

Summary Report on -

World Diabetes Day, 14th Nov 2016

EYES ON DIABETES

School of Physiotherapy (SOPT), RK University has Celebrated World Diabetes Day on 14th November 2016 for awareness about Diabetes.

The theme of this year focused on is “**EYES ON DIABETES**” to promote diabetes awareness and spread the message to the community through the students of SOPT. Diabetes is a disease that creeps on an individual and affect most of the organs and body systems such as eyes, nervous system, cardiovascular system, musculoskeletal system, genitourinary system, integumentary system etc. According to WHO survey, over 420 million people around the world and more than 90 million people in south-east Asia have diabetes. The cost of healthcare is trending upwards and soon, it will become economic burden for developing countries like India. The World Diabetes Day celebration takes place annually on 14th Nov led by International Diabetes Federation and WHO to promote awareness and wellness as well as encourage unity through campaign to combat the debilitating picture of diabetes. Various organizations e.g. Government bodies, Universities, schools and even private firms are participating for wellness and social cause. Promotion of the “World Diabetes Day” by educational and research institute like RK University is the one of the national as well as social responsibility. RK University has become symbol to promote such kind of activities. Health promotional events are essential extra-curricular activities that provide wide range of knowledge and encourage active participation of students and hence, it is beneficial for the growth of the University. By inculcating events related to wellness and social cause, RK University aims to ‘**Prevent, Treat & Beat Diabetes**’.

For celebration of World Diabetes Day, School of Physiotherapy, RK University organized seminar at campus on 14th November, 2016. Organiser committee key members were Dr Ankur Khant, HOD SOPT; Dr Sarfaraz Alam, Assistant Professor SOPT; Dr Krupa Raithatha, Lecturer SOPT. Dr Priyanshu Rathod, Director of school of Physiotherapy, RK University has inaugurated the event by informative and motivational speech. Students of 5th & 7th semesters, Interns and Post Graduates of Physiotherapy have participated. Key note address was given by Dr Sarfaraz Alam, focusing on importance of the day with facts and figures. Introductory lecture about the topic was delivered by Dr Krupa D Tank, Assistant Professor SOPT that given a clear picture of diabetes and its complications. Moreover, she has explained role of education, awareness and physiotherapy in prevention and management of diabetes. Case discussion on diabetic patient by Dr Sarfaraz Alam, further developed keen interest among students and faculties to crave for knowledge and its implication for well being.



SEMINAR ACTIVITIES – AT SOPT

INTRODUCTORY LECTURE ON DIABETES



Dr Krupa D Tank has taken informative session on **“Introduction to Diabetes”**. She has well explained about epidemics, patho-physiology, risk factors, management strategies and recent developments

CASE DISCUSSION

A case of diabetes was discussed by Dr Sarfaraz Alam on patient. Live experience of evaluation of the patient was interesting for students. Personal interaction between a medical person and patient was helpful in learning to understand case study; and correlate theory and practical perspective of the diabetes.



DIGITAL POSTER PRESENTATION COMPETITION

Students of 5th & 7th Semester participated and presented on theme “**EYES ON DIABETES**” based Digital. Juries for this competition were Dr. Amit Sharma & Dr. Ankur Khant. Winner team for digital poster was Mr Jaydev Pandya and 1st runner up team was Ms. Jahanvi Rathod & Ms. Juhi Rathod.



EYES ON DIABETES

➤ **Definition**
It is metabolic disorder characterized by High blood sugar level prolong time.

Types-

- Primary
- Secondary
- Gestational diabetes – it occurs during pregnancy period

Causes

1. Genetic
2. Food
3. Infection
4. Ab. work of liver and pancreas
5. obesity

Risk factors

1. Over weight
2. High BP
3. Genetic
4. family
5. cholesterol

Complications

- ✓ Stroke
- ✓ Eye disease
- ✓ Renal disease
- ✓ Foot problem
- ✓ Neuropathy
- ✓ Heart disease

✓ Diet

1. Carbohydrate
2. Intake of protein
3. Fruits-APPLE, KIWI, PEAR,

Type - 1

- IDDM, Before 40 year of age
- Destruction of Beta-cell of Langerhans
- **Early Symptoms**- frequent urination, extreme thirst, weight loss, weight loss, mood changes
- **Treatment** - insulin, pancreas Transplantation.

