

DIABETES MONITOR

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MASSIVE DIABETES SCREENING & AWARENESS PROGRAMMES ORGANIZED ON 'WORLD DIABETES DAY' BY DR. MOHAN'S DIABETES SPECIALITIES CENTRE

Published by:

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on behalf of DIRECT, a Charitable Trust for diabetes.

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The World Diabetes Day was celebrated globally on 14th November, 2010. International Diabetes Federation (IDF) and World Health Organization (WHO) have established World Diabetes Day, every year on November 14, with the aim of coordinating diabetes advocacy worldwide and the global awareness campaign of the diabetes prevention and care. Every year this day is centered on a chosen theme related to diabetes and the theme chosen for the World Diabetes Day 2010 campaign by International Diabetes Federation (IDF) was "Lets take control of Diabetes. Now".

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 on a massive scale. To illustrate the importance of controlling diabetes and to spread awareness about the importance of a healthy lifestyle to control/prevent diabetes and its complications, a week long activity (8th to 14th of November 2010)

were organized to commemorate World Diabetes Day.

'Walking', 'Jogging' and 'Cyclathon' events were organized by our centre on 14th November 2010 at the **Marina Beach**. **Thiru K. Radhakrishnan**, IPS, Additional Director General of Police (Law & Order), Govt. of Tamil Nadu flagged off the 'Walk'. **His Highness Nawab Mohammed Abdul Ali**, Prince of Arcot, Chennai flagged off the 'Jogging' and **Thiru. S.Ve. Shekher**, popular film artist, Member of the Legislative Assembly (Mylapore), Chennai flagged off the 'Cyclathon'. The cycles for the rally were kindly provided by 'M/s T.I.Cycles of India'. In addition to the public, school children from various schools in the city and staff of our centre participated in this mega event. The other special programmes organized by us on this occasion included the Judo and Kung Fu demos by the Chai Chinese Kung Fu.

Multiple programmes were also organized at our main centre at Gopalapuram, and its branches at Anna Nagar and Tambaram in Chennai, Chunampet and Vellore in Tamil Nadu and at Hyderabad,

Andhra Pradesh. All centres of DMDSC were **lit in blue colour** and decorated with **blue balloons** for a whole week to symbolize the '**Fight against diabetes**', as the blue circle was, chosen by IDF as a universal symbol for diabetes. In addition, a Signature campaign to pledge support in the fight against diabetes was also organized at all our centres, which was a huge success.

Large scale diabetes awareness & screening camps were conducted at various places from 8th November 2010 to 14th November 2010. These camps were conducted at Corporation of Chennai Park (Virugambakkam), Chinmaya Vidhyalaya School for students and teachers, Sivan Park (K. K. Nagar), Indira Nagar Park (Indira Nagar), Ashok Nagar, Elliots Beach (Besant Nagar) and Jayanagar Park (Koyambedu). In Hyderabad, awareness screening camps were conducted at Parade Ground, Osmania University, Film Nagar, Public Garden and Indira Park. In addition awareness lectures, exercise and yoga demonstrations, recipe demonstrations, awareness quiz and puppet show were conducted at all branches of our centre.

GLIMPSES OF WORLD DIABETES DAY ACTIVITIES



Thiru K. Radhakrishnan, IPS, Additional Director General of Police TN, flagging off the Walk



His Highness Nawab Mohammed Abdul Ali, Prince of Arcot, flagging off the 'Jogging'





The ever popular Thiru. S.Ve. Shekher, flagging off the 'Cyclathon'



