Newsletter, Issue.02, Aug. - Sept.

Healthy Life

Diabetes Clinic

☎ 4700700

It's all about YOU!

Healthy Life offers to assist patients in any way possible the access of this newsletter.

It's All about YOU!

Through this we tend to reach a helping hand who seek to find out more about their condition and how best to utilize services or treat it. Any related queries can be mailed and we will do our best.

Our Mission:
To prevent and treat diabetes by increasing public awareness and strive towards building a healthy Sri Lanka

THE HEALTHY LIFE TEAM

Dr. Kayathri Periasamy
Consultant Physician

Dr. Niroshini Yahampath
Consultant Endocrinologist

Ms. S. Ramya Dhevi
Consultant Dietitian

Mrs. Kumari Medagoda
Diabetes Educator

VISITING SPECIALIST

Dr. Romesh Gunerathne
Consultant Nephrologist

Dr. Nalin Rajakaruna
Consultant Eye surgeon

Dr. Vidanapathirana
Consultant Eye surgeon

Dr. Chandima De Mel
Consultant Physician

Dr. Nuwan Fonseka
Consultant Clinical Psychologist

Dr. Lakshman Fernando
Consultant Obstetrician & Gynaecologist

Dr. T. Rohitha S. Senevirathne
Consultant Paediatrician

Mr. Kumar De Silva
Physiotherapist

Dr. H. S. Dodampahala
Consultant Gynaecologist

Dr. Sudheera N. Uduwela
Consultant Obstetrician / Urogynaecologist

Dr. M.M. Faiz
Consultant Surgeon

Dr. R. Ajanthan
Consultant Paediatrician

My Sweet Heart

Oops! What's this doing in a medical newsletter, you might wonder.

The effect of diabetes on the heart is quite substantial causing heart attacks, angina and heart failure. In fact the commonest cause of death in those with diabetes is a heart attack. These "Sweet Hearts" are caused by uncontrolled diabetes. High blood sugar levels in the blood stream causes damage to the lining of the blood vessels or arteries. These damaged arteries are prone to developing cholesterol plaques and blood clots which is the root cause of heart attacks and stroke.

So, how does one protect their heart?
At Healthy Life we believe that it is as simple as the ABCs.

A A1c is the marker for diabetes control. Insist on this test every 3 months to see how you are doing. This should be below 7.0%

B Blood pressure control is essential in a diabetic. Ideally this should be below 130/80

C Keep your Cholesterol under control. The recommendation for a diabetic is an LDL- below 100 mg/dl and a triglyceride level below 160 mg/dl.

S Do not Smoke!

So folks take heart identify your ABCs and keep them in check, and throw away those cigarettes for a healthier, sweeter heart.

Healthy Life News

Yoga Sessions

Therapeutic exercises have been introduced for those interested in Weight, Diabetes & Stress Management. No age limit. Classes will be conducted by Ms.Maduri Gromett Yoga therapist & tutor.

Classes will be on every Tuesdays and Thursdays.

OPEN HOUSE
(September 2nd)

The public is invited to participate in Diabetic awareness programs organised at the clinic once a month. Any related queries will be handled by the staff and there are plenty of informative resources available.

Foot Clinic

Nerve and Feet Testing, Wound Care, Footwear Advice are some of the services available at the Foot Clinic.

Enquire within for more information.

DE-STRESS

Stress Management Program

The program is a holistic combination of stress management techniques, psychotherapy, meditation and nutrition for stress. It is organized at the Clinic and conducted by a Clinical Psychologist. Limited seats per session. Find out what's stressing you out!

Diabetes and Your Feet

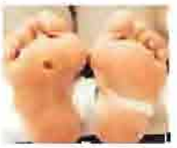
Diabetes is said to be one of the most underestimated disorders that affects nearly all major body systems. One complication that is often overlooked is evidently our feet. Many foot problems become adverse as minor infections and injuries go unnoticed or untreated. With Diabetes, even corns and calluses should be treated at the earliest available opportunity. Some of the assessment techniques

HOW CAN DIABETES AFFECT YOUR FEET?

- Reduced circulation to the extremities-this means that injuries will take a longer time to heal

- Progressive neuropathy resulting in reduced perception of minor injuries
- Feet and nail deformities being exhibited as claw toes, hammer toes, mallet toes, or Charcot foot. This could result in high mechanical pressures and requires appropriate footwear.

