

Editor's Desk



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Empowering the population for diabetes free Healthier life non-communicable diseases can be prevented by proper education.

Empowering can be done through public health education and making them involved in disease prevention. When you give a weighing machine and ask the person to weigh every time before taking meals, will create more awareness about weight reduction.

To prevent diabetes and obesity the prevention starts from fetal growth onwards. The stages of prevention are primordial prevention, primary prevention, secondary prevention, and tertiary prevention.

Primordial Prevention

Targets the underlying stage of natural disease by targeting the underlying social conditions that promote disease onset

- The earliest prevention modality
- Often aimed at children to decrease as much risk exposure as possible

Primary Prevention

- Intervening before health effects occur, through measures such as vaccinations, altering risky behaviors (poor eating habits, tobacco use), & banning substances known to be associated with a disease or health condition.

Secondary Prevention

- Screening to identify diseases in the earliest stages, before the onset of signs and symptoms, through measures such as mammography and regular blood pressure testing.

Tertiary Prevention

- Managing disease post-diagnosis to slow or stop disease progression through measures such as chemotherapy, rehabilitation, and screening for complications

We know about fetal programming by the barker hypothesis. The mother's ability to mobilize and transport nutrients to the fetus is the key. Fetal under-nutrition can lead to future obesity and diabetes. Interactions with the environment can cause epigenetic changes. Lifestyle modification can change gene-environment interaction. The government is focusing on reproductive health, maternal health, neonatal health, child health, and adolescent health, which can address major causes of mortality among women and children.



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Parents can be role models for their children and they can talk about healthy food, healthy habits, and the importance of good sleep.

Find an activity that your child enjoys and that is fun, readily available, affordable, and matches your child's age and skill level

Please involve the child's physical education teacher, child care worker, community center, or other parents about various options.

Try these tips to reduce your child's screen time

- Do not use screen time to reward your child.
- Set up a family game night and turn off all the screens in your home.
- Eat meals together with no media use. Do not eat in front of a screen.
- Limit time in front of the TV or other devices and remove them from your child's bedroom.
- Designate media-free places in your home, such as bedrooms.

According to a national study, 92 percent of elementary schools do not provide daily physical education classes for all students throughout the entire school year.

6 out of 10 children ages 9-13 don't participate in any kind of organized sports/physical activity program outside of school.

Technologies like digital medicine, smart watches, smart apps, artificial intelligence, and Precision medicine can also empower the population apart from health education for diabetic-free healthier Life

The Spectrum of Prevention:

1. Eat a healthy diet
2. Be physically active
3. Get Vaccinated
4. Don't use any form of tobacco and tobacco products
5. Avoid or minimize alcohol
6. Manage stress for your mental and physical health
7. Practice good body hygiene
8. Don't speed or Drink and drive
9. Wear a seat belt while driving and a helmet while cycling



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10. Practice safe sex
11. Regularly check your health
12. Breastfeeding – best for babies

A Healthy lifestyle not only changes your body it changes your mind your attitude and your mood.

Challenges are what make life interesting overcoming them is what makes life meaningful.

Educate...Educate.... Educate.... to Empower

Education is the most powerful weapon you can use to change the world.

- Nelson Mandela.

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