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HEALTHLINE

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To ensure good health:
eat lightly,
breathe deeply,
live moderately,
cultivate cheerfulness,
and maintain
an interest in life

-William Londen

Diabetes: Everything you need to know

Diabetes is a condition in which the sugar levels in the blood fluctuate to abnormal levels, making it difficult for the body to function properly. Let's understand this illness better with some information.

Food that Do Not Raise Blood Sugar

Non-Starchy Vegetables

Meat and Proteins

Fats

Food that Raise Blood Sugar

Bread, Grains, and Starchy Vegetables

Fruits

Milk, Yogurt, Sweets

With Diabetes: In people with type 2 diabetes, there may be fewer working beta cells in the pancreas. The beta cells may stop working and may make too little insulin. Or they may make enough insulin, but the body doesn't use it properly and that prevents it from working to lower the blood sugar.

Without Diabetes: In people without diabetes, beta cells in the pancreas make and release insulin to keep blood sugar levels normal.

What are Diabetes Complications?

- Decreased vision and in some cases, blindness
- Gum disease or problems with teeth
- Cardiovascular disease such as heart attack, stroke, and peripheral artery disease
- Kidney may not work or may stop working
- Erectile dysfunction
- Numbness, tingling, or pain in the arms, hands, legs, and feet
- Foot problems such as infections, sores, and in some cases, amputation

Image Courtesy: Samsung Clinic

If any of the following symptoms exist, it's better to check the diabetic status of the individual.

Increased thirst

Frequent urination

Excessive fatigue

Increased appetite

Sudden changes in vision

Non-healing of wounds

Tingling or numbness in hands and feet

While there is no permanent cure for diabetes, there are several ways to manage complications that arise from this condition, so be sure to consult a professional and get the right diagnosis and treatment.

Why do we eat when we're not hungry?

It could be out of joy, but chances are it's because we're anxious, stressed, mad, tired, sad, bored. With these emotions perceived by the body as chronic stress, the brain releases cortisol, which can stimulate the appetite, says Dr. Lilian Cheung, a lecturer at the Harvard T.H. Chan School of Public Health's department of nutrition. As a result, we may turn to food.

Rarely is it cauliflower. The science of cravings is complex, but we're often seeking salt, fat, and/or sugar. These hyperpalatable foods stimulate the release of dopamine, which can initially make us feel good and keep us wanting more, but "reaching for foods that comfort us may become habitual," she says.

Adding to the challenge? These snacks are seemingly everywhere in easy-to-carry, easy-to-eat containers and bags — in aisles, on racks, and, hey, look, waiting at the checkout line. That's not an accident, Cheung says: companies pay a lot of money to place their craveable products within reach.

Importance of mindful eating :

You want to make eating as attractive as possible. Designate a space. Use a good plate and placemat. Sit down — standing equals speed — and savor the meal; if you're with others, enjoy the company. It can be just 15 minutes, but everything slows down and you'll feel more satisfied. We need to eat with all our senses.

And that goes for all food. There's no need to eliminate the things that taste good but aren't the healthiest. Things like ice cream and cake are often connected to events worth celebrating. When you know they're coming up, you can budget in those foods, then have a reasonable portion and really enjoy eating each bite. Use smaller utensils and let the treats sit on your tongue, because that stuff is eaten for the smoothness and sweetness. When you fully immerse yourself in the experience, a smaller portion is usually enough and there's no need to feel guilty for having it.

Studying muscle strength

According to a report in The New York Times, because your muscles and bones are inextricably linked, when you lose muscle you're at greater risk of the following:

Most people accept the loss of muscle, bone and all the downsides that follow as a natural part of aging. But studies show you can slow and delay these processes by years or even decades with a muscle strengthening program that works on your entire body. Scientists at the Buck Institute for Research on Aging found that doing just two resistance-training sessions each week can reverse the age-related cellular damage that contributes to sarcopenia and functional impairment.

What are strength exercises?

A strength exercise is any activity that makes your muscles work harder than usual.This increases your muscle's strength, size, power and endurance.The activities involve using your body weight or working against a resistance.

Examples of muscle-strengthening activities include:

- Lifting weights
- Working with resistance bands
- Heavy gardening, such as digging and shovelling
- Hill walking
- Cycling
- Dance
- Push-ups, sit-ups and squats
- Climbing stairs
- Yoga

How often to do strength training exercises?

It's a good idea to do muscle-strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on 2 or more days a week. No specific amount of time is recommended, but a typical training session could take less than 20 minutes. Exercises should be performed to the point at which it would be difficult to do another repetition without help.

- A repetition or "rep" is 1 complete movement of an activity, like lifting a weight or doing 1 push-up or 1 sit-up.
- Try to do 8 to 12 repetitions or reps for each activity, which counts as 1 set.
- Try to do at least 2 sets of muscle-strengthening activities, but to gain even more benefits, do 3 sets.