- Dermatological changes such as -
  - Low moisture levels where the skin takes on a shiny, hairless texture
  - Ingrown toe nails
  - Thickening of skin (calluses and corns), occurs due to excessive friction and pressure, and this, when untreated would lead to ulcerations.
- Ulcers usually occur in a place which has been previously marked by a callus or a corn that results in tissue breakdown.

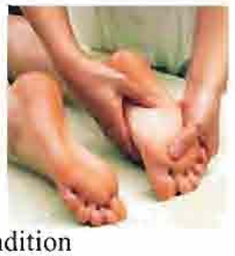


- Ulcers that are not well looked after lead to gangrene formation which is the most common cause for partial or complete amputation.

DETECTING CHANGES EARLY

A six monthly foot assessment by your Podiatrist would assist in detecting any significant changes in your feet with sufficient time for early treatment.

Assessment would be based on



- Examining for circulation by checking for Foot Pulses
- Testing for reflexes, vibration and sensitivity
- General inspection of your foot condition
- Type and form of footwear used

AS A GENERAL RULE, SEE THAT

Keep your feet clean

Maintain acceptable blood sugar level control

Don't smoke/alcohol in moderation

Exercise regularly

Avoid walking barefoot

Wear well-fitting shoes

Cut and file nails carefully

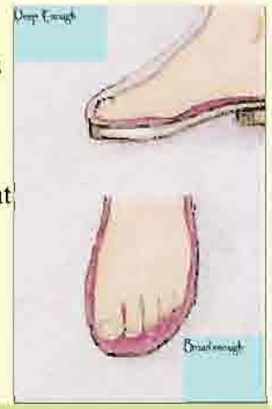
Have corns, calluses and other foot problems treated by a podiatrist.

RIGHT FOOTWEAR!

Don't wear torn or tight shoes

Wear right fitting cotton socks that's not torn

The shoe box should be adequately broad and deep to allow for sufficient ventilation and space.



FINDING YOUR PODIATRIST

Podiatrists are highly skilled professionals who are trained to deal with prevention, diagnosis, treatment and rehabilitation of medical and surgical conditions of the feet and lower limbs.
As a means of providing specialized care, Healthy Life offers Podiatry services which will help with managing your feet better. In collaboration with Jain Institute of Vascular Sciences, India, the nursing staff at Healthy Life underwent an extensive Training Program in fine tuning their skills in Foot Care which is an important aspect in Diabetes management.

Label Facts

Diet Talk

Dietitian

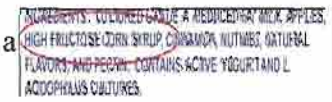
your healthier option

With thousands of new products being furnished by the Food Industry, a majority of these are shelved as nutritionally beneficial. But are they really and if so, how can you tell?

As much as eating right is important for a Healthy Lifestyle; so is selecting the right product. Reading labels before buying is a necessity rather than a negotiable choice. Furthermore, this is one way to making informed healthy choices. The Food Act in SriLanka governs laws on labelling and it is mandatory for the said company to give accurate information regarding their products.

Current food labels exhibit nutritional facts in two ways-either as % Daily Values or as an Ingredient list.

Ingredient List-The various ingredients in the product are listed in a descending order of content.



% Daily Values-This is a general nutrient distribution based on calorie intake of either 2000 KCals or 2500KCals.Your daily calorie requirement may vary. So, adjust accordingly.

The recommendation is to take limited quantities of saturated fats sodium &added sugars.

Read the Labels!

What various terms mean in a Label

1. Start Here
2. Check Calories
3. Limit these Nutrients
4. Get Enough of these Nutrients
5. Footnote

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Health Claims

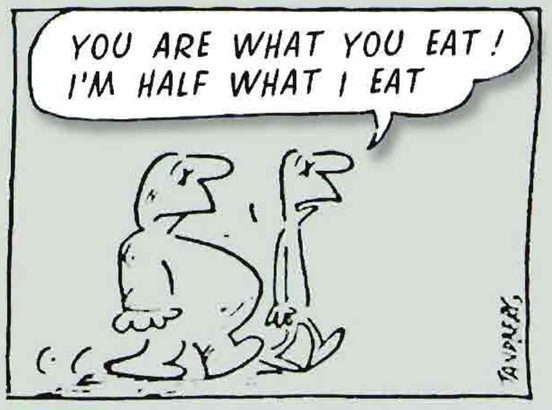
The guidelines given below should help you with purchasing the right type of food. On selecting a nutrient specific product, compare with a standard product to ensure that the claim is true. If the required information is not given, then check with the storekeeper or manager.

