

DIABETES

MYTHS & FACTS



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MYTH

FACT

People with diabetes can't eat sugar.		People with diabetes need to eat a diet food that is balanced, which can include some sugar in moderation.
Type 2 diabetes only affects fat people		Whilst type 2 diabetes is often associated with being overweight and obese by the media, it is patently untrue that type 2 diabetes only affects overweight people. Around 20% of people with type 2 diabetes are of a normal weight, or underweight.
People with diabetes should only eat diabetic food		Diabetic food is one of the most common myths of the last ten years. The label 'diabetic' is often used on sweets foods. Often sugar alcohols, or other sweeteners, will be used instead of sugar. Diabetic food will often still affect blood glucose levels, is expensive, and may also cause adverse side effects.
People with diabetes shouldn't play sport.		High-prominence diabetic sportsmen and women have disproved this diabetes myth. People with diabetes should take part in exercise to maintain a healthy lifestyle. There are some factors worth considering before partaking in sport, but there is no reason why people with diabetes can't participate in most cases.
People with diabetes are more likely to be ill.		People with diabetes are not more likely to have colds or other illnesses. The significance of illness for people with diabetes is that it can make the management of blood glucose levels more difficult which can increase the severity of an illness or infection.
Insulin means I am a failure.		Insulin initiation means your pancreas is not producing enough insulin to control sugar. So you need extra insulin from outside.
Insulin does not work.		Insulin does work and one of the best treatment for diabetes.
Insulin causes complications or death		Insulin doesn't have any side effects. One of the best treatment for diabetes.
Insulin causes weight gain.		Insulin does cause some weight gain, but is due to control of sugar. It is usually healthy weight gain which patients have lost due to uncontrolled sugar.
Insulin causes hypoglycemia.		Insulin can cause hypoglycemia if you take it and skip your food or eat less food compared to your daily intake. If your intake is proper then there is very less chance of hypoglycemia.
Insulin is addictive.		No insulin is not addictive
Insulin is too expensive.		Insulin is not expensive. It cost is same as oral tablet and in some cases less than oral tablets.

Tips, Nutrition, Diet and Fitness

HOW TO MANAGE DIABETES? and the tips to eating healthy!

More than 90% of the cases of diabetes in adults are Type 2 Diabetes Mellitus. If you've been recently diagnosed with type 2 diabetes, it can come as a shock—leaving you feeling frustrated, confused, and needing help navigating your diabetes journey.

You can control diabetes successfully by managing your lifestyle along with the pharmacological approach.

Lifestyle management includes changes in your physical activity, modifications in your diet, effective management of stress or associated factors, and improving your sleeping patterns.

Walking is the most effective physical activity as it allows significant glycemic control with limited physical burden in patients who are already physically weak. Other activities include gardening and performing common household chores.



Small and frequent meal patterns over the day rather than taking 1 or 2 large meals can prevent a rapid increase in postprandial blood glucose levels.

Increased levels of stress are associated with poor compliance to the treatment and control of blood sugar levels.

Irregular and reduced sleep can lead to a significant reduction in insulin response to the standardized meals which could be recovered with restored sleeping patterns.

Thus, managing stress and regulating sleep patterns is as crucial as managing diet and physical activity in the treatment of Diabetes.



TIPS TO EATING HEALTHY!

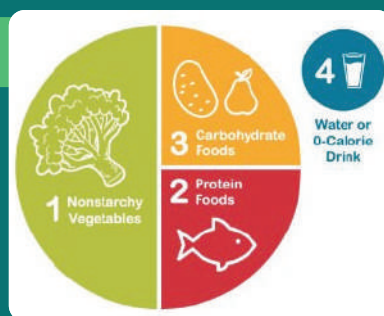
You don't have to give up your favourite foods to eat healthily!

Learn new ways to cook and prepare your meals so you get the right portions of different types of food. Cooking foods in a healthy way doesn't mean sacrificing taste or time.

Knowing how to read a food label is essential to eating healthy.

Making a well-rounded grocery list is the first step in creating a balanced meal plan.

- ✔ Plan your meals and ingredients ahead of time.
- ✔ Navigate the different sections of the store.
- ✔ Look for healthier alternatives to your favourite foods.
- ✔ Learn to differentiate between whole foods & processed foods.

[illegible]

Understanding how food groups work together can help you work toward your goals and be healthier.

- ✓ **Vegetables:** Many non-starchy vegetables are low in calories and high in fibre
- ✓ **Protein:** Lean chicken, fish, eggs, tofu - helps manage blood glucose (blood sugar) and weight
- ✓ **Carbohydrates:** Bread, starchy vegetables, cereals, and fruit affect blood glucose
- ✓ **Dairy:** Contains protein, calcium, and vitamin D (fortified)
- ✓ **Fats:** Avocado, olives, nuts, and seeds support heart health (to be used in moderation)
- ✓ **Extras:** Desserts can be consumed in moderation

1. Look Here First
2. Balance with Exercise
3. Limit These
4. Choose Carbs with Fiber
5. Look for These

Nutrition Facts	
Serving Size	1 cup
Servings per container	4
Amount Per Serving	
Calories 70	
% Daily Value*	
Total Fat	0.5g
Saturated Fat	0g
Trans Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	0mg
Sodium	140mg
Total Carbohydrate	13g
Dietary Fiber	2g
Sugars	1g
Protein	2g
Vitamin A	0%
Calcium	4%
Vitamin C	0%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2,000	2,500
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Dt. Haifa Ansari,
M.Sc. Dietetics & Applied Nutrition
Clinical Dietitian

A contented Mind is the greatest Blessing - Our patients speaks...

