

DISTRICT PLUS

TIRUVANNAMALAI, VELLORE DISTRICTS AND KANCHEEPURAM

SATURDAY, NOVEMBER 21, 2009

10 commandments for diabetes foot care

World Diabetes Day might have passed on November 14. But diabetes patients have to be on continuous alert, exercising restraint on their diet and lifestyles, and being regular in exercise and the intake of drugs every day.

The exhibition organised by the Christian Medical College during the diabetes camp in connection with the observance of World Diabetes Day on the CMC Hospital premises in Vellore last week was educative and informative to the diabetes patients as well as the non-patients.

Under the head, 'home management of diabetes,' the CMC had emphasised diet, urine test, blood sugar test, wearing of micro-cellular rubber (MCR) slippers, and doing regular exercise. The don'ts include being lazy, consumption of alcohol, re-use of cooking oil and frequent use of toilet.

Another chart listed the '10 commandments' for diabetes foot care as follows: 1) don't walk bare foot, 2) inspect feet daily for blisters, wounds, bleeding, smell and pressure points, 3) don't apply hot fomentation/cold compress/electric pads/strong counter-irritants, ointment to legs and feet, 4) use correct footwear, 5) don't walk bearing weight, 6) don't sit cross-legged for long time, 7) don't remove footwear during travel and don't place your feet on hot surface, 8) cut nails regularly, 9) don't cut corns/calluses with blade or knife (home surgery is dangerous), 10) clean feet twice a day with soap water, wipe web spaces dry and apply softening agents to feet.

Under 'home care,' another chart



CREATING AWARENESS: A nurse examining the wound of a patient at a Diabetes Awareness Camp organised by the Christian Medical College in connection with World Diabetes Day on the CMC Hospital premises on Saturday. — PHOTO: D. GOPALAKRISHNAN.

advised the diabetes patients to keep their feet in hot water, rub feet with brush and look for lesions in feet. One should consult a doctor if he had any lesion. A regular diabetic has been advised to do regular check-up, be strict with the diabetic diet, foot care and exercise. To those who do not know what is diabetes, a chart

defines diabetes as "a condition in which the body does not produce enough insulin, or the insulin produced is not effective". Another chart says, "If one detects diabetes early and strictly adheres to diet, diabetes seldom interferes with normal active life". The exhibition contained another important message to the diabetics that they should walk for a minimum of one hour every

day, and strictly avoid smoking and alcohol.

The exhibition contained stalls on diabetes education, free feet examination and display of foot model, dietary counselling, ophthalmology, regular check up and medication, fundus examination, vascular surgery, endocrine activity, prosthetic and orthotic services, and physio-

therapy. The stall on medication advised the patients to keep blood sugar level under control, while the stall on ophthalmology recommended periodical eye check-up. It mentioned that keeping blood sugar level under control could prevent blindness due to retinopathy. "Do not wait for symptoms, but do regular check-up of eyes, blood sugar, blood pressure and cholesterol", is another important piece of advice to the non-patients. The exhibition was organised jointly by the Departments of Endocrinology, Diabetes and Metabolism, Dietary, Prosthetics and Orthotics, Physical Medicine and Rehabilitation, Ophthalmology and Physiotherapy of the CMC.

P.V.V. MURTHI
in Vellore

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No. 46-51, TKM Complex - 2nd Floor,
Katpadi Road, Vellore-632 004.
Email:
velloredistrictplus@thehindu.co.in

CMCH to launch diabetes control project

By V NARAYANA MURTHI

Vellore, Sept 29: A special project for the prevention and control of diabetes would be launched by the Christian Medical College Hospital (CMCH) here, in association with the Schieffelin Leprosy Research and Training Centre (SLRTC), Karigiri. The project will be funded by the World Diabetes Foundation (WDF).

The number of diabetes patients in India is likely to more than double by 2020, compared with the current figure, with around 70 million people likely to be affected by the disease. The country, at present, houses

the largest number of diabetes patients in the world. It is in this context the proposed project assumes significance. The project, first of its kind, is slated to be inaugurated by the WDF vice-president, Anil Kapoor, and programme manager, Sanne Frost Helt, on Friday here.

