

EDITORIAL MESSAGE

Wishes to all Readers

"Lad du, Jilabi, Payasam, Halwa, Ice creams, Juices etc are dream in my life.

Usually People take payasam, ice creams after food, but now only medicines.

Tasteless food, more exercises, lot of stress making my life bored.

Fear of losing my toes, foot, leg itself makes life more painful."

There are few statements of diabetics. What we as health professionals are going to do?

Let us join with the mission of WHO on this **World Health Day 2016 to "Beat Diabetes"**.

Firstly, let be aware of Diabetes dear friends.

The key findings from the "Global report on diabetes" are:

✓The number of people living with diabetes and its prevalence are growing in all regions of the world. In 2014, 422 million adults (or 8.5% of the population) had diabetes, compared with 108 million (4.7%) in 1980.

✓The epidemic of diabetes has major health and socioeconomic impacts, especially in developing countries.

✓In 2014, more than 1 in 3 adults aged over 18 years were overweight and more than one in 10 were obese.

✓The complications of diabetes can lead to heart attack, stroke, blindness, kidney failure and lower limb amputation. For example, rates of lower limb amputation are 10 to 20 times higher for people with diabetes.

✓Diabetes caused 1.5 million deaths in 2012. Higher-than-optimal blood glucose caused an additional 2.2 million deaths by increasing the risks of cardiovascular and other diseases.

✓Many of these deaths (43%) occur prematurely, before the age of 70 years, and are largely preventable through adoption of policies to create supportive environments for healthy lifestyles and better detection and treatment of the disease.

✓Good management includes use of a small set of generic medicines, interventions to promote healthy lifestyles; patient education to facilitate self-care; and regular screening for early detection and treatment of complications.

✓Many cases of diabetes can be prevented, and measures exist to detect and manage the condition, improving the odds that people with diabetes live long and healthy lives. But change greatly depends on governments doing more, including by implementing global commitments to address diabetes and other NCDs.

✓Access to insulin is a matter of life or death for many people with diabetes. Improving access to insulin and NCD medicines in general should be a priority.

✓Global efforts are underway to make medicines, including for NCDs, more available and affordable. Commitments from world leaders, including the SDGs, the 2011 "UN Political Declaration on the Prevention and Control of Non-communicable Diseases", the 2014 UN General Assembly "Outcome Document on Non-communicable Diseases", and the work of the UN Secretary-General's high level panel on access to essential medicines are aimed at improving affordability and availability of essential drugs for people living with diabetes.

The WHO is focusing this year's World Health Day, on 7 April 2016, on diabetes – a largely preventable and treatable non-communicable disease that is rapidly increasing in numbers in many countries, most dramatically in low- and middle-income countries. Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes, including maintaining normal body weight, engaging in regular physical activity, and eating a healthy diet. Diabetes can be controlled and managed to prevent complications through diagnosis, self-management education, and affordable treatment. The goals of WHD 2016 are (1) scale up prevention, (2) strengthen care, and (3) enhance surveillance (5)

Come on Nurses! “ Let us join to beat Diabetes to make our people sugar-free and add sweet in their life”

Dr.Renuka

Editor in Chief