Type - 2

- NIDDM, after 40 year of age
- It is due to insulin resistance so
- **Early Symptoms**- Difficulty in healing infection, vision & mood change, weight loss, dry skin &/or mouth, bad breath
- **Treatment**- oral anti-diabetic drug (sulfonylureas), insulin

Early Warning Signs Of Diabetes

How Does Exercise Help Diabetes?

- * Lowers blood glucose levels quickly
- * Improves the body's ability to use insulin
- * Reduces insulin requirement
- * Better control of diabetes
- * Reduces the risk of heart disease

✓ **Exercises for diabetic patient** – Aerobic, muscular strength, cardiovascular, flexibility fitness, balance, coordination.

Reference - 1. 6th edition of semblingam, pg. no-424-426, 2. satyarnarayan pg. no-597 3. www.diabetic care.com
(Done by- Pandya Jaydev A.)



world diabetes day
14 November

Diabetic retinopathy involves changes to retinal blood vessels that can cause them to bleed or leak fluid, distorting vision.

Glaucoma is group of diseases that damages eye's optic nerve

EYES ON DIABETES

Diabetic eye diseases comprises group of eye conditions that affect people with diabetes. It includes diabetic retinopathy; diabetic macular oedema [DME]; cataract and glaucoma.

DME causes swelling in the area of retina called macula.

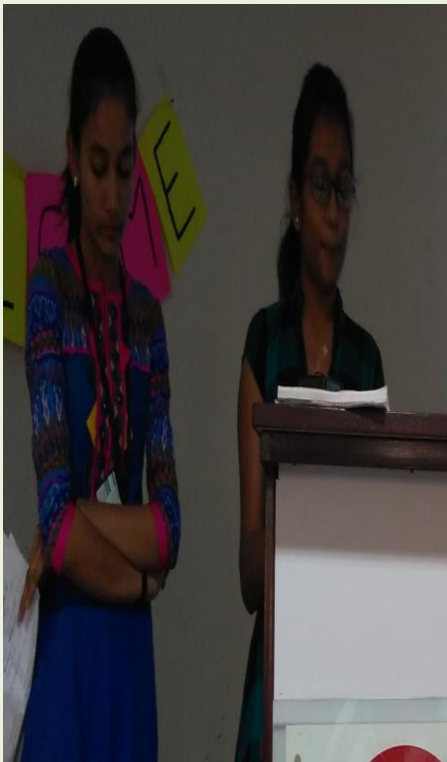
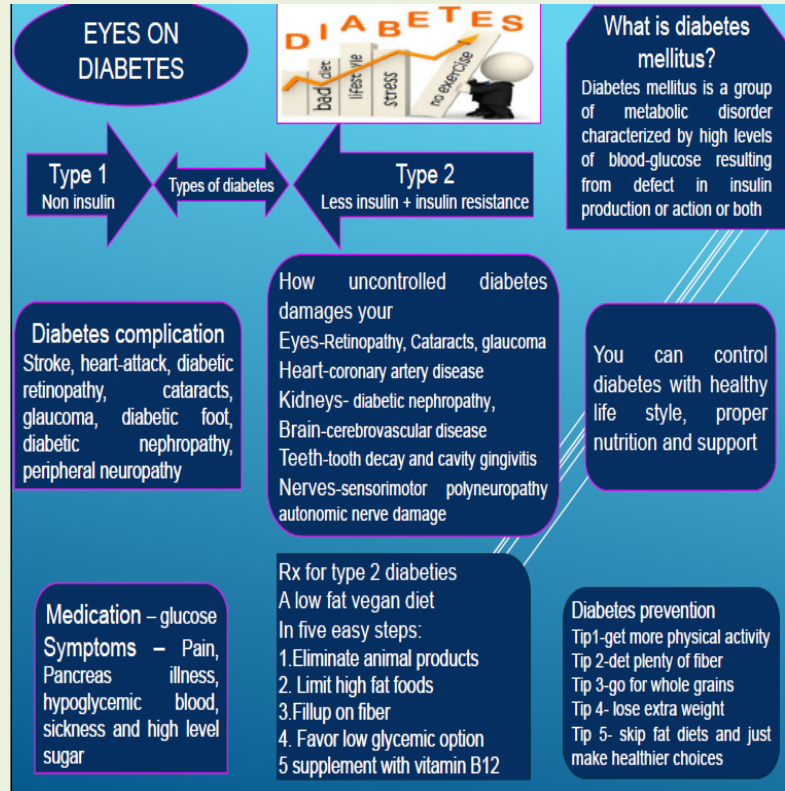
You can control your "Diabetes"
"Diabetes" doesn't control you