The hospitality was excellent. Overall the experience was soothing. Got a home feeling. Happy about the treatment.

Ms. Ananya P Shetty

Extremely qualified doctors with a caring attitude towards patients. Well maintained rooms, friendly and efficient nursing and support staff, and a highly advanced hospital. Thank you to everyone

Mubeena Banu

I had a wonderful experience with yenepoya speciality hospital mangalore. Dr. Deepak sir was a wonderful surgeon, and the staff was always helpful and kind. They ensured i had a smooth prep, surgery, and follow-up. I am so glad i chose yenepoya speciality hospital and would highly recommend to anyone.

Rajesh

Did you know?



Planking for 5 minutes a day has many benefits:-



- ✓ Improves posture
- ✓ Core strength
- ✓ Improve arm strength
- ✓ Develop Balance
- ✓ Strengthens lower back and Helps flexibility

Awards and Recognition - (Performance Excellence Certificate)

The Performance Excellence Award is constituted to recognize those high-performing employees who have outperformed in the last 3 months.

Ms. Sowmya S Nayak was recognized for outperforming this quarter.

Ms. Sowmya S Nayak -a security guard, who has been working with YSH since 2019.

She possesses strong interpersonal skills as well as an audacious personality. She excels in crowd management and guiding patients and carers. Congratulations, Ms. Sowmya S Nayak, on this well deserved award. Continue your excellent work.



Congratulation Ms. Sowmya S Nayak!! Keep up the good work!

Awareness on Trauma Care

Yenepoya Specialty Hospital organised get together for Ambulance Drivers, on 20 October 2022 at Hotel Maya International.

Active ambulance drivers were the main target audience.

Mr Prashanth Kumar, Nursing Supervisor and Emergency Department HOD delivered an awareness talk on Trauma Care and the obligations of ambulance drivers when they receive RTA cases, as well as First Aid Management. They were also informed of the significance we place on accommodating patients' needs and their treatment at YSH.

Over 50 Ambulance Drivers from various locations contributed to the event's success.



CME Programme - Belthangady Chapter



On December 8, 2022, Yenepoya speciality Hospital Mangalore, in collaboration with the Indian Medical Association Belthangady, organised a CME meeting.

Dr Krishna Shetty A, MBBS, MD, DNB (Cardiology), Consultant Interventional Cardiologist spoke about Acute MI, and Dr Rajesh Krishna, FRC Path (Haematology), CCT Haematology (UK), Consultant - Haematologist, Haemato-oncologist, and Bone Marrow Transplant Physician gave an overview talk on Introduction to Haemato Oncology and Bone Marrow Transplant.

The Belthangady Chapter CME programme was a resounding success thanks to the active participation of 32 doctors.

Did you know?

6 health benefits of walking daily

- ✓ Helps in weight loss
- ✓ Increase lung capacity
- ✓ Improves heart health
- ✓ Sugar cravings are lowered
- ✓ Lowers blood pressure
- ✓ Boosts immunity



Hospital News

CME Programme - Kasaragod Chapter

YSH organized a CME session in coordination with the Indian Medical Association Kasaragod chapter on 10 November 2022 at IMA House, Kasaragod.

Eminent speakers from Yenepoya Specialty Hospital addressed the IMA members on a wide range of topics, including Dr Ashok Pandit's keynote on "Prostate Cancer Changing Trends", Dr Srijith Padmanabh's talk about "Advances In Spine Surgery", and Dr Priya Naik's her keynote on "SEPSIS- A race against time".

Dr Ganesh Maiya, President of IMA Kasaragod, and Dr Khasim T, Secretary of IMA Kasaragod, were also present on the occasion.

About 32 doctors attended the CME meeting, which was well received by the Kasaragod Chapter.



Diabetes Check-up Camp at Bunder



On Sunday, March 12, 2023, Yenepoya Specialty Hospital, Kodialbail, in collaboration with the Department of Community Medicine of Yenepoya Medical College (a unit of Yenepoya Deemed University), organized a Diabetes Checkup Camp at the Public Health Centre, Azizzudin Road (Ward No.44), Bunder, Mangalore.

Diabetes Checkup Camp provided comprehensive diabetes screening as well as expert advice on

diabetes treatment. To treat diabetes at one stop and to avail of the additional benefits of the diabetic clinic Privilege card was given to patients who registered their names. The camp's specialist doctor, Dr Srikrishna Acharya, an endocrinologist, and the specialist consultants were on hand to counsel the patients about early detection, treatment, and lifestyle modification, which was the camp's motto.

Social News

Awareness on Breastfeeding

To bring awareness of the importance of breastfeeding, on 5 August 2022, Yenepoya Specialty Hospital commemorated The World Breastfeeding Week by organising various awareness activities.