Signature campaign in progress



Diabetes screening camp for the public



Eye screening camp for school children



Quiz Programme on Diabetes and Diabetic retinopathy conducted at our centre



DMDC, Goplapuram lit in blue colour

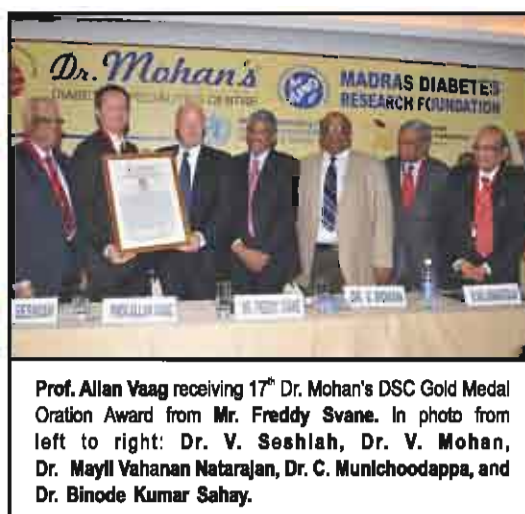


17th DR. MOHAN'S DSC GOLD MEDAL ORATION AWARD & MDRF LIFETIME CONTRIBUTION AWARDS

The Dr. Mohan's Diabetes Specialities Centre (Dr. Mohan's DSC) and Madras Diabetes Research Foundation (MDRF) Gold Medal Oration Awards were instituted with the primary objective of honouring distinguished international medical scientists who have contributed significantly to research in the sphere of diabetes and its related complications. This year, the Scientific Council of the DMDSC and MDRF honoured four eminent scientists in the field of Diabetology. The oration was held on December 7th, 2010, at Hotel Taj Connemara. **Dr. Mayil Vahanan Natarajan**, Vice Chancellor, the Tamil Nadu Dr. MGR Medical University, Chennai and **Mr. Freddy Svane**, Ambassador of Denmark in India, New Delhi were the Chief Guests of this oration.

Prof. Allan Vaag was conferred the 17th Dr. Mohan's DSC Gold Medal Oration Award in recognition of his monumental contributions in the field of diabetes particularly on the pathophysiology of Type 2 diabetes. Prof. Vaag was among the first to describe early defects of both insulin action, as well as defective insulin secretion in pre-diabetic subjects, contributing substantially to our present knowledge of Type 2 diabetes. Prof. Allan Vaag delivered the Oration on the topic 'Origin of Type 2 diabetes in a global and inter generational

perspective' describing the genesis of Type 2 diabetes that helps the medical professionals to deal with diabetes effectively. **Mr. Freddy Svane**, Ambassador of Denmark in India, New Delhi presented the gold medal to **Prof. Allan Vaag**.



Prof. Allan Vaag receiving 17th Dr. Mohan's DSC Gold Medal Oration Award from Mr. Freddy Svane. In photo from left to right: Dr. V. Seshiah, Dr. V. Mohan, Dr. Mayil Vahanan Natarajan, Dr. C. Munichoodappa, and Dr. Binode Kumar Sahay.

The MDRF Lifetime Contribution Award, which was instituted in 2004, was bestowed on three doyens of India in the field of diabetes, **Dr. Binode Kumar Sahay**, Senior Consultant Physician & Diabetologist, Hyderabad, **Dr. C. Munichoodappa**, Managing Director & Medical Superintendent, Bangalore Hospital, Bangalore and **Dr. V. Seshiah**, Chairman, Dr. V. Seshiah Diabetes Research Centre & Dr. Balaji Diabetes Care Centre, Chennai in recognition of their spectacular scientific achievements in the field of Diabetology.



They received this prestigious award from **Dr. Mayil Vahanan Natarajan**, Vice Chancellor, the Tamil Nadu Dr. MGR Medical University, Chennai.

Dr. Binode Kumar Sahay, is Senior Consultant Physician & Diabetologist in Hyderabad and a Post-graduate Teacher in Medicine at St. Theresa's Hospital Hyderabad. In addition he is also serving as an Executive Patron of Research Society for Study of Diabetes in India (RSSDI). Dr. Sahay, a former Professor & Head, Dept. of Medicine, Osmania Medical College, is honoured for his extraordinary contributions to diabetes.

Dr. C. Munichoodappa, Managing Director & Medical Superintendent, Bangalore Hospital, Bangalore and Inspector for DNB Accreditation, is an outstanding researcher



Dr. B. K. Sahay receiving MDRF Lifetime Contribution Award from **Dr. Mayil Vahanan Natarajan**

and one of the senior diabetologists of India. He holds distinguished posts in many professional bodies.

Dr. V. Seshiah, Chairman of Dr. V. Seshiah Diabetes Research Centre & Dr. Balaji Diabetes Care Centre, Chennai was the first Head of the Department of Diabetology at Madras Medical College & Govt. General Hospital and was instrumental in developing the speciality of diabetology in the best form in the Government sector and in private sectors.



