

Editor's Desk



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THE NEED FOR BETTER ACCESS TO QUALITY DIABETES care and please call me EDUCATION. World Diabetes Day is held on November 14th each year to commemorate the birthday of Sir Frederick Banting who co-discovered insulin in 1922. Today, this day is observed in 170 countries and territories.

The theme for World Diabetes Day 2021-23 is Access to Diabetes Care. The focus of the campaign in 2022 is access to diabetes education, with the slogan "Education to protect tomorrow." 100 years after the discovery of insulin, millions of people with diabetes around the world cannot access the care they need. People with diabetes require ongoing care and support to manage their condition and avoid complications. Every Health Care professional must actively involve in creating awareness and educating people about diabetes. World Diabetes Day is a global occasion on which people with diabetes, health professionals, diabetes advocates, media, the general public, and government organizations unite to raise awareness of diabetes. Your participation – both in the build-up to and following 14 November – is key to the success of the campaign. Your involvement and taking part can be exciting and hugely rewarding! Encourage regular physical activity as it is an important part of diabetes management and reducing the risk of type 2 diabetes.

Whether indoors or outdoors, every step counts to help stay healthy! Organize walkathons or marathons with the help of professional associations, NGOs, students. Take to the streets to raise awareness of the impact of diabetes and the importance of physical activity. If outdoor activities are restricted, walk or exercise in your residential areas or workplace and encourage your friends, family, and colleagues to join in. Whichever way you exercise, make sure to wear blue and show your support for #World Diabetes Day and the Education To Protect campaign. More than 90% of diabetes care is self-care. Spread the knowledge to make informed decisions about their condition. This World Diabetes Day, take charge of diabetes care in your area. 1 in 9 people will have diabetes by 2030. More than half a billion people now live with diabetes.

The blue circle is the global symbol for diabetes awareness and the logo of World Diabetes Day. There are many ways you can help promote the global symbol of diabetes awareness: v Wear blue for diabetes v Wear the blue circle pin or bracelet – v Persuade a Member of Parliament, celebrity, or high-profile individual in your community to wear the blue circle pin. You can promote awareness through radio v Promote the blue circle selfie app v Include the blue circle in all of your correspondence and promotional materials v Use the blue circle as your profile picture on Facebook v Find a great profile picture on Facebook and use our frame to promote the blue circle! You can promote diabetic education to the public through local press media, television, radio, social media, and WhatsApp. Explain to them what are the various risk



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factors like v Having prediabetes, being overweight, 45 years or older., having a parent, brother, or sister with type 2 diabetes. v physically not active. had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed over 9 pounds. Also, describe the various symptoms of High blood sugar like increased thirst and a dry mouth. needing to pee frequently. v tiredness. blurred vision unintentional weight loss. recurrent infections, such as thrush, bladder infections (cystitis), and skin infections.

Educate everyone about lifestyle modifications like using stairs instead of Elevators, and walking to the temple, church, or mosque as a regular habit. Explain about healthy diet, good sleep, advise to avoid smoking and alcohol, to have regular check-up with necessary investigations and monitoring Let us together educate and motivate people to follow Healthy lifestyles and prevent diabetes and complications

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