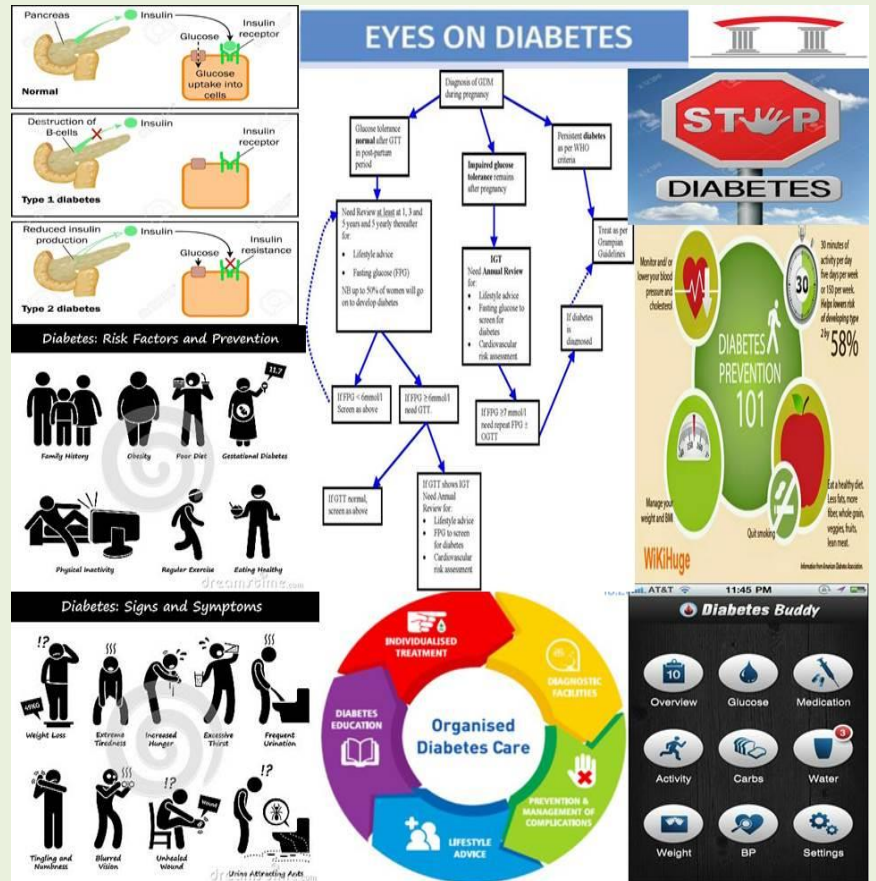
Medicare Diabetes Screening

Free if one in the top row
Free if two in the bottom row

Proposed by Squared5.com

- Blurry vision
- Increased thirst or the need to urinate
- Feeling tired or ill
- Recurring skin, gum, or bladder infections
- Dry, itchy skin
- Unexpected weight loss
- Slow-healing cuts or bruises
- Loss of feeling in the feet or tingling feet





The Diabetes Epidemic

1 in 11 adults has diabetes

1 in 2 adults with diabetes DO NOT KNOW they have it

Every 6s person dies of diabetes

Data inspired from IDF Diabetes Atlas Seventh Edition 2015

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Diabetes Most Common Symptoms

- Petite, Excessive thirst and appetite, Blurred vision, Dry mouth, Slow healing sores, Unusual weight loss or gain, Itching in groin or vagina, Yeast infections, Increased urination, Nausea and perhaps vomiting.

Weight Loss, Extreme Tiredness, Blurred Vision

Symptoms of Type 1 Diabetes

- Going To The Toilet More Frequently Especially At Night
- Increased Thirst
- Testing For Type 1 Diabetes Is Fast, Painless And Only Takes A Few Seconds

Do Not Ignore The Warning Signs See your Doctor As Soon As Possible

DIABETES

bad diet, lifestyle, stress, no exercise

- Always hungry (especially after eating), Rapid heartbeat (racing), Numbness and tingling of feet, Blurred vision (the more you see, the more you have diabetes - it's always there but you don't see it), Sexual dysfunction (difficulty with erection), Frequent urination (especially during night), Wounds that won't heal, Crave extra liquids (more than 10 glasses), Always tired, Unexplained weight loss.

VOTE OF THANKS

Vote of Thanks was given to all the students, faculties and to Dr. Priyanshu Rathod (Director of School of Physiotherapy) by Dr. Amit Sharma, Deputy Director for this successful event.