Dr. C. Munichoodappa and Dr. V. Seshiah receiving MDRF Lifetime Contribution Award from **Dr. Mayil Vahanan Natarajan**





RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA (RSSDI) RECOGNIZES RESEARCH BY MDRF

The 38th Annual Conference of the RSSDI was held at Kochi from 18th to 20th November 2010. RSSDI is the largest Indian organization of diabetes health care professionals and researchers. Eminent health care professionals involved in diabetes research and the delivery of diabetes care from India and abroad participated in this prestigious meeting. Our Chairman Dr. V. Mohan, delivered lectures on “Clinical Profile of Young Diabetes in South India” and “Genetics of Type 2 diabetes in India” in the plenary sessions.

A team of 6 members from MDRF comprising Dr. L. Geetha, Dr. S. Shobana, Mrs. A. Amutha, Ms. Vijaychandrika, Ms. Ramya Kandaswamy and Ms. K. Indulekha, participated in this conference. A total of 15 oral and poster presentations based on MDRF research were made at this meeting. The posters titled “Glycemic Properties of Rice Milled To Different Degrees of Polish” by Shobana. S, Kokila. A, Malleshi. NG, Sudha. V,



Dr. V. Mohan delivering lecture in RSSDI conference

Krishnaswamy. K, Mohan. V & “Prevalence and clinical profile of 'metabolically obese non obese' and 'metabolically healthy obese' categories among Asian Indians - the Chennai Urban Rural Epidemiology” by Geetha. L, Deepa. M, Anjana. RM & Mohan. V. won the 1st and 2nd prize and Ms. K. Indulekha received the 2nd prize for the oral presentation entitled “Association of visceral and subcutaneous fat with unflammatory marker adipokines in Asian Indian”. All the presentations were very well received and appreciated by the scientists who attended the conference.



Dr. S. Shobana and Dr. L. Geetha
(who Won the I & II Prize for Poster Presentation at the Conference)

Ms. K. Indulekha
who Won the 2nd Prize in Oral Presentation



DMDEA LAUNCHES CLINIMINDS CHENNAI CENTRE

Dr. Mohan's Diabetes Education Academy (DMDEA) a unit of Dr. Mohan's Diabetes Specialities Centre has collaborated with Cliniminds, one of the most respected Clinical Research education and training institutes in the world, to provide the classroom and e-learning courses in Clinical Research in Chennai. The Cliniminds Chennai Centre was inaugurated by Mr. S. Sivakumar, Vice President, Central Services, ICON Clinical Research, Chennai on December 18, 2010 at MDRF. Dr. Vikram Kukkadi, Clinical Safety Monitor, Abbott Healthcare, Bangalore, Mr. Kamal Shahani, Managing Director, Cliniminds, Dr. J. Vijay Venkatraman, Pharmacovigilance Physician and Head - Cliniminds Tamil Nadu & Puducherry, participated in the inauguration function.



Launch of Cliniminds Chennai Centre. In Photo from left to right: Dr. V. Mohan, President, DMDEA, Dr. Vikram Kukkadi, Clinical Safety Monitor, Abbott Healthcare, Bangalore, Mr. S. Sivakumar, Vice President, Central Services, ICON Clinical Research, Chennai, Mr. Kamal Shahani, Managing Director, Cliniminds, Dr. J. Vijay Venkatraman, Pharmacovigilance Physician and Head - Cliniminds Tamil Nadu & Puducherry.

Mr. Kamal Shahani, Managing Director, Cliniminds also made presentation on the "Career Opportunities in Clinical Research" for the students.

DR. V. MOHAN HONOURED BY DEPUTY CHIEF MINISTER M. K. STALIN FOR HIS CONTRIBUTION TO RURAL DIABETES CARE



Deputy Chief Minister of Tamil Nadu Thiru M. K. Stalin felicitating Dr. V. Mohan, President, Madras Diabetes Research Foundation. Also in photograph: Thiru. M. R. K. Parneerselvam, Honourable Minister for Health and Family Welfare, Government of Tamil Nadu.

