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Title: Need to take step to check the increasing cases of diabetes in the Country.

SHRI N.S.V. CHITTHAN (DINDIGUL): Along with westernisation, and globalisation, the incidence of diabetes has reached pandemic proportions. From 33 million in 2003, India is poised to uniquely but sadly become the diabetes capital of the world, with a projected 57.9 million by 2025. Almost every 5th Indian is a diabetic. The global diabetes drugs treatment market was valued at 3 billion dollars in 2005. Diabetes is a silent killer. It is the 4th leading cause of death by disease globally. It cannot be cured but can be effectively controlled, postponed and also prevented. A person with diabetes has a risk of heart attack equal to a person who has already had a heart attack. Uncontrolled diabetes can lead to stroke, heart attack, kidney failure, blindness, leg amputations, nerve damage and death.

Diabetes is no more an urban disease and it affects people from all socio economic states. India develops diabetes 10 to 15 years earlier than foreigners and more than 50% of the diabetes population is less than 50 years of age. Sedentary lifestyle, obesity, lack of exercise, eating high calorie refined processed food, westernised diet coupled with genetic causes are the main culprits. We need to intensively focus on educating the public about active lifestyle, regular exercise or walking at least 45 minutes, 5 times a week. Diet rich in vegetables, fruits, whole

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\* Treated as laid on the Table

grain and fibre is a must to prevent diabetes. Weight reduction with waist reduction is a must. Decreasing the waist line can increase the life line. This health education must be imparted universally to children and adults with or without diabetes. All pregnant women must be screened for diabetes as there is a high risk to the mother and child.

I urge upon the government of India to take war like measures to tackle this massive problem from the grass root level. We need effective steps in preventing diabetes, promoting research to cure and progressive public health programmes in controlling and checking the spread of diabetes.