

May – August  
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# LIVE WELL WITH DIABETES

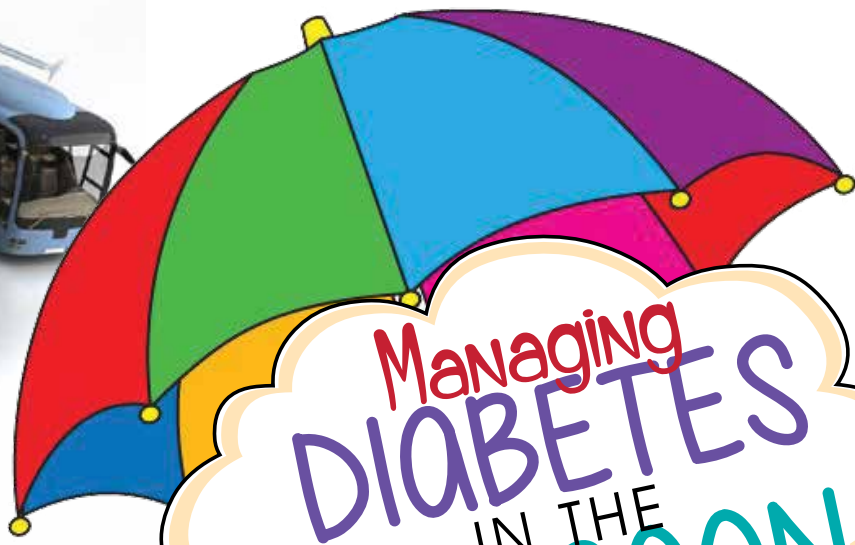
# Sweet Life



(AN INITIATIVE OF MV HOSPITAL FOR DIABETES (PVT) LTD., ROYAPURAM, CHENNAI, INDIA)



**Have Diabetes?  
Travelling days  
are not over**



Managing  
**DIABETES**  
IN THE  
**MONSOON**



**Followme!**

**What's New in Diabetes Research ?**

**KEEP UP WITH THE TIMES**

*Social media and diabetes care*

Social media has become a force to reckon with and has permeated through every known activity. Doctors can get greater insight into what patients are discussing regarding care, treatment, and needs especially in diabetes management. As managing diabetes is a continuous process, doctors can get to understand the day- to-day life and the impact of diabetes by reading patients' tweets on Twitter. Doctors will be able to observe a lot more about the patient than they usually do through a short interaction at the clinic.

*(Source: Diabetes Update)*

**GUT BACTERIA - 'THE FORGOTTEN ORGAN'**

Possible links have been observed between gut bacteria and the rise in obesity and Type 2 Diabetes mellitus.

An ideal balance of gut bacteria is important to our health and any changes can play a role in the development of conditions such as inflammatory bowel disease, colon cancer, asthma and so on.

There is now growing evidence that changes to the balance are also involved in the development of both Type 1 diabetes mellitus and Type 2 diabetes mellitus.\*

Increasing evidence suggests that gut bacteria are an important bridge between genes and lifestyle, environment, immune system and risk of Type 2 Diabetes mellitus.

Animal studies show that obesity is linked to changes in the composition and function of the gut bacteria. Diet and physical activity both have an effect on gut bacteria. – a healthy diet low in fat and high in fibre has been linked to more diverse bacteria when compared to a diet high in fat and low in fibre\*.

Experiments show that gut bacteria help to digest otherwise indigestible sugars in our diet, store energy as fat, and use energy by burning fats. By doing this, they can either contribute to or help protect against weight gain, resistance to insulin in body cells and Type 2 Diabetes mellitus.

Excess of gut bacteria due to eating too much fibre can change the way the liver processes fat and can lead to the development of metabolic syndrome, a precursor of Type 2 Diabetes mellitus \*.

Further studies could open the door to completely new ways to treat obesity and T2DM.\*

*\*(Source: Diabetes Update)*



To prevent the development of foot ulcers in people with nerve damage in their lower limbs, a UK research team is testing new technology to help find a way to raise an alarm if pressure is too high. The 'biofeedback' system uses special insoles in shoes to record foot pressure and relays this information to the screen of a 'smart watch'. When the system beeps or vibrates as a warning of high pressure, the user can use corrective measures to reduce the pressure.

