



THROUGH HUMANITY TO PEACE



Indian Red Cross Society

(CONSTITUTED UNDER ACT XV OF 1920)

Telefax : 91-11-23717454
Phones : (PBX Lines) 23716441, 42, 43
Website: www.indianredcross.org
Email : ircs@indianredcross.org

Headquarters :
1, RED CROSS ROAD
NEW DELHI - 110 001

World Health Day (7 April 2016) Message from Joint Secretary General

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. Hyperglycemia, or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels. 1.5 million deaths annually are directly attributed to diabetes.

There are two major forms of diabetes; type 1 is characterized by a lack of insulin production and type 2 results from the body's ineffective use of insulin. There is also a third type of diabetes named hyperglycemia, or raised blood sugar, with values above normal but below those diagnostic of diabetes, occurring during pregnancy. Women with gestational diabetes are at an increased risk of complications during pregnancy and at delivery.

As of now there are about 347 million people worldwide who have diabetes and it is predicted to become the 7th leading cause of death in the world by the year 2030. The total deaths from diabetes are projected to rise by more than 50% in the next 10 years.

To create awareness about the life style caused silent disease the World Health Organisation this year has decided the focus on Diabetes with the theme:

"Beat Diabetes: Scale up Prevention, Strengthen care, and Enhance Surveillance"

India hosts the largest diabetic population in the world. According to the International Diabetes Federation, the number of people suffering from diabetes in India has exceeded more than 50 per cent from what it was in the year 1995.

There is effective allopathic treatment available to manage diabetes. However, Indian System of Medication and practice of Yoga & Meditation have also been benefitting the sufferers. Indian Red Cross runs a 3 month course, "Health Promotion through Ayurveda & Yoga". The course participants have reported

improved health, if yoga and ayurveda have been added to the allopathic treatment regime all patients must remain under close follow up.

Diabetics have to take special precautions to avoid foot injury at all times. They must check their feet regularly and religiously. Foot injury can create and cause avoidable situations leading to emergency medical care and attention as the injury is difficult to heal and may also lead to amputations.

I am sure that all volunteers and members of the IRCS Branches in the country shall create awareness about this life style related disease and spread the messages by which people are able to keep safe from the effects of diabetes and lead a healthier life.



Dr Veer Bhushan