

DIABETES MELLITUS

MISCONCEPTION: diabetes not to be taken too seriously.

REALITY: Diabetes is chronic medical disease which causes more deaths in 1 year than other serious diseases like breast cancer and AIDS together. Diabetes almost doubles the risk of having a heart attack than a person without diabetes. However, good diabetic control can reduce this risk.

MISCONCEPTION: Diabetes occurs in those only who eat too much sugar.

REALITY: Type 1 diabetes is related to genes and is caused by genetic mutation which can be triggered by environmental factors.

Type 2 diabetes is dependent on both genes and lifestyle of person, like obesity (overweight) increases chances for developing diabetes mellitus similarly a diet with very high calories from any source contributes to obesity.

MISCONCEPTION- diabetic patients are more prone to have cough, cold and other diseases.

REALITY: diabetic people are no more prone to diseases than non- diabetic persons. But, any illness can make diabetes worse and more difficult to treat.

MISCONCEPTION: People with type 1 diabetes should not participate in sports ventures

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REALITY: They can play any sports from mountain climbing to cricket and can enjoy their life as any other person

MISCONCEPTION: Women with diabetes can not have a normal pregnancy.

REALITY: Women with well managed diabetes can have a normal pregnancy and can give birth to a healthy child.

MISCONCEPTION: diabetic patient can feel when his blood sugar level is going low.

REALITY: not every time. Many patients do not feel or can not recognize the symptoms of low blood sugar levels, which can prove fatal at times.

MISCONCEPTION: People with type 2 diabetes should not use insulin as they will become dependent on it or who need to use insulin are in very sick.

REALITY: Type 2 diabetes is a chronic disease which is progressive in nature and eventually, at times people do require insulin later on life . However, with insulin people can keep their diabetes under check and can avoid complications occurring later in life.

MISCONCEPTION - I can not have diabetes as I don't have any symptoms

REALITY: Type 2 diabetes very often goes undiagnosed as we don't expect it to happen to us many a times we fail to recognize the symptoms as it usually has few or no symptoms at all in initial period.