Our Chairman Dr. V. Mohan was honoured by Deputy Chief Minister of Tamil Nadu Thiru. M. K. Stalin for spreading awareness about diabetes and hypertension in rural Tamil Nadu. The Indian Diabetes Risk Score (IDRS) developed by MDRF was recognized by the Government of Tamil Nadu and will be used in the "Nalamaana Tamizhagam project". This project was launched to improve the health of people in the entire state particularly in rural Tamil Nadu. In this programme 2 crore people in Tamil Nadu will be screened for diabetes and hypertension with the help of IDRS.



INAUGURATION OF DR. MOHAN'S DIABETES CLINICS

With a thrust to spread world class Diabetes Care to other parts of Chennai, and overwhelming requests from our patients and the public, we have opened a new class of diabetes clinic with a different name as 'Dr. Mohan's Diabetes Clinics'. For the working population, work timings more often clash with doctor's consultation hours, leading to neglect of health problems. The concept of opening these evening clinics is to provide quality diabetes care to working population, encourage recurring visits of diabetic individuals to take control of diabetes and convenience. These evening clinics will be an answer to these problems and lead the way to healthier lifestyle and control of diabetes. We have extended our services by starting evening Diabetes Clinics at Vadapalani and Adyar. The salient feature of these clinics is

Vadapalani clinic was inaugurated by **His Highness Nawab Mohammed Abdul Ali, Prince of Arcot** on 9th December, 2010, and Adyar clinic was inaugurated by **Thiru. G. K. Vasan, Union Minister of Shipping** on 11th December, 2010. Dr. Ramuu and Dr. Jagadish, Consultant Diabetologists of our centre, are in charge of the clinics. Dignitaries from various disciplines participated in this memorable event. During this inauguration Thiru. G. K. Vasan launched an exclusive logo to mark the 20th Anniversary of our centre.



His Highness Nawab Mohammed Abdul Ali, Prince of Arcot inaugurating the Vadapalani Clinic. Also In photo from left to right: Dr. V. Mohan, Cheirman, DMDSC, Dr. Ranjit Unnikrishnan, Director, DMDSC, Dr. M. Ramuu, Consultant Diabetologist and Dr. R. M. Anjana, Director, DMDSC

that it will provide quality diabetes care, which includes Diabetology unit, Electrocardiogram [ECG] facility, Blood collection facility, Nutrition and Dietetics unit, Pharmacy and Specialized Diabetic Foot wear unit.



Inauguration of Adyar Clinic by Thiru G. K. Vasan, Union Minister of Shipping. In Photograph from left to right: Ms. Rekha Thankappan, Executive Director, Dr. Ranjit Unnikrishnan, Dr. R. M. Anjana, Directors, Dr. V. Mohan, Chairman and Dr. Jagadish, Consultant Diabetologist, DMDSC



Thiru. G. K. Vasan launching the 20th Anniversary logo of DMDSC



MDRF- DST - INSPIRE SCIENCE INTERNSHIP CAMP

INSPIRE (Innovation in Science Pursuit for Inspired Research) Science Camp in Chennai was organized jointly by the Madras Diabetes Research Foundation (MDRF), Chennai & the Department of Science & Technology (DST), New Delhi during December 27th to 31st, 2010 at Madras Diabetes Research Foundation, Women's Biotech Park, Siruseri. **Dr. V. Mohan**, President, Madras Diabetes Research Foundation is the Organizing Chairman & **Dr. M. Balasubramanyam**, Senior Scientist at MDRF is the Organizing Secretary.

The basic objectives of INSPIRE camp was to motivate the young students of our country to the study of science at an early stage and build the required critical human resource pool for strengthening and expanding the Science and Technology system and R & D base in our country. 100 students, boys and girls from 20 schools in

Chennai and its vicinity took part in this INSPIRE Science Camp. The 5-day INSPIRE program (Monday through Friday) was mentored by about 25 eminent scientists from



Active participation of students in the Internship camp

various premier institutions that include MDRF, IIT, ICCAR, CLRI, MSSRF, TNAU, Institute of Mathematical Sciences, University of Madras, Sri Sathya Sai Institute of Higher Learning, Presidency College, Apollo & Chettinad Hostpitals and Laila Pharma.