Activities included displaying information placards with awareness information and one-on-one interaction with the patient and Patient bystander. During the one-on-one interactive session, our nursing staff, led by the Nursing



Superintendent, educated the gathered audience on the enormous benefits that breastfeeding can bring to both the health and wellbeing of babies, as well as a broader push for maternal health, with a focus on good nutrition.

Breastfeeding is crucial for the survival, nutrition, and development of infants and young children and the health of mothers. Breast milk protects newborns from infections, helps develop immunity, is beneficial for digestion and optimal growth, and breastfeeding has been found to improve the closeness of between the mother and the baby, while direct physical contact with the mother contributes to a sense of security and later psychosocial development of a child.

YSH observed International Patient Safety Day

To focus on scaling up the implications of patient care and working towards modern patient care standards, Ms Gracy Dsilva, Patient Safety Officer who is also a Nursing Superintendent, organised the awareness talk on 17 September 2022 in collaboration with the hospital quality team in the conference hall.

Speaking on the occasion, the Nursing superintendent stated, "We being a

patient centric hospital should mainly focus on providing a high quality of patient care and also ensure the safety measures are being met while getting treated at our facility". While engaging the audience with her talk, she also briefed them on Patient Safety Goals and action plans to overcome the issues of patient harm.



NABH 5th Edition Standards Training by CAHO

To promote the objective elements and standards of quality assurance, patient safety, and accreditation, as well as to upskill the chapter champions knowledge on the NABH 5th edition standards hospital Management in collaboration with the quality team conducted three days onsite training session by CAHO.



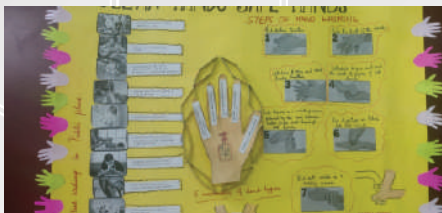
There were over 50 participants from the Yenepoya group of units. The keynote speakers were; Sundar Medical Foundation's Consultant Surgeon - Dr Parivalavan Rajavelum, Ms. Sudha srinivasan,-Founder and CEO of Ameya Consultant, and Dr. Vijay Samuel Richard -a Microbiologist and HIC consultant at Narayana Health, Bangalore.

To understand all 10 chapters of the NABH 5th edition standards and to implement the same to yield better outcomes, all three speakers have excellently elaborated and made it interactive by involving many group activities like - discussions, internal audit, suggestions on NC Closure, Kahoot (quiz) etc.

All participants actively participated throughout the three days. Even the speakers applauded the management's contribution and interest shown during the three day session.

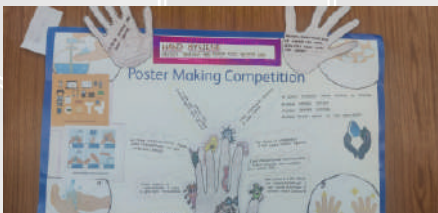
Social News

Global Handwashing Day - Clean Hands, Safe Hands



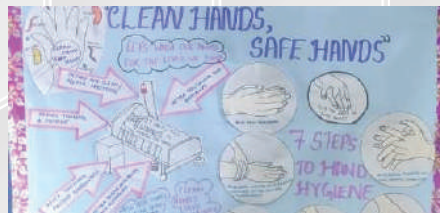
1st Prize

Ms Anitha Fernandes
and Ms Chandrika



2nd Prize

Ms Ankitha
and Ms Shwetha



3rd Prize

Ms Archana
and Ms Shamsheena



3rd Prize

Ms Saritha
and Ms Chandravathi

To motivate and mobilize hospital employees, as well as to improve their handwashing habits, the HIC team, in collaboration with the quality team, held a poster-making competition on the theme of Clean Hands, Safe Hands on October 15, 2022.

The active participation of the various clinical and nonclinical departments, as well as their innovative ideas to raise awareness through the poster, was the event's highlight.

The audience was drawn in by the YSH nursing team performing handwashing techniques through a dance performance on the day of the HOD meeting.

The best four posters chosen by judges were recognized by General Manager.

Christmas at YSH



On The 23rd of December 2022, YSH grooved with festivities and entertaining events. Our employees worked diligently to decorate the conference hall with beautiful handmade stars made by the staff during the star-making competition.

Dr Jeevan Perira, MBBS, MS ORTHO, Sports Medicine / Arthroscopy Surgeon, cut the cake during an exciting evening of Christmas celebrations. The audience was intrigued by the Christmas carols, rocking dance performances, and spot games.

On the occasion of Christmas, the Cultural Committee also organised a Star-Me-Up a Star-Making Competition with the theme



“The Representation of Hope for Humanity” on December 21, 2022. The star-making competition achieved success by surpassing the previous record of ten proactive teams.

The top three chosen by the judges were awarded by the chief guest on the day of the Stage programme. On December 25, Santa Claus paid a surprise visit to the hospital with a pocket full of candies and went around distributing sweets to in-patients, other occupants, children, and employees, spreading Christmas cheer.