*(Source: Diabetes Balance)*

Diabetes mellitus is a group of diseases that result in too much sugar in the blood, or high blood glucose.

The most common types are:

Type 2 diabetes - A chronic condition that affects the way the body processes blood glucose

Type 1 diabetes - A chronic condition in which the pancreas produces little or no insulin.

Prediabetes - A condition in which blood sugar is high, but not high enough to be Type 2 diabetes.

Gestational diabetes - A form of high blood sugar affecting pregnant women

Consult a doctor for medical advice



*Hello!*

Managing any form of diabetes is a way of life. Lifestyle, diet and routines have to be readjusted for good control of blood glucose. However, life has to go on as normally as possible and travel, either on work or for pleasure is

one such activity.

Our motto is to help people with diabetes live a life as well as they can. So, in this issue we feature important points to keep in mind for a stress free and enjoyable travel. With the Met forecast of a good monsoon, we would like to take this opportunity to remind you of some safety measures during the rainy season.

I would like to thank Ms. Mini Krishnan, Consultant, Oxford University Press, for her contribution regarding the effect of anxiety on health. We look forward to relevant articles from readers.

It gives me great pleasure to share with you that the continuous efforts to improve diabetes care has helped M.V. Hospital for Diabetes & Diabetes Research Centre, Chennai to top the National, the Regional and the Chennai ranking in the All India Lifestyle Hospital & Clinic Ranking Survey, 2016 conducted by the Times of India. Our aim is to keep moving forward and serve you better.

*With regards*

*Dr. Vijay Viswanathan,*

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Head & Chief Diabetologist,

M.V. Hospital for Diabetes (P) Ltd

# WHAT'S INSIDE



## FEATURE

**Have Diabetes?**

**Travelling days are not over**

## WELLBEING

**Anxiety & Health**

**Managing Diabetes in the Monsoon**

## Q&A

**'Must Know' Travel Tips**

## RECIPE

**Crunchy Peanut Salad**



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**Dr. Mitalee Barman,** Consultant Diabetologist

**Dr. Vishnupriya Reddy,** Consultant Diabetologist

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# Have Diabetes? Travelling Days are not OVER

**Dr. Mitalee Barman**  
Consultant Diabetologist

















**L**iving with diabetes does not make people housebound for the rest of their lives. You can live a normal life and enjoy most of the activities along with the rest of your family. Travelling either on work or for pleasure is a common activity. For a stress free and enjoyable time, be aware of the problems you may face, plan out and organize your activities, and make a few adjustments as required.

What are the problems one may face while travelling? Many factors such as missed medication, change in exercise routine, climatic factors such as temperature and altitude, illness, change in diet, and changes in sleep timings upset blood glucose control. Infections, especially of the foot and the skin, and hypoglycaemia are also areas for concern.


Travelling in India can be challenging due to the different climatic and geographical conditions, lack of hygiene and overcrowding.


## **General care includes**


-  Care of the feet and regular checks for any changes
-  Not walking barefoot in hotels rooms
-  Comfortable sturdy shoes that don't pinch the feet
-  Using sunglasses, caps, long sleeved clothing and sun screen for protection from the heat and humidity.


-  Precautions to prevent physical injury
-  Avoiding the swimming pool
-  Clean, uncontaminated water and hygienically prepared food
-  A Diabetes Identification tag in case of emergency.
-  Taking the minimum quantity of 'prasadam' if on a pilgrimage, as it is usually made of sugar and ghee, and not bathing in public spaces.
-  Frequent monitoring of blood sugar levels
-  Quick snacks and medications at hand
-  Consuming plenty of water to prevent dehydration and hypoglycaemia in hot humid places.
-  Good fitness levels when travelling in high altitude areas.
-  Walking about to improve blood circulation during long journeys.


## **If travelling by air...**


-  Pack twice the quantity of all your medications and diabetes supplies to last the journey in case of unexpected delays or losses.