INSPIRE Science Camp was inaugurated on 27th December 2010 by **Prof. M. S. Ananth**, Director, Indian Institute of Technology, Chennai and the felicitation address was given by **Dr. P. Perumalsamy**, Director, School of Education, Chennai. The students were also inspired by **Prof. M. S. Swaminathan** (father of Indian Green Revolution) and by **Prof. C. V. Ramakrishnan**, renowned Biochemist & Professor of eminence at the M. S. Baroda University and the father of Noble Laurate **Dr. Venki Ramakrishnan**.



Inauguration of Inspira Science Internship Camp. In picture from left to right: **Dr. M. Balasubramanyam**, Asst. Director, Dean of Research Studies, MDRF, **Dr. V. Mohan**, President, MDRF, **Prof. M. S. Ananth**, Director, IIT, Chennai, **Dr. P. Perumalsamy**, Director, School of Education, Chennai, **Dr. R. Rajagopalan**, Chief Scientific Officer, MDRF



**DR. V. MOHAN CONFERRED WITH D.SC. (HONORIS CAUSA)
BY TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**



Dr. V. Mohan, Chairman & Chief Diabetologist, Dr. Mohan's Diabetes Specialities Centre receiving the honorary doctorate degree from Thiru. Surjit Singh Barnala, His Excellency the Governor of Tamilnadu, at the convocation of Dr. M.G.R. Medical University in Chennai.

Dr. V. MOHAN, Chairman and Chief of Diabetology, Dr. Mohan's Diabetes Specialities Centre and President & Director, Madras Diabetes Research Foundation has been conferred **Doctor of Science (D.Sc.) (Honoris Causa)** by the Tamil Nadu Dr. M.G.R. Medical University for his outstanding contributions in the field of diabetes. The D.Sc. was conferred on him on Saturday 8th January 2011 by His Excellency the Governor of Tamil Nadu, **Thiru. Surjit Singh Barnala** in the presence of our Hon'ble Dy. Chief Minister, **Thiru M.K. Stalin**, and Honorable Health Minister, **Thiru M. R. K. Panneerselvam**. This is the 2nd DSC conferred on Dr. Mohan by this university.

MDRF RESEARCH PUBLICATIONS RECOGNIZED IN NATURE JOURNAL

MDRF research publications were recognized in the latest issue of *Nature* [Diamond J. Medicine: Diabetes in India. *Nature*. Jan 27 2011;469(7331):478-479]. The article entitled "**Diabetes in India**" by Prof. Jared Diamond emphasizes the growing problem of diabetes in India and addresses the critical nature of the growing epidemic of Type II Diabetes in the developing world. We are humbled, that of the 13 references quoted six references are based on the research work done at MDRF.



DOCTORAL AWARD

MDRF AND DMDSC FAMILY CONGRATULATES



Dr. S. POONGOTHAI

**For being awarded the Ph.D., in Biochemistry and Molecular Biology by
the University of Madras, Chennai**

On 30th November 2010, Ms. Poongothai, supervised by Dr. V. Mohan, President Madras Diabetes Research Foundation, was awarded her doctoral degree for her thesis entitled "Prevalence of depression and its association with diabetes and its complications in an Urban South Indian population"

We are proud of you !

Heartiest Congratulations



Dr. SAROJA RAGHAVAN

*for being selected as 'Expert Trainer' in Conversation Map at
Diabetes Conversations Asia Meeting conducted on
21st November 2010 at Tokyo, Japan.*





DIABETES IN PREGNANCY – THE NEED FOR EARLY DETECTION

The World Health Organization's estimation of the prevalence of diabetes in adults indicates an expected total rise of more than 120% from 135 million in 1995 to 300 million in 2025. This includes Gestational Diabetes Mellitus (GDM) which is defined as 'carbohydrate intolerance with first recognition or onset during pregnancy' and Pre-GDM, a term that denotes known diabetic subjects who become pregnant.

The prevalence of diabetes in India is growing tremendously and so is its awareness. While knowing about diabetes in general is very important, we need to also focus on diabetes in pregnancy with more seriousness, as two generations are at risk and because prevention of diabetes starts from there. Women with GDM are at increased risk of future diabetes and their children are at risk of childhood obesity and diabetes later in life. This fact should warn the physicians and general public alike to the necessity to devote special attention to this problem.

