

# HEALTH + MATTERS

## World Diabetes Day Special Issue

### GOT DIABETES - THINK HEALTHY LIFE

### OUR PANEL

Diabetes is difficult, and not everyone is able to or has the support to manage this disease effectively. It's for this reason that Healthy Life Clinic over the years has organized large scale diabetes awareness programs in conjunction with World Diabetes Day which have been much appreciated in showing promising improvements in Diabetes control.

Healthy Life Clinic, in keeping up with International standards in Diabetes care, we are constantly implementing innovative ideas to bring about changes in patient motivation and behavior in order to improve diabetes management, detection and prevention.

Hence this year's program caters to the theme, "Life

Cycle of Prevention in Diabetes". The eve of November 14th was dedicated to Diabetes and Health Awareness, with lectures by Chief Guest, Prof Chandrigo Wijeratne Chairperson, Diabetes Prevention Task Force Sri Lanka "Life Cycle of Diabetes- the scope for Prevention" and visiting Guest Speaker, Prof Ramachandran, Professor of Clinical Surgery, Consultant Surgeon, India who spoke to an enthusiastic audience on "Healthy Lifestyle- is that really a possibility in this day".

Apart from this, during the entire month of November, the clinic housed free blood sugar tests and individual consultations with Diabetes Specialists to help those with Diabetes achieve long term control over diabetes.

Consultant Endocrinologist  
Dr. Saira Siribadhana

Consultant Physician/Diabetologist  
Dr. Kayathri Periasamy

Consultant Physicians

Dr. Chandima De Mel  
Dr. Chintaka De Silva  
Dr. Sujil Prabhakaran  
Dr. Mrs. Senarathna  
Dr. N.V. Iyekanandan

Dr. Haniffa (Family Physician)

Consultant Eye Surgeons

Dr. Nalin Rajakaruna  
Prof. E. Benitta Stephen  
Dr. Amila De Silva  
Dr. Mrs. Dhamaratne

Optometrist (Six by Six Optics)  
Mr. R. Benjamin Yoga

Consultant Paediatrician  
Dr. R. Ajanthan

Consultant Cardiologist  
Dr. Vasantha Hettiaratchchi

Consultant Surgeon  
Dr. M.M. Fair

Consultant Dermatologist  
Dr. Sathkurunadan  
Dr. Mrs. Nayana Perera

Consultant Dental Surgeon  
Dr. J. Dhanusha

Consultant Dietitian  
Ms. S. Ramya Dhewi (Editor-Newsletter)

Consultant Psychiatrist  
Dr. D.P.D.W. Jayasinghe

Consultant Speech Therapist  
Ms. Narayani Shyam Sathasivam

Consultant Obstetrician & Gynaecological Surgeon  
Dr. Gurusamy Sujaharan

Registered Medical Officer  
Dr. Anul Devi

### THE LIFE CYCLE OF PREVENTION IN DIABETES

**HEALTHY LIFE CLINIC**  
Life could be sweeter

**PRIMARY PREVENTION**  
"LIFE-CIRCLE" APPROACH TO PREVENTION, TREATMENT AND CARE, BENEFITS ALL PEOPLE AT ALL STAGES OF LIFE

**PRECONCEPTION**

- Pregnancy can be a risk factor for the developing onset of Diabetes.
- Screen for high blood sugar and risk factors.
- Ensure a healthy weight before conceiving.
- Healthy eating habits should be followed.
- Adopt regular physical activity and a low-salt diet.
- Proper hygiene and sanitation to prevent infections in both mother and fetus.
- Regular follow-up with the obstetrician and Endocrinologist.

**CHILDHOOD**

- Monitor closely to prevent obesity or overweight.
- Adopt a healthy eating pattern.
- Follow a diet that is low in fat, sodium and refined sugars.
- Take measures to reduce stress levels at work and home.
- Health care professionals should also take action to prevent and control Diabetes and other medical problems.
- Attend health awareness programs to learn about Diabetes and its complications.

**Screening Tests if you are at high risk:**

- Family history
- BMI above 30
- Blood sugar
- Lipid profile
- Thyroid function
- Liver and heart abnormalities

**PREGNANCY (Maternal Nutrition)**

- Appropriate supplementation.
- Exercise regularly. Weight gain should be closely monitored.
- Avoid to a diet low in healthy fats.
- Healthy Diet options:
- Followed diet that supplies all essential nutrients - proteins, carbohydrates, high protein, low salt and low saturated fat.
- Select 2-3 healthy snacks to increase meals.
- Exclude all forms of alcohol, sugary and processed foods.
- Select 3 servings of high fibre, carbohydrate (vegetables, cereals and pulses) 3 servings of plant milk daily.
- Drink plenty of water.
- Other factors:

**PREGNANCY (Other Factors)**

- Take measures to handle stress, anxiety, lack of sleep, fatigue and constipation.
- Monitoring stress levels reduces risk of stress - triggering Diabetes in later life.

**Screening Tests:**

- Examine blood sugar (HbA1c levels)
- Monitor blood sugar < 120mg/dl
- Check blood pressure regularly (120/80mm-Hg)
- Monitor weight gain weekly.
- Assessment and prevention follow-up.
- No regular or all-cause check-ups.
- Those who developed Diabetes during pregnancy, and those who delivered large babies should continue a diet plan and exercise regularly.
- Monitor weight of baby: low birth weight or large babies need to be checked for complications.
- Breast feed for 6 months for maximum benefits for baby and mother.