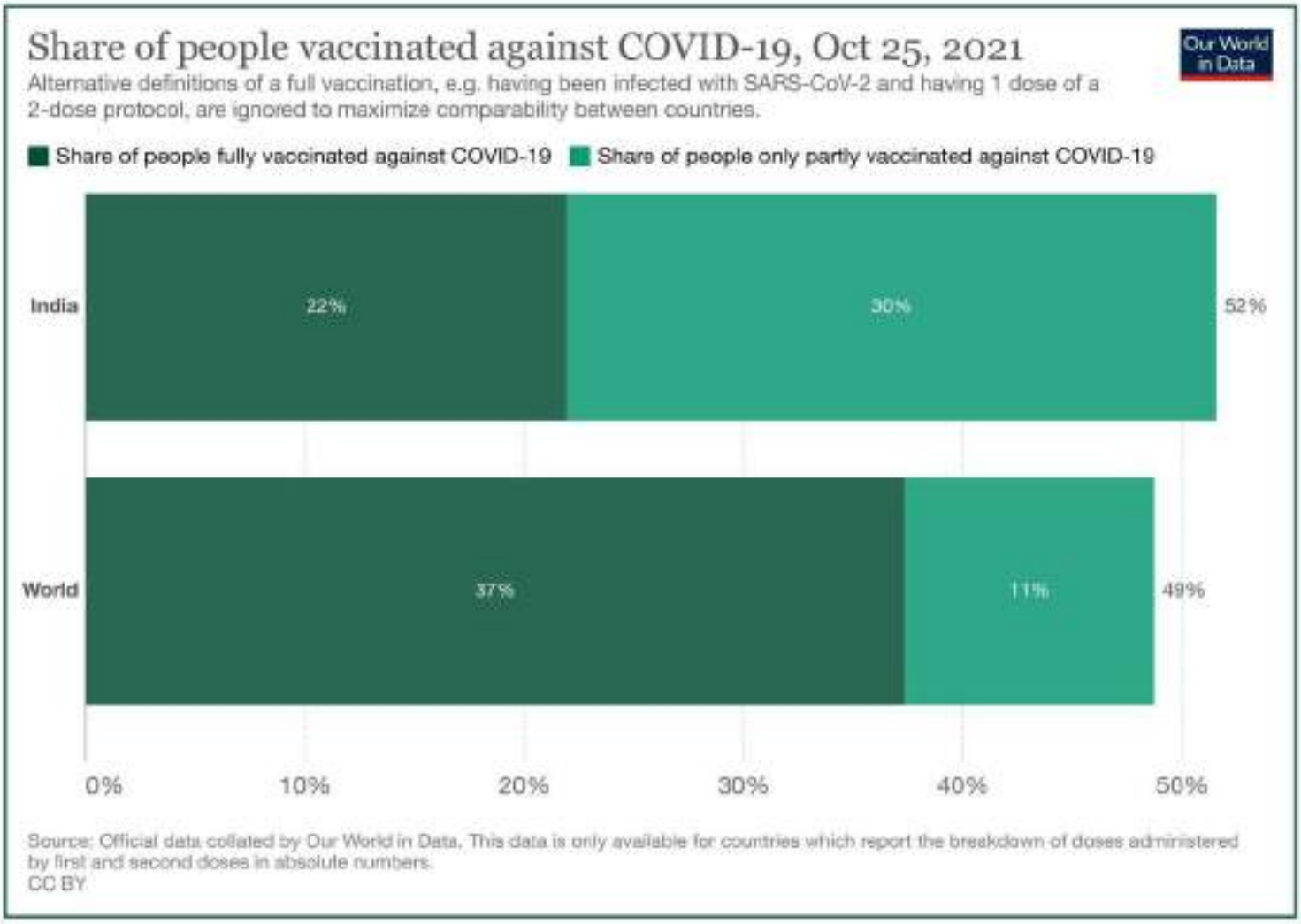
Note: Remember to start gradually and build up over a period of weeks.

Importance of vaccines and immunization

Vaccines train your immune system to create antibodies, just as it does when it's exposed to a disease. However, because vaccines contain only killed or weakened forms of germs like viruses or bacteria, they do not cause the disease or put you at risk of its complications. Immunization and vaccination has been one of the top priorities of WHO for everyone around the world, especially third world countries where risk of dying from lack of healthcare is more. However, even after several efforts, millions of individuals succumb to illnesses due to insufficient access to vaccines.

With COVID-19 pandemic, the conversation around importance of vaccines and its need has erupted again. While there are still those who do not fully agree to the vaccination program, it is to be noted that years of research has shown credible pros of the vaccination program. One of the reasons why the world has been able to open up after the COVID-19 outbreak is also because of vaccination program which ensured the risk of fatality decreased in individuals.

According to Our World in Data, here are the COVID-19 vaccine statistics for India.



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