

Understanding Diabetes: Its Hidden Dangers and How to Fight Back





Rohan

A 35-year-old overweight diabetic male, weighing 85 kgs, struggling with fluctuating blood glucose levels.



Rohit

Rohan's family friend



Dr. Madhur Patel

A renowned diabetologist

Hey Rohan!
Why do you look so exhausted and stressed out these days?



Rohit, lately I've been feeling very fatigued and stressed out. My blood glucose levels have been all over the place—sometimes they're high, other times they drop suddenly, and I just can't figure out why. On top of that, I've been traveling a lot for meetings, so it's been hard to control my blood glucose. I really need to get things under control.



Rohan, that sounds tough!
But don't worry, I know
a renowned diabetologist,
Dr. Madhur Patel. He can help
you with your health issue.

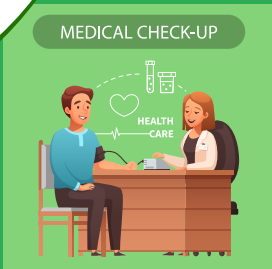


**As suggested by Rohit,
Rohan visits Dr. Patel the very next day.**

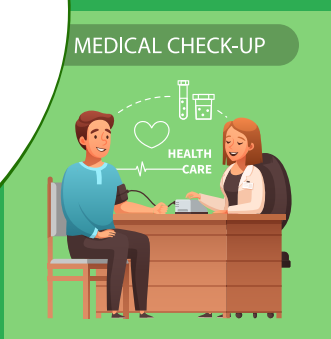
At Dr. Patel's Clinic.

Hello!
How are you?
Tell me, how can
I help you?

Hello, Dr. Patel.
I'm Rohan, and I am 35 years old. I've
been really concerned about my blood
glucose levels lately. Sometimes they're
high, other times they are low despite
me taking my medications. On top of
that, I've been traveling a lot for work,
and at times it's been hard to control
my blood glucose levels. I really
don't want this to get worse.



Okay, have you got your
laboratory tests done in
the recent time?



Yes, here is my latest
laboratory test reports.



Dr. Patel checks Rohan's laboratory test results

Rohan's laboratory test results:

Height: **5 ft 8 in** Weight: **85 Kgs**

Fasting Plasma Glucose: **180** mg/dL

Postprandial Glucose: **250** mg/dL

HbA1c levels: **8.2%**

Your lab results show elevated blood glucose levels, and your weight is a concern. This points to a condition called diabetes.

DIABESITY?
I've never heard of that. What does it mean?

DIABESITY is a term used to describe the combination of obesity and diabetes. Essentially, it is a condition where excess body weight, particularly around the abdomen, increases your risk of developing insulin resistance, which can lead to type 2 diabetes. It's common for obesity and diabetes to occur together.

Oh. Is it?
I've been overweight for a long time, but I didn't realize it could affect my blood glucose like this. What can I do to manage it?



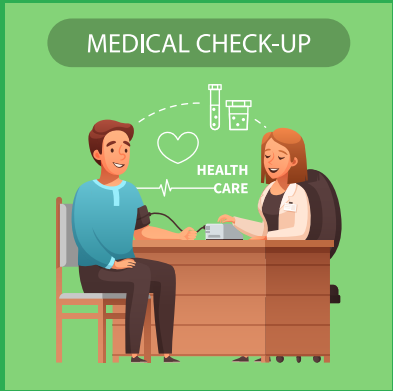
I recommend a holistic dietary management approach for you. Focus on a high-protein and fiber-rich meal, along with regular exercise - 30 minutes of moderate exercise every week. Consistency with your medication is also the key, too.

Understood, Dr. Patel. Can you please tell me which foods are high in protein and rich in fiber that I should eat?



Consume foods such as lean meat like chicken, fish; low-fat dairy products like milk, cheese, and yoghurts; eggs, legumes, and nuts as these are high in protein. Include fresh fruits, vegetables, whole grains in your diet as these are rich in fiber.





Okay, Dr. Patel. And yes, I have one more question, how much should I eat?

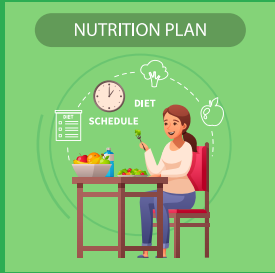
That's a good question, Rohan. Eating smaller, frequent meals can help you manage blood glucose spikes. Be sure to stay away from an eat all-or-eat-nothing approach.

Follow this regimen and consult with me after 16 weeks.

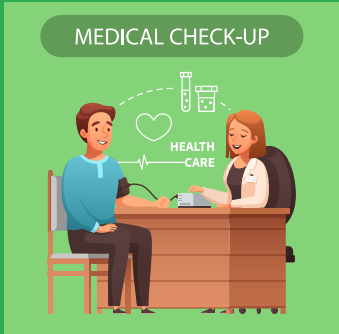
Thank you so much Dr. Patel. I'll start working on these changes and check in with you soon.

After 16 weeks of commitment, Rohan's weight dropped from 85 Kgs to 71 Kgs. Fasting Plasma Glucose dropped to 130 mg/dL, Postprandial Glucose dropped to 180 mg/dL & HbA1c was found to be at 7%.

Excellent progress, Rohan!
Keep up the good work.



Thank you, Dr. Patel.
Losing weight has really helped me manage my blood glucose well.
I feel healthy and more energetic.
I will continue this regime to maintain my blood glucose levels and weight.



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Nutrition and Dietary Supplements. 2024;16:27-35. doi: 10.2147/NDS.S432746
References:
• Moon J. et al., J Obes Metab Syndr. 2020 Jul 23;29(3):166–173. • Kong DX. et al., Pak J Med Sci. 2020 Nov-Dec;36(7):1523–1528. • Skytte, M. et al., Diabetologia 62, 2066–2078 (2019). • Gannon MC. et al., Am J Clin Nutr 2003 Oct;78(4):734-41.
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