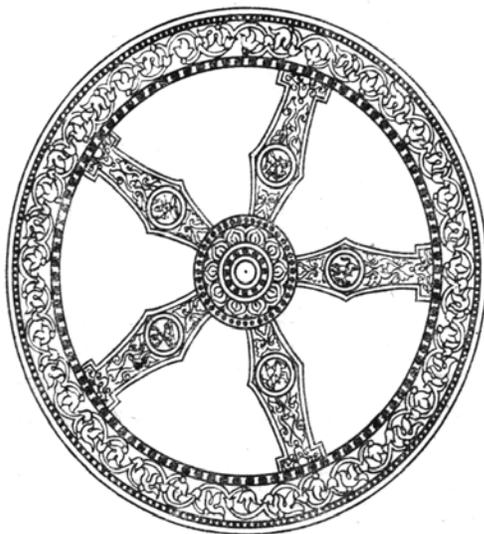


## RSSDI to activate Patient Education Programmes

The world over it has been now well recognized that education of the diabetic patient forms the most significant part of total diabetic care. The I.D.F. and World Health Organisation during 1975 of International Year of Diabetes identified this as new thrust area and sought indulgence of various scientific organisations to achieve these goals by (a) providing motivation of the patient to take better care of himself by developing the right attitude to the disease, (b) prevention of socio-economic problems, and (c) by the alerting of the community, especially those persons most at risk to the possibility of prevention.

RSSDI has brought forth proposals that promotion of such educational material should be done through items of common utility with printed educational contents. Thus for this year, three proposals have been formulated and it is envisaged that production and publicity and distribution of greeting cards or calenders, diet plans to patient with the contents of health education will pioneer our efforts in this direction.

### I. Greeting Cards



## आरोग्या परमा लाभा

'Of all gains, the gain of health  
are the highest & the best !'

Budha

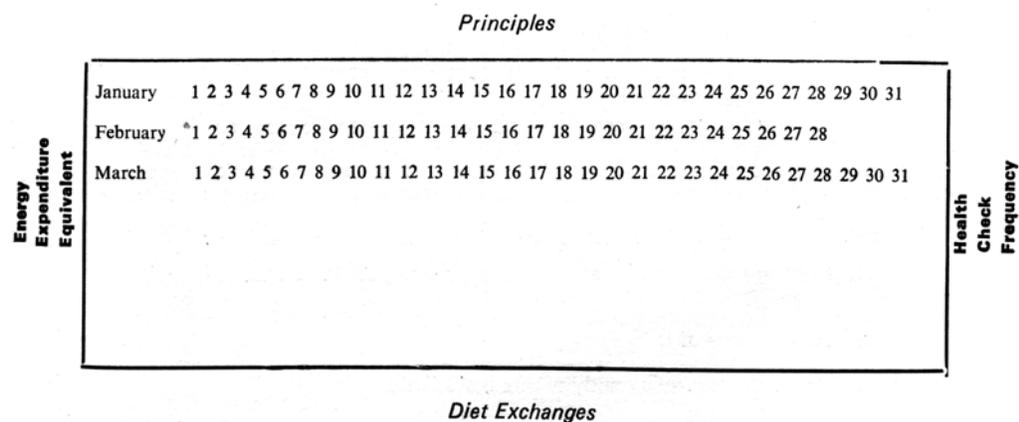
Equanimity of Diabetic Care

**d**etection  
diet  
rugs

**e**xercise  
education

Budha's aphorism is reproduced with objective of providing religious urge for one's health care. The wheel symbolizes Dharma for the diabetic. Equanimity of diabetes is sought through 5 spokes of detection, diet, drugs, exercise and education. These principles stated bring home basic understanding for early recognition, value of balanced diet, regular physical exercise and stabilisation of glycaemia by drugs. Education of diabetes provide self-confidence and motivation and co-operation for continual medical care.

## II. Health Calendar



This will provide year at a glance. Top panel indicates principles for diabetic care. Right panel has indications of intervals at which diabetics need a health check (daily urine; monthly-blood glucose, lipids and weight record; yearly-X-ray chest, ECG and renal function).

Left panel has data on energy expenditure and brings home significance of exercise of various types in relation to calories. Bottom panel provides diet exchanges, especially in context of local foods. Diet items that can be liberally taken by diabetics, as well those which are tabooed are indicated in this panel.

## III. Book on Dietary Instructions for Indian Diabetics

The society envisages to commission diet plans in a book form that will incorporate local diets available, keeping in mind dietary practices and provide recipies for high fibre diets, nutritive snacks and low calorie deserts for the diabetics.

Rekha Sharma, Dietician, at the Diabetic Clinic, AIIMS, is drafting this manual. It is expected to be published by the next annual scientific meeting.