

## FFD launches free helpline for diabetics

13 January 2022 | News

**Releases downloadable dos & don'ts guide for diabetics to safeguard themselves during the third wave**



Freedom from Diabetes (FFD) has launched a free helpline number 020-25928002 for diabetics in the country. FFD's founder Dr Pramod Tripathi, during the first and second waves of the pandemic, had identified that individuals with comorbidities including hypertension and thyroid were more susceptible to the virus as compared to other diabetics.

In an attempt to pre-emptively help diabetics in case they do get infected by the virus, Dr Tripathi has also released a free downloadable guide on the dos and don'ts available on - <https://www.drpramodtripathi.com/diabetes-care/>.

Dr Tripathi advises diabetics to make adjustments in diets such as including 25 per cent grain, 25 per cent dal and 50 per cent vegetables to immediately boost immunity against COVID. It is also advised to lower diet high in the glycemic index to maintain the blood sugars in a normal range.