



TITLE: Diabetes Care in India: A descriptive study

Name: Dr Shraddha Badgajar

Affiliation: Resident Doctor at Government Medical College, Aurangabad

Country: India

Email ID: shraddhabadgajar94@gmail.com

ABSTRACT (upto 300 words)

Diabetes reversal by lifestyle modification is a healthier option, and must be encouraged in all the patients in pre-diabetes group (HbA1c- 5.7%-6.4%) and those with newly diagnosed type 2 diabetes mellitus (HbA1c- >6.5%) without any complications, thus promoting good health seeking behaviour. American Diabetes Association (ADA) suggests that, metformin should be started to the pre-diabetes and newly diagnosed group of patients along with lifestyle modifications. But there are evidences of complete diabetes reversal of the patients with HbA1c ranging from 8- 15% by just lifestyle modification. This case series documents five patients diagnosed with type 2 diabetes, referred to the various Diabetes Reversal Centers of 'World free of obesity and diabetes' campaign in Maharashtra, India. It demonstrates the therapeutic effects of

lifestyle modification for remission of diabetes along with weight reduction and reversal of insulin resistance. This resulted in cessation of anti-diabetic medications, while maintaining their blood sugar to the optimum levels. In addition, these patients were also able to reduce their glycated haemoglobin level, which signified the long-term effects of this lifestyle modification. India is a Low-middle income country with prevalence of type-2 diabetes on rise. It is thus necessary to provide the community with a cost-effective and sustainable solution for primary and secondary prevention of this lifestyle disease.



BIOGRAPHY (upto 200 words)

1. Stumvoll, M., Goldstein B.J., Haeften T.W., Type 2 diabetes: Principles of pathogenesis and therapy. *Lancet* 2005, 365, 1333–1346.
2. Weyer, C.; Bogardus, C.; Mott, D.M.; Pratley, R.E. The natural history of insulin secretory dysfunction and insulin resistance in the pathogenesis of type 2 diabetes mellitus. *J. Clin. Investig.* 1999, 104, 787–794.
3. Anjana RM, Deepa M, Pradeepa R, Mahanta J, Narain K, Das HK, et al. Prevalence of diabetes and prediabetes in 15 states of India: results from the ICMR–INDIAB population-based cross-sectional study. *Lancet Diabetes Endocrinol.* 2017;5(8):585–96.
4. Oberoi S, Kansra P. Economic menace of diabetes in India: a systematic review. *Int J Diabetes Dev Ctries.* 2020 Jun 17:1-12. doi: 10.1007/s13410-020-00838-z. Epub ahead of print. PMID: 32837090; PMCID: PMC7299136.
5. Brethauer SA, Aminian A, Romero-Talamás H, et al. Can diabetes be surgically cured? Long-term metabolic effects of bariatric surgery in obese patients with type 2 diabetes mellitus. *Ann Surg* 2013; 258:1.
6. Dixit J.V; Eating frequency and weight loss: results of 6 months follow up of a public health campaign at Aurangabad. *Int J Clin Trials.* 2014;1(2):67–9.
7. Dixit J V., Indurkar S.; Effect of eating frequency on prediabetes status: a self-controlled preventive trial. *Int J Clin Trials.* 2017;4(4):171
8. American Heart association; <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>;
(Accessed on 26th October, 2021)



2nd Global meeting on

Diabetes and Endocrinology

November 21-23, 2022 | Paris, France

<https://www.diabetes.scientexconference.com/>

✉ diabetes@scientexconferences.com

☎ +1-346-348-1205

Presenter Name: Dr Shraddha Badgujar

Mode of Presentation: Oral

Contact number: +91-9423570324



Upload your photo here.

