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#### Our Facilities:

Max Devki Devi Heart & Vascular Institute, Saket  
2, Press Enclave Road, Saket, New Delhi-110 017  
Phone: +91-11-2651 5050, Fax: +91-11-2651 0050

Max Super Speciality Hospital, Saket  
1, Press Enclave Road, Saket, New Delhi-110 017  
Phone: +91-11-6611 5050, 6611 4545, Fax: +91-11-6611 5077

Max Balaji Hospital™, Patparganj  
108 A, Indraprastha Extension, Patparganj, New Delhi-110 092  
Phone: +91-11-4303 3333, Fax: +91-11-2223 5563

Max Hospital™, Gurgaon\*  
Block-B, Sushant Lok - Phase I, Gurgaon-122 001  
Phone: +91-124-6623 000, Fax: +91-124-6623 111

Max Hospital™, Pitampura  
Near TV Tower, Pitampura, Wazirpur District Centre, New Delhi-110 034  
Phone: +91-11-2735 1844, Fax: +91-11-2735 7229

Max Hospital™, Noida  
A-364, Sector 19, Noida-201 301  
Phone: +91-120-254 9999, 253 5500, Fax: +91-120-253 5557

Max Medcentre™, Panchsheel Park  
N-110, Panchsheel Park, New Delhi-110 017  
Phone: +91-11-2649 9870, Fax: +91-11-2649 9860

Max Speciality Clinic (Eye Care & Dental Care), Panchsheel Park  
S-347, Panchsheel Park, New Delhi-110 017  
Phone: +91-11-2649 9880, Fax: +91-11-2649 9860

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[www.maxhealthcare.in](http://www.maxhealthcare.in)

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**4055 4055**  
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# Max Chronic Care Programme For Diabetes



**Max**  
**Healthcare**

Caring for you... for life

## Living with Diabetes

### Diabetes cannot be cured...

Accepting this reality is the first step in coping with diabetes. If you do not control your diabetes, then diabetes will control your life.

In the short term, it adversely affects your quality of life and prevents you from leading a normal life, by making you feel exhausted, dizzy, irritable, hungry, thirsty and with a frequent need to urinate.

In the long term, it silently causes irreversible damage to multiple organs like the eyes, nerves, kidneys, heart and blood vessels. It is the leading cause for blindness, heart attack, kidney failure and foot infections that may require amputation.

### But Diabetes can be controlled

A tight control on your diet and lifestyle along with moderate but regular exercise, can help you take care of your complications and allow you to lead a normal, healthy life.

Max Chronic Care Programme for diabetes helps you to take charge of your disease and control it.

### What is Diabetes?

Diabetes is a disease that causes the level of sugar in the blood to rise.

Our body converts the food we eat into sugar. Insulin, produced by the Pancreas, helps our tissues to absorb the sugar from our blood so that the cells can use it for producing energy.

### Type 1 Diabetes

The Type 1 Diabetes or Insulin Dependent Diabetes Mellitus occurs more often among young people. They must take insulin by injection, because their body either does not make insulin at all or does not make enough of it.

### Type 2 Diabetes

In case of Type 2 Diabetes or Non-Insulin Dependent Diabetes Mellitus, the body makes insulin but this insulin does not function properly. This disease often strikes in adulthood, occurring in people with a strong family history of diabetes. It is most common among people who are overweight.

## Lifestyle Modifications

### Stress Management

Managing stress is very important as increased stress levels can make your glucose levels go up.

Coping with diabetes can be stressful. Talk to your family and close friends who can offer support and help to you. Try and keep yourself calm. Try to take deep breaths as and when possible. If you often feel stressed, you should talk to your doctor who can work out a stress management plan for you.

### Exercise

Regular exercise can help you to lower your blood glucose levels, improve blood circulation, lower cholesterol, help to reduce stress and thereby, improve your physical condition.

Our diabetes healthcare team will help you work out a plan that is just right for you.

### Diet

Diet plays an important role in diabetes management as 50% of the treatment is dependent on medication and the rest 50% on diet, exercise and lifestyle modifications.

Our diet has three major nutrients - Carbohydrates, Proteins and Fats. Carbohydrates have a major role to play, as this is the nutrient which is converted into glucose in our body.