GDM is associated with obstetric, maternal and neonatal complications. Uncontrolled diabetes in pregnancy leads to spontaneous abortions, birth defects - especially heart problems in the baby, preterm labor, big baby, hypertension, sudden in-utero death, delayed & difficult labor and consequently more bleeding during delivery. Mothers are at increased risk of urinary tract and vaginal infections and of developing type

2 diabetes in the future. Babies have immediate problems of respiratory distress, hypoglycemia (low sugar) and electrolyte imbalance and long term complications of obesity and diabetes. Hence, it is essential to screen all the pregnant women for glucose intolerance by oral glucose test. It is usually done between 24-28 weeks of gestation and in selected high risk women even earlier.

A team approach is needed in management of Pregnancy in Diabetes with the obstetrician, diabetologist, dietitian and pediatrician working in concert. Intensive monitoring, diet and insulin therapy are cornerstones for management. The importance of educating pregnant women with diabetes (and their partners) about the condition and its management cannot be overemphasized.

All pregnant women must be aware of when to screen for GDM and GDM mothers must know about its implications for her and her baby, diet, lifestyle changes, self-glucose monitoring and insulin therapy. Fetal growth must be evaluated with ultrasound and fetal echo done to rule out cardiac problems. Maintenance of mean Plasma Glucose level ~105 mg% is ideal for good fetal outcome. This is possible if Fasting and Post prandial plasma glucose levels are around 90 mg/dl and 120 mg/dl respectively. Insulin is essential if medical nutrition therapy fails to achieve normal glucose levels.



Prevention of adverse maternal and perinatal outcomes in GDM is based on achieving maternal blood glucose as close to normal as possible. Gestational diabetic women require follow up. Glucose tolerance test with 75g oral glucose is performed after 6

weeks of delivery and if necessary repeated after 6 months and every year to determine whether the glucose tolerance has returned to normal or progressed. Diabetes in Pregnancy needs holistic care for good health of women and her child.



Dr. K. Harini, MD (O & G)
Diab-at-ease Clinic and Women & Child



Dr. J. Vijay Venkatraman, MBBS, F. Diab.
Diab-at-ease Clinic and Women & Child
Care Clinic, KTVR Group Hospital



TABLETS IN STOOL? A COMMON PROBLEM! GHOST TABLETS:

I don't know if any of you are aware of a phenomenon known as 'ghost tablet'. It usually happens with long acting (timed release) drugs like sustained release metformin. What does timed release mean? In contrast to conventional tablets, which release all the ingredients within a short period of time, timed release tablets release the drug in small quantities over a prolonged period. As normal digestion occurs, the tablet is eroded by the enzymes of the digestive tract, and the nutrients bound in the timed release matrix are slowly released. This allows time for the maximum absorption of the drugs in the digestive tract and therefore their efficient utilization.

Some of the extended release medications are encapsulated in a "non-digestible" coating to prevent the medication from dissolving too soon. Most of them are film-coated (not enteric-coated), wax matrix tablets. This formulation is intended to slow the release of drug so that the drug does not get too concentrated at any part of the gastrointestinal tract. The expended inert, porous, wax/ polymer matrix material is not

absorbed and may be excreted intact in the stool and also it is common to pass the shell of the tablet.

Also a controlled release tablet, rather than being filled with little time release pellets (as in the case of capsule) is provided with a tiny little pin hole that slowly releases the medication leaving a "ghost tablet" which is eliminated in the stool. The medicine is slowly released from the tablet and then the empty shell is eliminated. Your body is absorbing the medicine and eliminating only the empty shell. "But why is it hard?" it is just a stabilizing material which your body cannot absorb and is eliminated as a hard tablet leaving the medicine in your body.

So, the next time you find a tablet in your stools, relax- it is only a ghost. The medication is working just fine!



Dr. B. Parthasarathy,
Consultant Diabetologist, DMDSC





CHINESE GREEN DHALIA

Ingredients

Wheat rava	-	35g
Beans finely chopped	-	25g
Carrots, finely chopped	-	25g
Capsicum, finely chopped	-	25g
Spring onion, finely chopped (White and green separated)	-	20g
Oil	-	1 1/2 tsp
Salt to taste.		

Method

Boil the wheat rava in two cups of water. Heat oil in a non-stick pan. Add all the vegetables except the spring onion greens. Sprinkle two tablespoons of water and cook for 4 to 5 minutes. Add the wheat rava, spring onion greens, and salt. Mix well and sauté for 2 minutes. Serve hot with raita.

