



Diabetes:

- Diabetes is a condition where your body has high blood sugar levels, which, if unmanaged, can damage your kidneys, eyes, heart, nerves, and blood vessels.

What Does “Outrun Diabetes” Mean?

- To Outrun Diabetes means taking control before diabetes controls you.
- It means staying one step ahead through awareness, discipline, exercise, and early action.
- “Diabetes is like a roller coaster. It has ups and downs but you choose whether to scream or enjoy the ride.”

Symptoms of Diabetes:

- Many individuals may have no symptoms. Routine screening is essential.
- Common signs:
 - Frequent urination
 - Excessive thirst
 - Increased or decreased appetite
 - Unexplained weight loss
 - Burning in feet
 - Weakness and tiredness
 - Body ache
 - Lethargy

Types of Diabetes :

- Type 1 Diabetes – Body stops producing insulin
- Type 2 Diabetes – Body becomes resistant to insulin
- Gestational diabetes
- LADA (slow Type 1 in adults)
- MODY (genetic type)

Normal Sugar Level Ranges (ADA Guidelines)

- FBS (Fasting) – <100 mg/dL
- PPBS / OGTT – <140 mg/dL
- HbA1c – <5.7%

Complications of Diabetes:

•Acute:

- Severe infections
- Weight loss
- Dehydration
- Diabetic ketoacidosis
- Coma

•Long-Term (Chronic):

- Kidney disease
- Eye damage
- Nerve damage
- Heart disease / stroke
- Diabetic foot ulcers & gangrene

To Outrun Diabetes : Know Your Targets:

•Your everyday goals:

- **FBS: < 130 mg/dL**
- **PPBS: < 180 mg/dL**
- **HbA1c: < 7%**

•These numbers help you stay ahead and "outrun" long-term complications.

Prevention Strategy : R.A.C.K.:

- **R** - Reach and maintain a healthy weight
- **A** - Add regular physical activity (like 30 minutes of walking daily. Avoid sitting for more than 90 minutes at a time.)
- **C** - Control your ABCs
 - A1C(HbA1c)
 - Blood pressure
 - Cholesterol
- **K** – Kick the smoking habit
 - Smoking worsens complications.
- Take your medicines regularly never skip doses.

Role of Exercise –The Heart of OUTRUN DIABETES:

- Physical activity is the most important tool in controlling diabetes.
- It :-
 - Improves sugar control
 - Reduces weight
 - Lowers blood pressure
 - Reduces cholesterol
 - Prevents heart attacks & stroke.



Contact Us :

Smt. Rasilaben Sevantilal Shah Venus Hospital
Near Lal Darwaja Flyover, Ring Road, Surat
Gujarat-395003
Enquiry No : 0261 2700300/ 01
Email : info@venushospital.in