Eat three light meals a day with small mid meal snacks. Eat lots of vegetables, whole-wheat products, oats, brown bread etc. Take less fats especially saturated fats like ghee, butter etc. Try and avoid chocolates, cakes and sweets. Avoid deep fried and greasy foods. If you are overweight, you may be asked to opt for a reduced calorie meal plan that will help you lose weight. Managing diabetes is much easier if you are not over-weight. Consult your dietician at Max Healthcare who will work out a diet plan for you.

At Max Healthcare, we understand that chronic diseases cannot be completely cured, However with our Chronic Care Programmes, we can help you control your ailments and help you lead a normal life.

### - 2nd Follow-up Visit (3 months after the 1st Follow-up visit)

- Consultation with the Diabetologist
- Investigations
  - Blood Sugar Fasting and PP
  - HbA1c

### - 3rd Follow-up Visit (3 months after the 2nd Follow-up visit)

- Consultation with the Diabetologist
- Investigations
  - Blood Sugar Fasting and PP
  - HbA1c
  - Lipid Profile
  - Urine micro albumin

### Additional Benefits

- Two free consultations with the Diabetologist
- Patient Record Book
- Education Literature and Sessions

### Follow-Up Programme

If you already have had a complete assessment of your Diabetes status and do not require the Initial Assessment, then you can sign up for the Follow-up Programme, as outlined above in the Annual Programme.

### Normal Blood Sugar levels

Fasting	: 80-120 mg/dl
Pre-meal	: Less than 130 mg/dl
Post meal (PP)	: Less than 160 mg/dl

A diabetic should strive to maintain his/her blood sugar level as close to normal level as possible.

### Low Blood Sugar

Insulin or pills help to control diabetes but can sometimes cause low blood sugar, especially during / after exercise or if you:

- Skip a meal
- Eat late meals
- Don't eat enough
- Take too much medication

If you have low blood sugar, you may feel shaky or dizzy, sweaty irritable, hungry or tired.

At such moments, it is important to eat or drink something sweet (juice, glucose or glucose tablets) right away. Your doctor or Diabetes Educator will teach you how to avoid problems with low blood sugar.

### High Blood Sugar

In general, high blood sugar is defined as plasma glucose above 126 mg/dl fasting and above 200 mg/dl after meals.

If your blood sugar remains high for long periods of time, it can cause significant short term and long term complications as mentioned above.

It is therefore important to keep your blood sugar under control by creating a balance between lifestyle modifications and medications such as pills or insulin.

## Max Chronic Care Programme for Diabetes

We at Max Healthcare have designed the Chronic Care Programme for Diabetes specially to help you manage your ailment for a better, healthier lifestyle.

The Programme includes consultation, investigations and regular follow-ups with a Diabetologist / Endocrinologist. This Programme is available by appointment at Max Hospitals and the Max Medcentre.

We have three Programmes to help you manage your diabetes:

- Initial Assessment
- Annual Programme
- Follow-up Programme

### Initial Assessment

If you are a confirmed diabetic, it is important to assess not only the sugar levels but also the status of its adverse impact on key organs like heart, liver and kidneys.

#### Visit 1

##### Consultation

- Consultation with your Diabetologist
  - Complete medical history and review
  - Screening for complications
- Consultation for footcare by a Podiatrist
- Consultation by a Dietitian
- Counselling by Diabetes Educator

##### Investigations

- Sugar
  - Blood Sugar Fasting and PP
  - Urine Routine and Microscopy
  - HbA1c (Glycosated Haemogram) - a test done to determine your average blood glucose level over the past 90 to 120 days.

- Heart
  - Lipid profile (LDL, HDL, Total cholesterol, Triglycerides, VLDL)
  - ECG
- Kidney
  - Serum Creatinine
  - Urine Routine & Microscopy
- Liver
  - SGOT, SGPT, Serum Alkaline Phosphate and Serum Albumin
- Thyroid
  - TSH
- Routine
  - Complete Blood Count
  - Serum Electrolytes - Sodium, Potassium, Calcium & Phosphorus
  - X-ray Chest - PA view

#### Visit 2: (within 2 weeks)

- Consultation with Diabetologist to review investigation report

### Annual Programme

The Annual Programme has been scientifically designed to help you manage your ailment and its complications.

The Programme consists of:

- Initial Assessment - as mentioned above
- Follow-up Programme which has Follow-up visits:
  - Follow-up Visits (3 months after the 1st visit)
    - Consultation with your Diabetologist
    - Investigations
      - Blood Sugar Fasting and PP
      - HbA1c