

## P.D Hinduja Hospital & MRC host free diabetes screening camps

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P.D Hinduja Hospital & MRC on the occasion of "World Diabetes day" hosted free diabetes screening camps in Mumbai.

Aligning with WHO's theme this year of 'The family and diabetes' the hospital collaborated with the Western Railways to work towards a combined mission of creating awareness on screening of diabetes among the people. The comprehensive health screening camp included Random Blood Sugar (RBS) tests to check glucose levels of participants along with height, weight, blood pressure check, bone marrow density, body composition analysis and HbA1c test only for already diabetic people.

The camp was inaugurated by V.K Tripathi, AGM, Western Railways and total 550 beneficiaries were checked. 45 were found to have blood sugar in the higher range were counselled by a dietician. Treatment was referred to as per the requirement.

Joy Chakraborty, COO, P.D Hinduja Hospital & MRC expressed, "India is known to be the diabetes capital. However, the disease can be controlled and managed with early detection and right treatment, or else it can lead to multiple organ failure. The purpose of hosting this screening camp at these locations is to spread awareness amongst the local commuters who are unaware about the significance of timely screening. Through this initiative, our key focus is to make healthcare accessible to every individual and try our best to create awareness around monitoring the disease. We are thankful to the Western Railway Association for supporting us in this activity."

Dr. Phulrenu Chauhan, Endocrinology and Diabetic Consultant & Section Co-ordinator Department of Endocrinology, P. D. Hinduja Hospital & MRC said, "Earlier diabetes was known to be the disease of the elderly, however, it is now a commonly found lifestyle disease amongst youth. We urge the individuals to do their bit by following a healthy lifestyle and getting themselves checked at least once a year. If diabetes is not controlled well, it could lead to complications such as kidney, nerve, and eye disease. Therefore, it is extremely important to make a shift and work towards prevention, rather than cure. Organizing awareness camps works as an eye-opener and motivates individuals to stay fit."

Diabetes is a medical condition caused by an increase in blood sugar levels. It is characterized into type 1 and types 2 depending on the pathology. It could either be due to modifiable (central obesity, diet, sedentary lifestyle) or non-modifiable (hereditary) causes. A good rule of thumb would be to keep a track of on sugars and visit the doctor regularly to ensure that

no complications occur in the future.