

World Diabetes Day Celebration at School of Physiotherapy, RK University



14th of November is celebrated as World Diabetes Day all over the world. It was introduced in 1991 by the International Diabetes Federation and the World Health Organization in response to the alarming rise of diabetes around the world.



In context with this year's theme "HEALTHY LIVING & DIABETES" an event was planned with presentation on "Introduction of Diabetes" by students Ms. Nikita Rathod, 1st sem, "Effect of Diabetes on various systems of the Body" by Ms Monika Chaudhari, 3rd sem, "Management of Diabetes" by Mr. Keneth Parmar, 5th sem, and "Advance Therapies in Diabetes" by Ms. Megha Patel, 7th sem, under the guidance of coordinators of creative club Dr. Ankur Parekh & Dr. Vaibhavi Ved Assistant Professor, School of Physiotherapy.





Quiz competition on diabetes was held for students of all the semesters. Winners from Quiz competition were facilitated with certificates: Miss. Pooja Popat, Miss. Zainab Bharmal, Miss. Vaishali Kalariya and Miss Savaliya Neha were awarded with certificates. The role of physiotherapy in community health and wellness for diabetes people was discussed by Dr. Priyanshu Rathod.

World Diabetes Day

November 14

DIABETES RISK FACTORS

- Family History
- No Exercise
- Unhealthy Eating
- Overweight

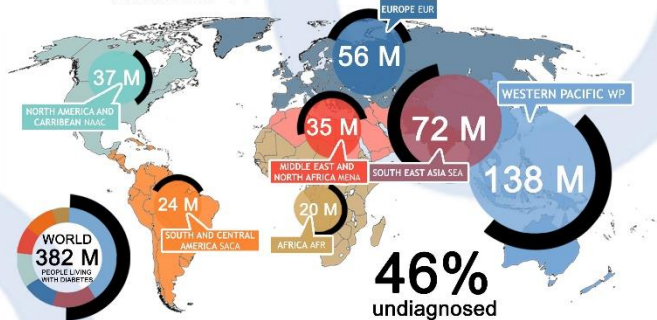
COMPLICATIONS OF DIABETES

- Blindness
- Heart Attack
- Kidney Failure
- Amputation

DIABETES WARNING SIGNS

- frequent urination
- weight loss
- lack of energy
- excessive thirst

IF YOU SHOW THIS SIGNS
seek MEDICAL ATTENTION now
These signs can be mild or absent in people with type 2 diabetes.



MYTHS	FACTS
1. Diabetes is not a serious disease.	1. Diabetes is a growing epidemic with a devastating physical, emotional and financial toll. In the US, it kills more Americans each year than AIDS and breast cancer combined.
2. Diabetes is caused by eating too much sugar.	2. Type 1 diabetes is caused by genetics and unknown factors that trigger its onset; type 2 is caused by genetics and lifestyle factors. Being overweight increases your risk for developing type 2, and a diet high in calories from any source contributes to weight gain. Research has shown that sugary drinks are linked to type 2 diabetes.
3. People with type 1 diabetes can't participate in sports or exercise	3. They can be tennis players, mountain climbers, weight lifters, basketball stars, snowboarders - the sky's the limit!
4. Women with diabetes shouldn't get pregnant.	4. Women who manage their diabetes well can have a normal pregnancy and give birth to a healthy baby.
5. People with diabetes can't donate blood.	5. You're eligible to donate blood as long as your diabetes is well controlled.

PREVENTION

GET MORE PHYSICAL ACTIVITY



Lose weight



BLOOD SUGAR
70-100 mg/dl

Lower blood sugar



Boost your sensitivity to insulin - which helps keep your blood sugar within a normal range

GET PLENTY OF MANAGE WEIGHT FIBER



Reduce your risk of diabetes by improving your blood sugar control



Lower your risk of Heart Disease



Promote weight loss by helping you feel full

MAKE HEALTHIER CHOICES



HEALTHY FOOD



sugar

Participants in one large study who lost a modest amount of weight - around 7 percent of initial body weight - and exercised regularly reduced the risk of developing diabetes by almost 60 percent.

Est. a balanced diet. Eat food that are low in saturated fats and sugars to maintain blood sugar level and healthy weight.

eaglenews.ph
NEWS THAT MATTERS

Sources:
(1) <http://www.idf.org/>
(2) <http://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639>
(3) <http://www.stopdiabetes.com/get-the-facts/myths-and-facts.html>