

# Control Diabetes

Before it controls you.



## Diabetes & Kidney Disease.

*A Normal day, a normal life,  
A lightening strikes when,  
Insulin goes on strike,  
The clouds gather, the day darkens,  
When glucose refuses to enter the cyte.*

### What is Diabetes?

Diabetes mellitus, usually called Diabetes, is a disease in which your body does not make enough insulin (a hormone that regulates the amount of blood sugar) or cannot use normal amounts of insulin properly resulting in a high blood sugar level which can damage many parts of your body. Diabetes is the leading cause of kidney disease.

### Different types of Diabetes.

Most common ones are **Type I & Type II.**

**Type I** diabetes usually happens in children. It is also called as: "Juvenile Onset" diabetes mellitus. In this type, your pancreas do not make enough insulin & you have to take insulin injections.

**Type II** diabetes is most common one, usually happens in people above 40 & is called "adult Onset diabetes mellitus". It is also called as non insulin dependent diabetes mellitus. In this type, your pancreas make insulin, but your body does not use it properly. The high blood sugar level often can be controlled by following a diet &/or taking pills, although some patients must take insulin.

### How does Diabetes affect your body?

Uncontrolled diabetes eventually damages small blood vessels throughout the body, affecting organs and tissues such as skin, nerves, muscles, intestines, heart and kidney. Patients with diabetes can develop high blood pressure and hardening of the arteries which could lead to heart disease and eye disorders. Damage to blood vessels can impair kidney function, resulting in diabetic kidney disease.

### What does Diabetes do to the kidneys?

After years of diabetes, the filtering units (nephrons) of your kidney become scarred and do not filter blood efficiently. Kidney disease is the deterioration in the ability of your kidneys to perform

their regular functions, one of which is filtering waste products from the blood as a result, your body will retain more water & salt than it should, which can result in weight gain & ankle swelling. Protein in urine may be seen. Diabetes also damages the nerves in your body. This can cause difficulty in emptying your bladder. The pressure that results from your full bladder can back up & injure the kidneys. If urine stays in your bladder for a long time, you may develop a urinary tract infection as bacteria grows rapidly in urine with a high sugar level.

#### **Early & late signs of Kidney disease in Diabetes.**

- ☞ Albumin / protein in the urine.
- ☞ High blood pressure
- ☞ Swelling of Ankle & leg, leg cramps.
- ☞ More frequent urination, especially at night.
- ☞ High levels of BUN & creatinine in blood
- ☞ Less need for insulin or anti-diabetic pills
- ☞ Morning sickness, nausea & vomiting.
- ☞ Weakness, pallor & anemia.
- ☞ Itching

#### **How to prevent Kidney damage**

- ☞ Keeping good control of your diabetes can lower your risk of having severe kidney damage.
- ☞ Check Blood pressure & urine albumin excretion routinely.
- ☞ Follow your diet & get regular exercise.
- ☞ Avoid alcohol & quit smoking.

#### **What will happen if your kidney function has been damaged?**

Although there is no cure for diabetic kidney disease, its progression can be controlled by :-

- ☞ Controlling your Diabetes
- ☞ Controlling High Blood Pressure
- ☞ Treatment of Urinary Tract Infection
- ☞ Correction of any underlying problem (Kidney stones)
- ☞ Avoiding any medicine that may damage the kidneys viz. Pain killers, ayurvedic products etc.

#### **How are the kidneys kept working as long as possible?**

Your Nephrologist (Kidney Specialist) will plan

the treatment as per the condition. The best way to control it is by controlling High Blood Pressure in conjunction with an ACE inhibitor & Renal Diabetic Diet. Restriction of protein in your diet may be helpful. Please consult your Doctor.

#### **Diabetic Diet.**

*Even if the spell is fearful  
Getting over it is doubtful,  
If you are faithful,  
Diet & exercise will be fruitful.*

Special precautions regarding amount, distribution & timing of food intake are required. It is essential to achieve & maintain a desirable body weight. In general, it is important to eat a variety of foods each day & it is necessary to include foods in proper proportion so as to provide a well – balanced diet & few general consideration are listed below,

#### **Sugar & Sweetners :**

Sugar is generally forbidden for diabetics as it is harmful. Sweeteners without calories are usually advised. Saccharin & aspartame (available as Equal or Sugar free) may be used in moderation or as prescribed by the physician except in pregnancy.

#### **Fat :**

Too much fat in the diet leads to heart disease & therefore it should be restricted. Fats are a concentrated source of calories, each gram giving 9 cal. Increased fat intake can lead to development of Diabetes, High Blood pressure & Obesity.

#### **Salt :**

In general, everybody consumes more salt than is necessary. Prolonged use of excess salt leads to High Blood pressure in susceptible persons. Try to use less salt in cooking & at the table. Some of the foods are very rich in sodium or salt. These include all tinned foods, processed foods, Chinese foods, bread & Biscuits.