 Keep medication in original packing and carry in the hand luggage.

 Be familiar with the generic name and brand name of the medications you use as many may be available under different trade names in other countries.


 Get a letter from a diabetologist for security or customs clearance for medications and medical devices. It will also be helpful to replace lost or stolen or damaged medication or to get medical attention abroad.


 Blood glucose is measured in different units in other countries . Know the conversion and have a conversion chart handy.


 Monitor blood glucose every 4 – 6 hours while travelling long distances because changes in meal times and activity levels can upset blood glucose levels.


 Pre- order diabetes friendly meals and carry snacks such as cereal bars, whole wheat or multi grain sandwich, puffed rice and roasted Bengal gram and biscuits in case of delays.


 Drink plenty of water.


 If using insulin, learn to make dose adjustments according to the time if crossing more than 5 time zones.


 Do not adjust your watch to local timing so that you get a better idea of the time.

 Inform flight attendants or staff at destination about your condition.


 Medication and monitoring equipment can be given to the flight attendants for storage.

 Check opened insulin bottles for crystallization before you use them.


 If using insulin pumps, continue with the normal basal and bolus doses till you reach your destination.

 Carry extra batteries and supplies of insulin and syringes in case the pump does not work properly.


***If travelling by train or road –***


 Do not drive more than 12 hours at a stretch and do not wait for more than 6 hours between meals.

 Do not drink alcohol before you travel.

 Carry suitable snacks and inform travel companions in case you feel the signs of hypoglycaemia. Take immediate action in case you show signs of hypoglycaemia. In case of hypoglycaemic symptoms, stop and take some quick acting glucose.

 Do not drive if complications have started.

 People using oral medications can miss a dose and have a slightly raised blood glucose level for 6 – 8 hours rather than take 2 doses close together and get hypoglycaemia.

 If you are using medications such as acarbose that prevent absorption of carbs, continue the usual regimen of taking it before meals.

The more you travel the easier it will get. People with diabetes who are travelling should meet with the diabetes educator before the journey to find out whether they are fit to travel, about vaccinations, travel insurance, effect of weather on blood sugar level, diet plan to be followed, and storage of medications.

Talk to people who have travelled and share experiences. An informed person can make good choices and travel confidently.

# Anxiety & HEALTH

Mini Krishnan



**F**ifteen or fifty, who amongst us has not felt anxiety? Your chest tightens; your stomach feels hollow; your facial and foot muscles tense; your breath comes in short, shallow gasps. This feeling might last for a few minutes or more, much more. During that time you are really not in top form are you? If someone were to ask you a complex question you would not be able to respond because your thoughts are as jangled as the rest of you and weariness sweeps over you.

This message is about anxiety and the mind and how it affects your health as a diabetic.

You cannot control the weather or your neighbours but you can certainly learn to control your mind. Much of your health and strength lies in your mind. You can train your mind to jump the rails and divert your thoughts to a comforting image or memory that will splinter the rush of negative feelings that flow through you when you get anxious.

## **Why?**

Because your health: physical, mental and emotional depends on your staying calm. Your mind can powerfully affect your body. Don't surrender to fear and anxiety. Tell yourself "I will block it now".

True--- nothing comes from nothing. Some illnesses are genetic. It is therefore good to take precautions. Some illnesses are the result of a certain lifestyle. Learn to handle it and step back if necessary.

Two things will go a long way towards health and healing.

**One :** Don't give into anxiety and start to feel sorry for yourself.

**Two:** Know that help is at hand.

If you are a habitually anxious person, learn to handle it because the first thing it will affect will be your health which is closely linked with your state of mind. Convert the energy you lose in anxiety into relaxing and strengthening impulses by telling yourself that you can climb through the pile of worries.

*(Mini Krishnan is consultant, publishing, Oxford University Press.*

*Her concerns are translation of Indian writers into English and peace advocacy for children.... She can be contacted at [minioup@gmail.com](mailto:minioup@gmail.com) )*







# Managing Diabetes in the MONSOONS

The rain brings relief from the sweltering heat and replenishes water bodies. But it is also a time when outdoor activities are curtailed, and when one has to protect oneself from infections. It is a trying time for people with diabetes.