Studies by the CMCH have indicated that patients with about 16 per cent of diabetes end up with some degree of nerve damage (peripheral neuropathy) or other. Deformities very similar to leprosy may also occur in due course, if proper care is not taken.

According to Nihal Tho-

mas, department of endocrinology at CMCH, and Abraham Joseph, director, SLRTC, who are coordinating the project, the focus would be on educating the

hospitals will be involved in the project across the country, which would send a doctor, a nurse and a foot-care technician to undergo training

India has the largest number of diabetes patients in the world

patient to be a master in charge of his disease and not be a slave to it. The primary modus operandi involves teaching patients on the pathogenesis, dietary, foot-care, drug treatment and insulin administration. Over 100

here for enhancing their skills on diabetes-prevention techniques.

A cobbler will be sent from each hospital and be trained on the footwear manufacture for a period of two months. The team should be able to set up in-

tegrated diabetes clinics in their localities to focus on the care and prevention of the deadly disease.

Besides, 20 big hospitals are expected to set up community health clinics, which would focus on the dissemination of information on the preventive aspects of diabetes, besides developing a locally-suited primary health care programme.

The project will continue for a period of four years, especially in the rural and semi-urban parts of the country.

The role of SLRTC is significant in the project. Much of the pioneering

work in the treatment of leprosy - which causes deformities of the limbs - through multi-drug therapy, tendon transplant surgery, etc, have already been done here over the past few decades.

With its vast experience in handling deformities, and merging with modern medical technology and educational techniques made available by the CMCH, the combination is expected to give a new thrust to help the rural and semi-urban population on diabetes care, especially since no government-based national programme has been initiated yet in this direction.

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Diabetes awareness camp today

As part of World Diabetes Day celebrations

Special Correspondent

VELLORE: The department of endocrinology, diabetes and metabolism of the Christian Medical College (CMC), Vellore, and the Lions Clubs International District 324-A4 are jointly organising a diabetes awareness camp at Va-

presidentship of A. Somasundaram, District Chairperson-Diabetic Awareness, Lions Clubs International District

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bition in connection with the celebrations at the CMC Hospital premises on November

• Special focus to be on diabetes foot care

• Walkathon to be organised on November 14

Jail inmates undergo diabetes screening

Express News Service
Vellore, June 27

The Department of Endocrinology, Diabetes and Metabolism attached to the Christian Medical College Hospital (CMCH) and the Lions Club of Vellore jointly organised a "Diabetes screening and awareness camp" at the Central Prison for men here on Friday.

Around 150 of the total 200 inmates in the prison were screened in the first phase of this free camp and others would be covered in the following phases. 20 of them were known patients of diabetes and one person was newly diagnosed at the Friday camp. The patients were initially blood-screened for sugar, following which they were examined by the doctors, dieticians and a physiotherapist who advised them on 'dos and don'ts' and healthy food habits to be followed.

According to Dr Kanaganmani who led the medical team, the camp was aimed at educating the inmates on the good food habits that would help them stay away from the dreaded disease. She said that many of the inmates were eager to know their blood sugar level.



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By V Narayana Muthi

PERHAPS for the first time in the state, a walkathon was organised on the World Diabetes Day last week by the Department of Endocrinology attached to the Christian Medical College (CMC), Vellore, in association with the Denmark-based World Diabetes Foundation, to highlight the importance of walking, a good exercise to help prevent diabetes.

Steps to fitness

Walking can help manage and even prevent diabetes

It was a pleasant surprise for the residents of Vellore to witness this unusual walkathon in which doctors from CMC, Karigiri Leprosy Hospital, local and out-station patients, police and members of Lions club par-

ticipated. Simple messages in the form of slogans were conveyed to the public along the way with the help of the public address system. They highlighted the concept of walking as a good exercise - both as a preven-

tive tool as well as a tool to manage diabetes.