#### **Fibre :**

Fibre helps in lowering blood glucose and fat levels. Natural foods containing unrefined carbohydrates with fibre should be substituted for

high refined carbohydrates which are low in fibre. This can be done by eating more pulses (dals), legumes (Chana, white vatanas, whole moong, urad, rajma etc.), whole Cereals, fruits & vegetables instead of bread, biscuits, cakes, maida preparations etc.

#### **Alcohol :**

Alcoholic drinks in prescribed amounts are allowed though they are best avoided. Our body uses alcohol as fat. The type & quantity of calories present should be counted & included in the meal plan as with other foods. A gram of alcohol gives 7 calories & it has no other nutritional value. If on insulin, it is important to eat food along with the drinks. Use of Sweet Wines, liquors & sweet cocktails should be avoided as they have high sugar content.

#### **Recommendations :**

- Take meals at regular intervals.
- Avoid fasting or feasting.
- Take whole grain cereals like wheat, oats, jowar, bajra & pulses like rajma, chawali, chana, moong, masoor etc. as they are rich in fibres.
- Avoid refined & processed foods like maida, pasta, noodles, sago (Sabudana), juices, aerated beverages, cheese, sauces, bakery products, frozen meat, papads, pickles, etc.
- Avoid glucose, sugar, honey, jaggery, all sweets, chocolates & candies. Instead artificial sweeteners could be used.
- Use skimmed cow's milk, trim out fat from meat before using.
- Have lean meat such as chicken, egg-whites, fish instead of mutton, beef or pork.
- Include salads, soups with every meal.
- Avoid potatoes, yam, arbi, sweet potatoes, dalmoth, chips, wafers, sev & farsan.
- Avoid fruits such as banana, chikoo, grapes, mango, seetaphal, jackfruit, dry fruits. Instead have high fibre fruits like guava, pear, papaya, apple, pineapple, watermelon.
- Once you get the green signal start exercising, brisk walking, jogging,

swimming, aerobics, tennis, yoga etc are good for your health.

*Skip the rope, instead of skipping meals,  
Crunch carrots rather than munching wafers,  
Take a dip in the pool instead of dipping into cola.*

#### **Myths & Facts.**

**Myth :** Diabetes is a disease which will be cured

**Fact :** Diabetes is a deficiency which has to be controlled.

**Myth :** A person having diabetes cannot lead a normal life

**Fact :** A person having diabetes can lead an absolutely normal life, if the diabetes is controlled effectively.

**Myth :** Insulin is the last resort in the treatment of Diabetes.

**Fact :** Insulin is never the last resort in the control of diabetes. Insulin is required if your type of diabetes demands it. One should never avoid taking insulin if the Doctor advises insulin injections. It could lead to severe complications.

**Myth :** Treatment can be stopped if the diabetes seems to be under control

**Fact :** Treatment should never be stopped unless the doctor advises so.

**Myth :** Experiencing no health problems means diabetes is under control

**Fact :** A person with uncontrolled diabetes may still seem to be in good health. Normal level of blood sugar is a proper indication of control of diabetes.

**Myth :** If a person starts taking insulin injections, he has to take it for his entire life

**Fact :** A person is put on insulin when his pancreas cannot produce required amount of insulin. When insulin Injections are taken, the pancreas is allowed to rest & it can possibly regain its ability to produce insulin. If this happens the insulin Injection Can be stopped & the person can be put back on the tablets.



### Points to remember

- A diabetes patient needs to take special efforts to keep his blood sugar level under control.
- Diabetics need to give special attention to food intake & food timings.
- Infection in foot develops very easily & may end up in cutting off the foot. Hence the utmost care of foot needs to be taken.
- Insulin should not be avoided if the Doctor advises insulin injections. It can cause severe complications.
- Once the complications occur, they are irreversible; hence avoiding them is best.
- A person on insulin should not stop taking insulin during other illness without consulting the doctor.

*Lord, grant me the strength That I may not fall,  
Into the clutches of cholesterol,  
with fiber I'll never mutter,  
The road to hell is paved with butter,  
And cake is cursed and cream is awful,  
Satan lies in every mouthful,  
Rasgulla is sugar drop,  
At rabri, I must learn to stop,  
Teach me the evils of mutton biryani,  
Samosas, bhajias and chicken makhani,  
And ghee masala dosa from the south,  
If you love me lord, please shut my MOUTH....*

## Ten Commandments of Prevention of Diabetes & Hypertension

- 1) Treat Obesity.
- 2) Control B.P. below 130/80, follow your doctor's advice.
- 3) Control Sugar in urine.
- 4) Take food in their natural form (eg. : Veggies, whole grain, cereals & pulses & whole fruits)
- 5) Exercise regularly.
- 6) Regular Blood sugar check ups.
- 7) Avoid toxic drugs. (eg. : Pain Killers & ayurvedic medicines)
- 8) Identify & treat water & food borne infections.
- 9) Treat Kidney Stones immediately.
- 10) In case of family history of Kidney diseases, get all family members checked.



### Lancelot Medical Centre.

III – C, Lancelot, Opp. Shastri Nagar,  
Borivali (West), Mumbai – 400 092.  
Ph No: 28012783, 28016266, 28626854