They have to find alternate ways to exercise, keep themselves safe from respiratory infections and fungal infections, foot infections, and injuries.

**Exercise:** Don't stop exercise. Walk around the house, help with routine work in the house, climb up and down the stairs, or use a treadmill. If going out of the house, be prepared with raincoat, umbrella and water proof shoes.

### Foot and skin care

Don't walk in water. If footwear gets wet, change it or it can become a source of infection. Choose open toe, water proof foot wear. Keep footwear clean and dry. Don't miss your pedicure appointment. Don't wear wet socks for a long time. Check feet regularly as small cuts can get infected easily. Don't walk in puddles of

water as contaminated water can cause foot infections. Be careful while walking to prevent falls.

**Watch your diet.** Stick to your prescribed diet. Stay away from hot fried snacks. Wash all vegetables well, especially green leafy ones, as they can harbour worms and larvae in this season. Drink boiled water to prevent water borne diseases such as typhoid and diarrhoea.

**Be aware** that nausea, vomiting, and diarrhoea can lead to lack of appetite and dehydration. Low food intake can result in hypoglycemia. To prevent complications, apply sick day rules for medication if calorie intake is not enough.

**Look after your health.** Immunity is low during the monsoons. Be careful of insect borne diseases such as dengue and malaria and viral fever. The humidity, change in climate and getting wet can lead to upper respiratory tract infections such as pharyngitis and bronchitis.

**Most important of all, be in good control of your diabetes.**



## Crunchy Peanut Salad

### Ingredients :

Egg noodles	150 g
Red pepper slivers	1
Finely chopped ginger	4 cm
Red chilli	¼
Spring onions	4
Bean sprouts	150 g
Cucumber	a small piece
Lime	½
Unsalted peanuts	15 g
Chopped coriander leaves	a little
Soya sauce (optional)	1 teaspoon

### Method:

Cook egg noodles, drain and plunge into cold water. Drain and add to a bowl with 2 teaspoons of toasted sesame/gingelly oil.

Add 1 teaspoon oil into a pan. When hot, add chopped red pepper, finely chopped ginger and red chilli and stir for 2 minutes. Add chopped spring onions and the bean sprouts. Toss for a minute and then remove from heat.

Add the bean sprout mix to the noodles. Garnish with chopped coriander leaves, cucumber pieces juice of half a lime, chopped unsalted peanuts. Mix well. Serve.

*(Sprinkle a few more peanuts and 1 tsp soya sauce if needed for flavour).*



# Must Know 'TRAVEL TIPS'

Dr. Mitalee Barman, Consultant Diabetologist

1

**What information should the letter from the diabetologist include?**

The letter should provide the following information- all the prescribed medication, necessary monitoring and dispensing devices, why it has to be carried in the hand luggage and contact details of the diabetic team.

2

**How does travelling through time zones affect the insulin user?**

While travelling from east to west, the day gets longer and this can lead to rise in blood glucose. While travelling west to east the day is shorter and there is a risk of hypoglycaemia. If the time difference is less than 4 hours, just inject at the usual times. However, if the time difference is greater than 4 hours, the patient needs to manage insulin injection times.

3

**What do I need to know before I travel?**

Medication has to be continued while travelling. Learn how to alter medicine doses while travelling through time zones. Be aware of sick day rules to maintain glucose levels when ill. Learn how to check urine for ketones and at which point to seek medical help. Know how to manage hypoglycaemia.

4

**How does climate affect blood glucose levels?**

In hot climates, long exposure to the sun can raise blood glucose levels and this worsens the risk of dehydration. In cold climates, low blood glucose levels are more common as the body uses more energy to maintain temperature. In places with high humidity, there is a chance of dehydration and hypoglycaemia, therefore drink adequate water and monitor blood glucose frequently. At high altitudes blood glucose level has to be monitored frequently and dosage altered if required.

M.V.Hospital for Diabetes, Royapuram has been treating people with Diabetes mellitus and conducting research in diabetes for over 60 years. It is also a teaching institute. It has branches at

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