- Avoid Junk foods and fast foods

WALK TO



CURE DIABETES

World Diabetes Day