



WORLD DIABETES DAY

DIABETES AND WELL-BEING



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DIABETES AND THE HEART



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develop it.

Although most people have heard of cardiovascular disease, few understand exactly what it involves.

What causes cardiovascular disease?

Most people think of obesity when they think of cardiovascular disease, but another strong risk factor is age. Your risk of developing cardiovascular disease goes up at age 40, but is highest after age 70.

People with diabetes are 2 to 4 times more likely than others to develop cardiovascular disease. Because this risk is so high, cardiovascular disease remains the most common cause of death in people with diabetes.

Warning signs

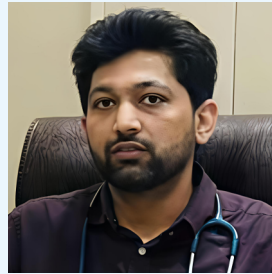
Speak to your Doctor if

- ◆ You have chest discomfort when you walk or exercise.
- ◆ You have chest pain along with tiredness (fatigue) or shortness of breath.
- ◆ Your resting heart rate is usually faster than 100 beats per minute.
- ◆ You are a young man with erectile dysfunction.

Protect your heart!

- ◆ Quit smoking
- ◆ Lose weight
- ◆ Eat a healthy, balanced diet
- ◆ Exercise
- ◆ Control your blood pressure
- ◆ Improve your cholesterol
- ◆ Set an appropriate HbA1C goal with your healthcare provider and work toward that goal

PRESERVING KIDNEY FUNCTION WHEN YOU HAVE DIABETES



Dr Shivendu Bhardwaj
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or keep it from getting worse.

When kidney function goes wrong

The kidneys filter waste products and excess fluid from the blood. High blood sugar and high blood pressure can harm the filters. This may let protein leak into the urine. Kidney damage may begin 10 to 15 years after diabetes starts.

If you have kidney damage, you can take steps to keep it from getting worse.

1. Keep tight control of your blood sugar. Kidney damage is less likely to get worse if you keep good control of your sugar levels.
2. Control your blood

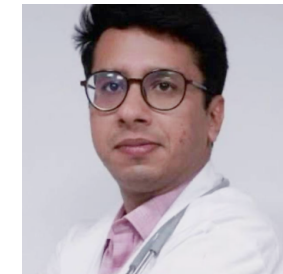
pressure. Keep it below 130/80 mm Hg.

To do so, you may have to:

- Lose weight
- Exercise
- Cut back on salt
- Limit alcohol
- Stop smoking

Do not use too much pain medicine. Aspirin and other pain relievers can make kidney damage worse. They can also raise your risk of kidney damage.

Diabetes and Obesity: A Growing Health Concern



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Being overweight does not guarantee diabetes, but it greatly increases the risk—people with obesity are nearly six times more likely to develop type 2 diabetes than those at a healthy weight.

The good news is that even modest weight loss can have a major positive impact. Shedding just 5–10% of body weight can improve insulin sensitivity, lower blood sugar, reduce cholesterol levels, and decrease the need for diabetes medication.

Obesity and diabetes are two of the most common and serious health challenges of modern times—and they are deeply connected. Around 90% of adults living with type 2 diabetes are overweight or obese.

Excess body fat, especially around the abdomen, increases insulin resistance, making it harder for the body to regulate blood sugar levels.

This condition, often referred to as “diabesity,” highlights the close relationship between obesity and diabetes.

Preventing diabesity requires collective effort—individuals, families, and communities must work together to promote healthier lifestyles. Choosing nutritious foods, engaging in daily exercise, and maintaining a healthy weight can go a long way in preventing and controlling diabetes. Remember, small lifestyle changes today can lead to a healthier, diabetes-free tomorrow. Stay active, eat smart, and take control of your health.

DIABETES AND OBESITY



Dr Jamal Ahmad
Endocrinologist
Dr Jamal Ahmad, Endocrinology
Centre, Aligarh.

Effects of weight loss on diabesity, Since excess fat worsens diabetes, losing weight can greatly improve the condition.

“When you have diabesity, you may start with one medication to get the pancreas to produce enough insulin. But very soon and much earlier, you need two or more medicines for diabetes.

Does everyone with obesity develop diabesity! Yes

If you have obesity, you're about six times more likely to develop Type 2 diabetes than those at a healthy weight. But not everyone with obesity automatically gets diabetes. Other factors are likely at play, too, including:

- Family history.
- Diet.
- Exercise.
- Stress.
- Gut health.

Changing your diet and increasing exercise to lose weight can be challenging. But the hard work is worth it to avoid serious complications of uncontrolled diabetes like heart disease, kidney failure and nerve damage.

The Silent Epidemic: Why Fatty Liver Is the New Diabetes



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1. Introduction – The Unseen Threat

Fatty liver disease is quietly becoming one of the most common chronic diseases worldwide.

Once thought to affect only alcoholics, it now affects children, teenagers, and non-drinkers alike.

2. What Is Fatty Liver Disease?

NAFLD (Non-Alcoholic Fatty

Liver Disease): Fat accumulation in the liver unrelated to alcohol use.

NASH (Non-Alcoholic Steatohepatitis): The inflammatory, more dangerous form that can progress to cirrhosis or liver cancer.

3. Why It's Becoming the “New Diabetes”

- Shared Root Causes:
- Insulin resistance
- Obesity, especially abdominal fat
- Sedentary lifestyle
- High sugar and processed food intake

4. The Silent Nature

■ Most patients are asymptomatic discovered incidentally on routine ultrasound or blood tests.

■ Like diabetes, damage occurs silently over years.

5. The Lifestyle Connection

■ High-fructose diets, sugary

beverages, and processed foods overload the liver.

■ Modern lifestyles—desk jobs, screen time, irregular sleep—worsen metabolic health.

6. Prevention and Reversal – The Hope Story

■ Weight loss of just 7–10% can reverse early fatty liver.

Physical activity: Regular aerobic exercise and resistance training improve insulin sensitivity.

Early screening: Especially in overweight, diabetic, or high-risk individuals.

Conclusion – A Call to Action

■ Diabetes was yesterday's epidemic; fatty liver is today's.

■ If we don't act now, the next generation could face a tsunami of liver disease.

The good news: it's preventable, reversible, and entirely within our control.



Obesity is a common risk factor for type 2 diabetes, and the two conditions are closely linked. In fact, 90% of adults with type 2 diabetes are overweight or obese. There is a strong link between obesity and diabetes. Having excess body fat is a risk factor for type 2 diabetes, and it can negatively affect a person's health in other ways.

To help manage and potentially prevent diabetes, it is advisable for a person to maintain a moderate weight.