

A new cure for diabetes

If you are battling both diabetes and obesity and have a BMI of over 32.5kg/m2, then you must seriously work towards losing weight, suggests surgeon Pradeep Chowbey on World Diabetes Day



Obesity is a disease of excess body fat. You are classified obese when

you weigh 20% more than the average weight for a given height. India is currently in the midst of two closely linked epidemics: obesity and Type 2 diabetes. There are 50.8 million people suffering from diabetes in India. Type 2 diabetes, which represents 90% of all diabetics, occurs when cells become insensitive to insulin, the hormone that regulates blood sugar. Over 80% of Type 2 diabetics are obese.

The link between the two made 'Shape Up America' trademark the term 'diabetes', which is now commonly used among healthcare professionals.

What diabetes does: Type 2 diabetes usually affects older people, and is also called "adult-onset diabetes". During the last decade, Type 2 diabetes is also affecting younger people. It is a progressive disease affecting nearly every system in the body, and is the most common cause of adult blindness, limb amputations, and kidney failure. Both obesity and Type 2 diabetes are strong risk factors for heart disease.

Patients in the clutches of dia-

betes need effective treatment options to control diabetes and obesity.

Theoretically, losing weight is best. However, patients with Type 2 diabetes fail to lose weight beyond a point with conventional weight-loss methods of curtailing food consumption, increased exercise and activity, behavioural modifications, very-low-calorie diets, and medication.

Surgery for obesity: During the Metabolic Obesity Summit in Delhi in '08, it was established that people with a BMI of over 32.5kg/m2 (body mass index = weight/height2) generally fail to lose weight the traditional way and might require surgery to control their obesity. Gastric bypass and sleeve gastrectomy are two common low-risk laparoscopic surgeries for treating diabetes.

These surgeries are usually life-transforming experiences in morbidly obese patients, for weight loss as well as a cure and control of hypertension, diabetes, heart disease, arthritis, and obstructive sleep apnea. Their quality of life improves and they add years to their lives. Now that you know that there are several options available to help you lose weight, take the necessary steps to control your diabetes.

(Send in your feedback to st.wellness@timesgroup.com)