Nutritive value

Energy	-	236 Kcal	Fat	-	8.0 g
Carbohydrate	-	35.7 g	Portion size	-	1 bowl
Protein	-	5.4 g			



C. Premila
Dietitian, DMDSC

Staff Appreciation...

STAFF APPRECIATION



Mrs. P. Lakshmi, joined Dr. Mohan's Diabetes Specialities Centre as a typist in 1996. She is associated with our centre for nearly 14 years. Ms. Lakshmi is always enthusiastic, supportive, willing, and organized. These characteristics of her ensure high morale among the staff. She is meticulous in executing her work. Her long service and loyalty to the institution is commendable.

Mrs. S. Thangamani, Chief Executive Dietitian of Dr. Mohan's Diabetes Specialities Centre has been associated with our institution since May 1996. During these years she has been an asset to the organization. She is a Post Graduate in Nutrition and Dietetics. After a brief stint with Dr. Mohan's DSC as Dietitian, she was then promoted as Chief Executive Dietitian. Thangamani can always be seen sporting a smile which inspires the patients and her colleagues. She actively involves herself in all the departmental activities. She is a very enthusiastic person. She actively coordinates the Friends forever a support group for juveniles diabetics.





Frequently Asked Questions

1. Why is it important for people with diabetes to be physically active?

Ans: Physical activity can help control one's weight and blood pressure. It can also raise "good" cholesterol (HDL Cholesterol) and lower the "bad" cholesterol (LDL Cholesterol). It improves circulation by reducing the risk of heart disease and nerve damage, which are often problems for people with diabetes. In addition, it also enhances immune system, reduces colon cancer, increases stamina, aids digestion and strengthens bones, muscles and joints.

2. Can you give some tips for dental care in diabetic individuals?

- Ans:**
- ♦ Keep your blood glucose under control to prevent tooth and gum problems, as poorly controlled diabetes may cause gum infections leading to lose of teeth.
 - ♦ If gums bleed while eating or brushing the teeth, or there is a bad taste in the mouth, see a dentist to examine if there is any infection.
 - ♦ Take good care of gums and teeth by brushing twice a day using a soft-bristle brush in a vibrating motion.
 - ♦ Check your teeth and gums for signs of problems from diabetes
 - ♦ Have a dental checkup every 6 months

3. Which diet is preferred for a diabetic individual – a vegetarian or a non - vegetarian diet?

Ans: The type of diet whether vegetarian or non-vegetarian does not matter, it is the quantity and quality that matters. However, a vegetarian diet may offer some benefits over a non-vegetarian diet. This, of course, depends on the type of vegetarian diet you choose and the particular food choices you make when following the diet. A vegetarian diet that includes generous amounts of vegetables, fruits, whole grains and legumes are high in fiber, generally low in saturated fat and calories than are non-vegetarian diets. All of these factors benefit people with diabetes.



4. Do I need vitamin supplements to control my diabetes?

Ans: If you choose a variety of fruits, vegetables, grains and low fat milk each day and keep your blood sugar close to your target range, you probably do not need to take vitamin supplements just because you have diabetes.

5. Is there any 'FIRST AID' for diabetic individuals?

Ans: People suffering from diabetes need to control their blood sugar levels by balancing the amount of sugar in their diet with insulin injections. As a result, they may have to carry hypodermic needles, insulin bottles, medication, identity card with them, indicating that they have diabetes. If a person with diabetes on treatment has missed a meal or taken too much exercise, the concentration of sugar in the blood falls, and unconsciousness can follow. The first aid in this situation is to restore the sugar/insulin balance as soon as possible. If the patient is conscious and capable of swallowing, immediately give sugar lumps, a sugary drink, chocolate or other sweet food in order to raise the level of sugar in the blood.



 <p>Dr. Mohan's DIABETES SPECIALITIES CENTRE</p> <p><small>2011 Ordained by State Practising Council</small></p>	To
<p>If undelivered, please return to: <i>Dr. Mohan's</i> Diabetes Specialities Centre, 6B, Conran Smith Road, Gopalapuram, Chennai - 600 086, India Tel No: (91-44) 43968888, 28359048, 28359051 Fax : (91-44) 28350935</p>	

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