The half-hour walkathon began from the collectorate and ended at the Aavana Inn hotel (a distance of one km) where doctors Thomas Paul and Jubin spoke about the

technicalities of managing diabetes in both Tamil and Hindi, which was well received by the passersby and the participants of the event. At the end of the programme sugarless tea was offered to the participants.

The organiser of the event, Mercy Jesudin, a diabetes nurse-cum-educator attached to the CMC, says that the event was organised at 3.30 p.m. to coincide with the time when similar walkathons were held all over the world. Around 300,000 persons participated in walkathons all over the world. What is the reason behind this venture? Dr Nihal Thomas, acting head of the Department of Endocrinology says that the idea of the walk was to highlight the exercise of walking as a key factor in preventing and managing or treating diabetes. This simple exercise helps in driving glucose into muscles, independent of the action of insulin (thereby reducing blood glucose levels) besides improving the action of the insulin in the

body. It also helps in improving the function of the heart and making it more powerful. Nihal said that walking gave a sense of well-being by improving oxygen supply and also the levels of good cholesterol (High Density Lipoprotein) in the body, reducing heart attacks. It also helps in reducing weight and making people look fitter. It could also increase the life span of a person. Above all, it costs nothing to get all these benefits, he added.

Nihal said that the management of diabetes was getting more and more commercialised all over the world when it can be tackled with simple, no-cost exercises. The emphasis was on diet and simple body exercise and walking is one of the basic steps in this direction, he said. According to him, it can be controlled in 10 to 20 percent of early diabetic patients if they take up exercise. Similar programmes will be organised targeting different cross sections of people on a continuous basis, he added.



Diabetes watch

- Carrying their umbrellas, girls take part in an awareness rally organised by the Christian Medical College Hospital as part of the World Diabetes Day at Kozhikode on Saturday
- Superintendent of Police N Arunachalam flagged off the rally and addressed a public meeting that followed
- About 200 people participated in the two-kilometre walkathon from Worth Trust in Kozhikode to Don Bosco School raising slogans and carrying banners on diabetes, despite heavy downpour in the Fort city
- Prof Nilal Thomas, Department of Endocrinology, CMCH, said that about 1,000 people visited an exhibition on Friday in which 13 stalls dealing with various aspects of diabetes were set up on the hospital premises. About 700 of them were screened for diabetes, he added
- Stalls for free foot care and the footwear stall in which various types of footwear for people with normal feet and those who had their foot amputated grabbed the attention of the visitors

Diabetes Chef of the Year Award

Vellore, Oct 29: Here is a good news for the chefs and those concerned with diabetes management. The Department of Endocrinology, Diabetes and Metabolism, attached to the Christian Medical College (CMC) here, has for the first time instituted a

November 2.

On November 6, a diabetes awareness and screening camp would be held at the Town Hall here. An essay and painting competition would also be organised for the school children, besides a Health Quiz for the teachers. This programme would