**INFANCY AND CHILDHOOD**

- Monitor closely for signs of poor feeding, irritability and possible infection and gastrointestinal problems for baby.
- Avoid overfeeding or all-cause.
- Monitor growth using age and gender appropriate growth charts.
- Healthy eating patterns should be incorporated in childhood and changes should be made by the entire family.
- Adults should also play a part in a child's physical, psychological and emotional well-being.

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**ADULTHOOD**

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**OLD AGE**

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Multi-Speciality Channeling Center

# Healthy Life Clinic

Life could be sweeter

# INSUFFICIENT, IRREGULAR SLEEP TIED TO KIDS' OBESITY

Article featured in Pediatrics

**S**leeping in on the weekend may help children fight obesity, a new study suggests. Too little sleep puts kids at risk of obesity and other health



conditions, but "catch-up" sleep on weekends and holidays can mitigate the effects of weekday sleep deprivation, researchers say.

Children are sleeping less for various reasons, Gozal said. Busy family schedules and electronic media -- cell phones, computers and TV -- interfere with healthy bedtime routines. The result is that sleep suffers, he said, noting that while bedtime can be extended, we still have to get up at the same time.

### Research Findings...

Other studies have shown that inadequate sleep has biological effects, including high blood sugar and cravings for sweet and high-fat foods. Insufficient sleep also makes it harder to lose weight.

All this would suggest that sleep is an important regulator of metabolism. "If we abuse our sleep by not sleeping enough, then we are likely to pay the price by being heavy and being at risk for cardiovascular and all the other metabolic complications," he said.

### About the study...

Lead researcher Dr. David Gozal, chair of pediatrics at Comer Children's Hospital at the University of Chicago, monitored the sleep patterns of 308 children for a week and compared their sleep patterns with their body mass index (BMI), which is a measurement that takes into account height and weight. The children, who were 4 to 10 years old, averaged eight hours of sleep a night.

"This is way lower than the recommended amount of sleep that kids should get, which is about 9.5 to 10 hours at this age," Gozal said.

Among the children who got the recommended amount of sleep, the risk of obesity, diabetes and cardiovascular problems was nil. It was noted that kids who had the shortest sleep and had a more disorganized sleep schedule had more than a fourfold increase in the risk of being obese.

### In conclusion...

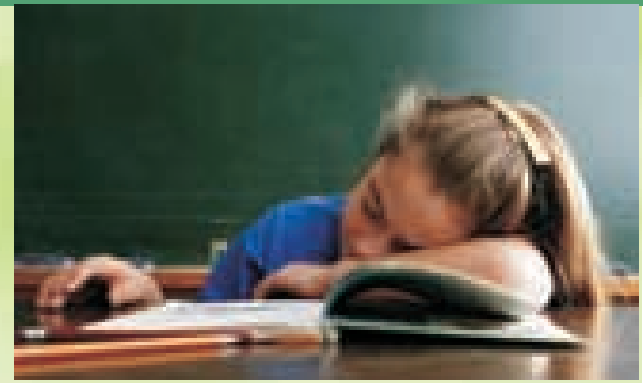
The new research offers a "tantalizing suggestion that sleep that is inadequate both in duration and in consistency may have adverse metabolic effects. However, it does not explain why obesity and sleep are related.

"It could be that obesity causes disturbed sleep or that inadequate sleep increases the risk of obesity. It could also be that a third factor, such as nighttime television, may lead both to obesity and to poor sleep.

Despite these uncertainties, the consensus is that parents should create an environment in which children can consistently get adequate, restful sleep.

"As difficult as it is for parents to consistently enforce early bedtimes, it may still be one of the easiest ways to promote happy, healthy children.

So, watch the clock, these experts say.



## Understanding Carbohydrates & Diabetes

Here's a simple quiz on carbohydrates and its effects on blood sugar. Answer each question with either True or False and await the correct answers in our next issue!

All types of carbohydrate have the same effect on your blood sugar.

Breads that are tan or brown are better for you than breads that are white.

Pasta raises your blood sugar faster when it is slightly undercooked.

Low-fat foods are often higher in carbs than their full-fat counterparts.

Alcohol is not a carbohydrate.

Non-alcoholic beer contains less carbohydrate than regular beer.

There is no sugar in rum.

Including fiber, fat, or anything acidic in a meal can moderate carbohydrates' effect on blood glucose.

If a product says "sugar-free" on the label, it is also low in carbohydrates.

"Zero net carbs" on the label means zero impact on blood sugar.

## FOOD FACTS!!

### Quinoa



multigrain loaf that's loaded with quinoa, bulgur and millet.

### Cottage Cheese

Cottage cheese contains selenium, a powerful antioxidant that can strengthen the immune system. To give your immune system a boost, try this breakfast parfait that combines cottage cheese with vitamin C-rich papaya and wheat germ.



### Pumpkin Seeds



Pumpkin seeds are packed with vitamins, amino acids and minerals, including zinc. Zinc helps the immune system by acting as an antioxidant and minimizing damage to cell membranes from free radicals. Pumpkin seeds are delicious alone or sprinkled in yogurt, oatmeal or cereal. For a sweet and spicy breakfast on the go, try this energy mix.

### Ginger

If you feel a cold coming on ward it off with ginger, which can alleviate cold symptoms and clear nasal passages. It also promotes digestive health, reduces gas pains and relaxes the intestinal tract. If you find yourself battling a stomach bug or winter cold, try steeping slices of fresh ginger in hot water for a soothing and healthy morning drink.



ADVVRT for mega