

Network Asian Indian Diabetes

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OBJECTIVES OF THE PROJECT:-

1. To collect Diabetes Data Base.
2. To establish linkages for exchange of information.
3. To propagate intervention to minimize reversible risk factors.
4. To evolve system for longitudinal studies and relate cardiovascular/renal complications.

The network programme should be evolved through community, public health, paramedics and general practitioners (family physicians) / Quality assurance should be in-built.

The proposers should sensitize appropriate agencies for funds (drug industry, International agencies, philanthropic donors).

BACKGROUND:

Cardiovascular disease and diabetes mellitus is 4-5 times more frequent amongst Asian Indians. The morbidity and mortality is 2-3 times higher than the Europeans.

This may often be due to lack of information about early manifestations, non-availability of routine check-up or delay in access to medical care in case of emergency.

The basis for this increased infliction due to such diseases may be due to:-

- i) Familial tendency.
- ii) Irregular habits of eating and lack of exercise.
- iii) Life style, late hours, smoking and alcohol.
- iv) Obesity, blood pressure or high blood fats.
- v) Mental stress.

ACTION PLAN:

In case one has any of the above, early screening for diabetes and heart disease will greatly assist one and certain preventive steps can be initiated.

Asian Indian Diabetes Network can provide you further information and liaison with your GP to give you further advise.

There is ample scope that non-drug intervention can provide you safeguards against these killer diseases.