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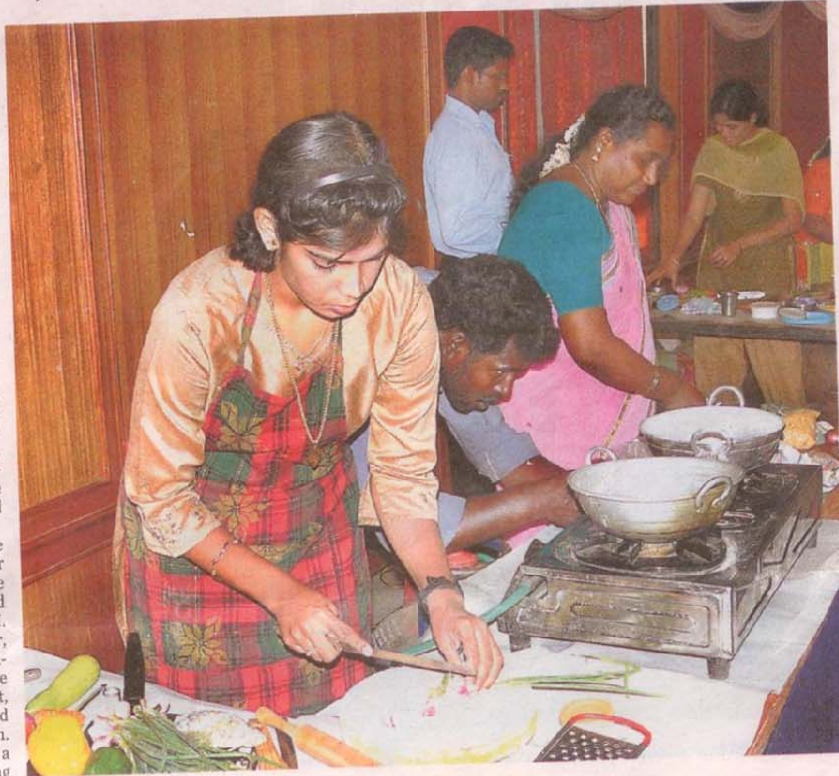
Good response to cookery competition

Twelve women, majority of them homemakers, and some dieticians, participated in the cookery competition conducted by the Department of Endocrinology, Diabetes and Metabolism of the Christian Medical College Hospital, Vellore at Hotel Darling Residency in Vellore on Tuesday in connection with the World Diabetes Day, which is celebrated as a month-long affair by the CMC Hospital.

According to Kanagamani, Assistant Professor, Department of Endocrinology, Diabetes and Metabolism, CMC Hospital, the objective of the competition was to encourage homemakers to cook food suited to diabetes patients in their houses. The participants were asked to do all the works connected with the cooking of the diabetic food, right from the cutting of vegetables, in front of the judges. While the competition went on for two hours, the judging of the prize-winning food items took more than two hours.

Manimegalai, dietician of the CMC Hospital, Latha, homemaker and Jayalakshmi, dietician of the CMC Hospital won the first, second and third prizes respectively. M. Venkadasubbu, Managing Director, Hotel Darling Residency, Sarah Jacob, former senior dietician of the CMC Hospital and Starlet Vincent, Principal, Shrishti Vidyashram acted as the judges for the competition. The prizes would be distributed at a function to be held in Hotel Darling Residency on December 12, according to Ms. Kanagamani.

She said that the department has



ENGROSSED: Women participating in the cooking competition at Darling Hotel in Vellore. -
PHOTO: D. GOPALAKRISHNAN

giving lectures on prevention of obesity and diabetes to schoolchildren in order to bring about lifestyle changes in them with the objective of preventing them from developing diabetes later in their adulthood.

Mercy, Diabetes Nurse Educator of the department said that the department also planned to conduct a 'medi quiz' on diabetes to medical students on October 27, a quiz for nurses on November 3, and a poster competition on the topic, 'Home Care Management of Diabetes.' It planned to conduct an essay competition on the topic, 'Lifestyle Modification for Diabetes' on November 7. A walkathon has been planned on November 14.

P.V.V. MURTHI
in Vellore

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THE HINDU,
No. 46-51, TKM Complex - 2nd Floor,
Katpadi Road, Vellore - 632 004.
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Noon meal scheme for rural pregnant women mooted

V NarayanaMurthi | ENS
Vellore, November 13

THE Department of Endocrinology, Diabetes and Metabolism, attached to the Christian Medical College (CMC) here, has recommended to the State Government to introduce a 'nutritious noon meal scheme' for all rural pregnant women across the state to prevent low-weight babies born to them, who would face the risk of diabetes later in their adulthood.

The Government has introduced free meals to the mothers during their delivery at health care institutions, recently. Justifying the need for food supplement during the pregnancy, Prof Nihal Thomas said that a five-year study by the CMC showed that the incidence of diabetes, pre-diabetic disorders like impaired glucose tolerance and impaired fasting glycaemia are on the rise among rural population.