Nutritional Claim (per serving)	Product Nutritional Content (per serving) The product should be
Calorie-free	Less than 5 Kcals
Low -Calorie	Less than 40 Kcals
Cholesterol-free	Less than 2mg Cholesterol Or Less than 2 g Sat. Fat
Low-Cholesterol	Less than 20 mg Cholesterol Or Less than 3 g Sat. Fat.
Fat-Free	Less than 0.5g of Sat. Fat.
Low-Fat	Less than 3 g Sat. Fat.
Reduced Sugar	Less than 25% of Standard product
Low sugar	Less than 5 gms
Sugar-Free	Less thano.5g

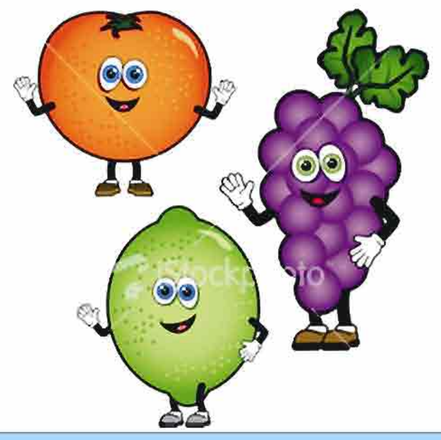
Serving Size	**This is the amount that most people eat at one meal time. Sizes are given in familiar measurements.**
Energy	**Given as Calories or Kilo Joules. Energy from food and drink consumed gives a general idea of the nutritional quality**
Carbohydrates	**Total carbohydrates include starches and sugars. This can guide you on how that food affects your blood sugar. The term "of which sugars" details the amounts of various types of sugars present**
Fat	**Total amount of fat in the food per serving/100gms.The sub classifications included may be saturated fat/polyunsaturated/monounsaturated fat. Product should contain lower amount of saturated fat.**
Salt	**This will be given as either salt or sodium. Quantities have to be converted accordingly.**

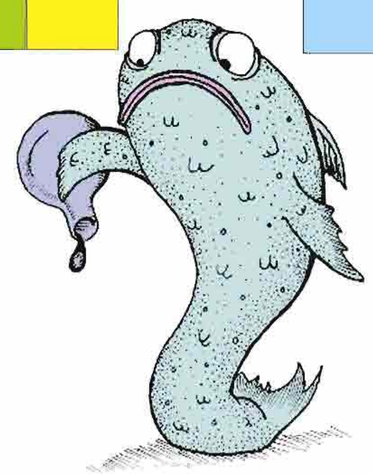
The Fibre in Your Food

FACTS IN A PUZZLE



eat it!
Fruit + Veg





ACROSS

1. Used in salads (8)
3. Not refined flour (4)
6. Instrument used by Diabetics(10)
8. Exercise that combines meditation (4)
9. Hypoglycemia is known as ___sugar (3)
11. Staple cereal that has high GI(4)
12. Otherwise known as bad fat(12)
13. Contained in sugar (7)
17. Essential in Diabetic and weight Management (8)
18. Adds bulk to your diet (5)

DOWN

1. A macronutrient to provide energy (13)
2. Administered to Type 1 Diabetics (7)
4. Artificial Sweetner (9)
5. Cooking method that uses minimum oil (5)
6. High fibre fruit that resembles a pear (5)
7. Best source of protein (3)
10. Drink in plenty (5)
14. BMI over 30Kg/m2 (5)
15. Most important in Diabetes control (4)
16. Source of Essential Fatty Acids (4)

Solve the puzzle and send in your entries to the below address.
All correct entries are eligible for a raffle draw and 01 Lucky winner will receive a prize
The Editor - Its All About you
Healthy Life P Ltd , No:24, Col. T G Jayawardena Mawatha, Colombo-03

Your comments & suggestions on the newsletter is welcomed
- Editor

Healthy Life P Ltd **No: 24, Col. T G Jayawardene Mawatha, Colombo-03 Tel: 011 -4700700 Fax: 011 -4628471 e-mail: diabetes@zesta.lk**