

## World Diabetes Day Observed at Shillong

**Shillong, 14<sup>th</sup> Nov 2019:** The National Programme for Prevention and Control of Cancer Diabetes Cardiovascular Diseases & Stroke East Khasi Hills Unit in collaboration with the Department of Community Medicine & Rotary Club Shillong conducted a Screening cum awareness camp for all the Taxi and Bus Drivers at Polo Parking Lot (SRGT), here today to mark the World Diabetes Day.



Speaking at the inaugural function attended by Dr. Star Pala Assoc. Prof Community Medicine NEIGRIHMS, Shri David Umdor President Rotary Club Shillong, Dr D. Das Director Children's Hospital Shillong and Dr AK Das Retd DHS Shillong among others, Dr RR Marak Programme Officer NPCDCS East Khasi Hills stressed on the importance of early detection and management of diabetes to prevent oneself from the complications affecting multiple organs.

As per the International Diabetes Federation one in eleven adults have diabetes and more than 50% of those with diabetes remain undiagnosed due to ignorance on the signs and

symptoms and the risk factors of diabetes. This is a major concern, due to the signs being milder in type 2 diabetes, the most prevalent form of the condition, responsible for around 90% of all diabetes cases.

Left untreated or unmanaged, diabetes can lead to life-changing complications which include blindness, amputation, kidney failure, heart attack and stroke. Diabetes was responsible for four million deaths worldwide in 2017.

In India > 50 million people are affected with diabetes which is expected to rise to 70 million by 2025. Two third of the people with diabetes are of the working age group.

Many diabetics are diagnosed too late when complications are already present.

The rise in diabetes – particularly type 2, which is largely preventable – could in many cases be halted if people knew the warning signs and risk factors so they could adopt a healthier lifestyle or, if necessary, seek treatment.