A study, sponsored by the World Diabetes Founda-

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Creating awareness of diabetes

Exhibition to be held at CMC Hospital as part of World Diabetes Day celebrations

Special Correspondent

VELLORE: As part of the World Diabetes Day celebrations, the Departments of Endocrinology, Diabetes and Metabolism, Ophthalmology, Dietary, Physiotherapy, Prosthetics and Orthotics and Vascular Surgery of the Christian Medical College Hospital have organised an exhibition at the CMC Hospital on Friday.

The exhibition, meant to create awareness of dia-

betes, will include stalls displaying CGMS (continuous glucose monitoring system) and insulin pump, and demonstrations such as cooking demonstration, aerobic session, and footwear models. The Department of Ophthalmology will exhibit their models and emphasise the need for routine fundus examination. Free registration, blood sugar monitoring, fundus examination, blood pressure checking, and free corn and

callus removal will be done for all patients.

The CMC Hospital has arranged a walkathon on Saturday, mainly for diabetics, as walking contributes to the management of diabetes. The walkathon will start from the WORTH Trust at 4 p.m. and end at Don Bosco School, Gandhinagar, where a public meeting will be held. N. Arivuselvam, Superintendent of Police, will be the chief guest.

The MedZon Diabetes Research Centre, Vellore, has planned celebrations comprising a mega exhibition, debate and screening camp at Khanna Mahal in Vellore from November 13 to 15. Vellore Collector C. Rajendran will inaugurate the main exhibition hall at 9 a.m. on Friday.

The exhibition includes a diet exhibition, obesity screening chamber, footwear chamber, foot care chamber, skin chamber,

ophthalmology chamber, insulin pen chamber, pharmacy chamber, dental chamber and screening chamber. There will be a debate to be presided over by poet Abdul Khader from 5.30 p.m. to 8.30 p.m. on Saturday. T.V. Manjunatha, District Forest Officer, Vellore, and A. Panneerselvam, Consultant Diabetologist and Co-Chairman, Diabetes Association of India, Southern Chapter, Chennai, will speak on Sunday.

Facts about Diabetes

Diabetes is a disorder that originates just from the pancreas. A deficiency of insulin is just one of many things that may occur. In addition, peripheral resistance due to an accumulation of fat may occur. To make things more devious, there are two kinds of fat- good fat and bad fat. The good fat is found in more around the lower part of the body, around the buttocks and also just below the skin. The bad fat is found inside the abdominal cavity and is what is responsible for a person having a paunch. The good fat produces a hormone called adiponectin (derived from adipose- fat) which in fact improves the action of insulin in the body.

Diabetes is a disease that may last for many, many years. Complications involve many organs including the heart. Recent research by Dr J Abraham from our centre has shown that the commonest causes for death include heart attacks and strokes (vascular causes) and infections- particularly urinary tract infections. A proper check up of the heart is required periodically; in addition, it is equally important to keep the 'bad' cholesterol levels or LDL down with diet and medications called statins. The 'good' cholesterol levels or HDL can be raised to some extent through exercising and stop smoking.

The blood pressure should also be kept under very meticulous control with an upper number (systolic) of less than 130 and a lower number (diastolic) of less than 80 mmHg. Hence keeping these factors under tight control will reduce the chance of a heart attack or a stroke.

Urinary tract infections may start with reasonably innocuous symptoms like a "burning sensation" when passing urine and fever with chills. They tend to be more common in women past the menopause. There are a number of exciting new molecules that are on the horizon that may be used in treating diabetes in the near future, one such agent is a sodium glucose transport inhibitor, which increases the excretion of glucose from the kidney and thereby reducing the blood glucose levels.

At the end of the day, despite the evolution of a number of exciting forms of treatment, the bottom line is self-discipline and good self-care to ensure a long and healthy life in the presence of diabetes.

Prof Nihal Thomas, M.B.B.S.,
M.D., DNB (Endo), MNAMS FRACP (Endo)
Dept. of Endocrinology, Diabetes and Metabolism
Christian Medical College Hospital, Vellore