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**NOVEMBER 2023**



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## WORLD PNEUMONIA DAY

World Pneumonia Day, observed on November 12th, aims to raise awareness about pneumonia, its prevention, and the importance of timely treatment to combat this life-threatening respiratory infection.

Pneumonia is an inflammatory lung infection that can be caused by bacteria, viruses, or other microorganisms. It typically spreads through respiratory droplets when an infected person coughs or sneezes. The elderly, young children, people with poor immune systems, those with chronic illnesses, and with weaker immune systems are those who are most at risk.



WORLD PNEUMONIA DAY

12th November 2023

## HIGH POLLUTION, HIGHER PNEUMONIA RISK

Rising pollution levels can increase the risk of pneumonia. Pollutants in the air can irritate the respiratory system, making it easier for bacteria and viruses to cause infections in the lungs. Individuals exposed to high pollution levels, particularly those with pre-existing respiratory conditions, are more vulnerable to pneumonia. It underscores the importance of reducing pollution and maintaining good respiratory health.

**Taking care of your respiratory health during times of high pollution is crucial for overall well-being.**

To protect your lungs in high-pollution environments, consider these tips:



**Wear Mask:** Invest in quality masks like N95 to filter pollutants effectively



**Exercise Regularly:** Strengthen your respiratory system with indoor exercises



**Avoid Smoking:** Quit smoking and steer clear of second hand smoke



**Avoid Major Triggers:** Stay indoors on highly polluted days and use air purifiers



**Hydration:** Keep airways moist by staying well-hydrated



**Spices for Defence:** Turmeric & ginger are anti-inflammatory spices that contain bioactive compounds that reduce inflammation, protect lung tissues from damage, and support overall respiratory health



**Load Up on Antioxidants:** Eat fruits and vegetables rich in antioxidants as it helps to protect cells from damage, reducing the risk of chronic diseases

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# WORLD DIABETES DAY

14th November 2023

World Diabetes Day globally elevates awareness about diabetes, emphasizing education, prevention, and enhanced care for individuals impacted by this prevalent health issue. This observance highlights critical concerns within the diabetes community and ensures that diabetes remains a prominent focus in both public and political arenas.

India is known as the 'Diabetes Capital of the World,' with a staggering 17% of the world's diabetes patients. Presently, nearly 80 million individuals in India grapple with diabetes, and it's projected to surge to a staggering 135 million by the year 2045.

A study by the Indian Council of Medical Research unveils a daunting truth - India now harbors over 101 million diabetes cases, a significant increase from the 70 million recorded in 2019. This significant revelation has been documented in 'Lancet,' a UK medical journal



## Complications associated with diabetes

Diabetes can lead to a range of serious health complications, which can significantly increase the risk of heart disease and chronic kidney disease (CKD) due to damage to blood vessels and kidney function. These complications often interact, exacerbating each other's severity. Proper blood sugar management and risk factors management are crucial to mitigate these dual risks in diabetic patient.

## Pre Diabetes and Diabetes

In today's era, as diabetes continues to become increasingly common, addressing the issue during the pre-diabetes stage is of paramount importance. This phase offers a critical window of opportunity to prevent or delay the onset of diabetes, making it not only easier to manage but also potentially avoiding serious health consequences.



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### Pre-Diabetes

Pre diabetes is a condition in which blood sugar levels are higher than normal but not yet in the diabetic range.

- It's a critical warning sign, often asymptomatic, and increases the risk of developing type 2 diabetes, heart disease, and other complications.
- Taking action during the pre-diabetes stage is crucial because it's easier to manage through lifestyle changes like diet and exercise.
- Lifestyle modifications can prevent or delay the onset of full-blown diabetes, reducing the need for medications and potential complications.

### Diabetes

Diabetes is a chronic condition where blood sugar levels are consistently elevated, leading to various health issues.

- It requires lifelong management through medication, insulin, and lifestyle changes.
- Neglecting pre diabetes can lead to the progression to diabetes, which is more challenging to control and increases the risk of severe complications like heart disease, kidney problems, and nerve damage.
- Managing diabetes can be costly, emotionally and physically demanding, and may result in reduced quality of life.

## HOW TO REVERSE PRE DIABETES NATURALLY

Reversing pre-diabetes involves mindful lifestyle changes, including eliminating harmful components, incorporating beneficial foods, losing excess weight, and prioritizing exercise and stress reduction, which can significantly reduce the risk of full-blown diabetes.



Strategies to help reverse pre-diabetes naturally:



**Eliminate Harmful Foods**

Cut out sugary beverages, processed foods, refined carbs, red meat, and alcohol



**Incorporate Healthy Foods**

Embrace a diet rich in lean protein, nuts, seeds, leafy vegetables, complex carbs, and high-fibre foods



**Lose Excess Weight**

Gradual, sustainable weight loss through balanced diet and exercise lowers diabetes risk



**Exercise Regularly**

Physical activity enhances insulin sensitivity and controls blood sugar levels



**Stress Reduction**

Manage stress with techniques like meditation, yoga, or mindfulness for better overall health





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## MANAGING SUGAR INTAKE DURING FESTIVE SEASONS

With Diwali just around the corner, the temptation to indulge in deep-fried snacks and sugary sweets is on the rise, but it's crucial to be mindful of the impact on those with diabetes.

### Let's explore five essential tips for managing sugar intake during this festive season:

- Avoid trying every item on the menu; your stomach isn't a trash bin.
- Aim for a balanced indulgence to enjoy treats without overloading on sugar.
- Plan ahead for preparation and post-festivity recovery to maintain blood sugar levels.
- Distribute your sweet treats throughout the day for better glucose control.
- Make smart choices by opting for healthier Diwali snacks and sweets whenever possible.



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