

# Diabetes Digest

March 2026

## Balancing Diabetes and Emotional Health

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Protect Your Smile:  
Diabetes & Oral Health

Healthy Feet, Healthy Life:  
Diabetic Foot Care

Vol: 40 No. 3

DIABETIC ASSOCIATION  
OF PAKISTAN





# Diabetes Digest

March 2026

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## DIABETIC ASSOCIATION OF PAKISTAN

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### Contents

#### Dap Monthly Highlights

- Eid Celebration with the DAP Team
- DAP Free Screening Camp for Type 1 Diabetes
- Community Health Programs

#### Scientific Abstracts

- A Comparative Analysis between Physical Inactivity and Blood Glucose Levels in University students.
- Familiarity with uses of Aloe Vera in Daily living: A survey based awareness study

#### Diabetes & Wellness Insights

#### Eating for Health and Diabetes

#### Diabetes and Oral Health: Key Risks and Prevention

#### Diabetes and Foot Care

#### Urdu Section

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# DAP MONTHLY HIGHLIGHTS

## Eid Celebration with the DAP Team

Celebrating Eid through collegiality and team unity! It was wonderful to have our esteemed council members join us in fostering happiness and togetherness. The event was filled with warmth, positive interactions, and meaningful conversations, strengthening our bonds as a team. Moments like these remind us of the essence of Eid—sharing, caring, and coming together. We look forward to many more such memorable gatherings that continue to inspire collaboration, camaraderie, and mutual support within our team.

(-Amna)



*Eid Celebration with the DAP Team*

## DAP Free Screening Camp for Type 1 Diabetes

In the month of March, Diabetic Association of Pakistan (DAP) successfully organized a free screening camp at Subhan Medical

Center under the T1D Community Fund Project by Panorama. This initiative focused on early detection of Type 1 Diabetes, raising awareness about its symptoms, and providing timely guidance and support to individuals and families affected by the condition.

The camp offered participants access to professional consultations, educational resources, and practical advice for managing diabetes effectively. By bringing together healthcare professionals, community members, and volunteers, the event fostered a collaborative environment aimed at empowering the community with knowledge and preventive care.

Through initiatives like this, DAP continues to strengthen its commitment to promoting health, encouraging early intervention, and building a more informed and resilient community, one step at a time. (-Amna)



*DAP T1D Free Screening and Awareness Camp*

## Community Health Programs

### Type 1 Diabetes Screening Initiative

Registration for Type 1 Diabetes screening is now open and free at the Diabetic Association of Pakistan (DAP). This initiative provides an opportunity for early detection, raising awareness, and receiving timely guidance and support for individuals affected by Type 1 Diabetes. Join us in taking proactive steps towards better health and community well-being.

### Special Footwear Program for Diabetic Patients

The Diabetic Association of Pakistan (DAP) is proud to offer a dedicated footwear initiative aimed at promoting foot safety and overall health for individuals living with diabetes. Proper footwear is a key factor in preventing foot injuries and complications, and this program provides diabetic patients with access to specially designed shoes that support comfort, protection, and mobility.

Take advantage of this opportunity to care for your feet and improve your quality of life.

Register now by clicking the link: <https://forms.gle/m6vFpdiVYUbyWrRD9>

### Accessible and Reliable Lab Testing at DAP

DAP is committed to your well-being. Take charge of your health with confidence by accessing affordable, high-quality laboratory tests through the Diabetic Association of Pakistan. Our range of tests is designed to support early detection, timely monitoring, and effective management of health conditions. With accurate results and reliable services, you can make informed decisions for a healthier lifestyle and ensure the best care for yourself and your loved one.

## SCIENTIFIC ABSTRACTS

### A Comparative Analysis between Physical Inactivity and Blood Glucose Levels in University students.

Khadija Shaikh

#### Abstract

##### 1. Introduction

Physical inactivity is one of the major lifestyle factors contributing to abnormal blood glucose regulation and an increased risk of developing type 2 diabetes. When the body remains inactive for long periods, glucose uptake by muscles decreases because muscle contractions play a key role in utilizing blood glucose for energy. This leads to higher circulating glucose levels and, over time,

insulin resistance. Young adults today often have sedentary routines involving prolonged screen time and reduced physical movement, making it important to study how their activity patterns relate to blood glucose levels.

##### 2. Methodology

A cross-sectional survey for 2 months was conducted among young adults aged 18–28 years old. Data were collected using a structured questionnaire that included the International Physical Activity Questionnaire (IPAQ-Short Form) to assess physical activity levels and additional items about diet, sleep, and family history of diabetes. Random or fasting blood glucose levels of 40 participants were measured using a portable glucometer. A total of 160 participants were included in the study. Data were analyzed using descriptive statistics and correlation tests to determine the relationship between physical activity levels and blood glucose values.

##### 3. Results

A total of 160 young adults (aged 18–28) participated 40 completed both the IPAQ and glucose test, while 120 filled only the survey. The mean age was  $21.6 \pm 2.4$  years; 58% were females. According to IPAQ results, 42% had low activity, 38% moderate, and 20% high. The average sitting time was 6.4 hours/day, reflecting sedentary habits. Among tested participants, the mean fasting glucose was  $95.7 \pm 10.4$  mg/dL. Those with low activity had higher glucose levels ( $102.4 \pm 9.8$  mg/dL) than the highly active group ( $88.7 \pm 7.9$  mg/dL). A

moderate negative correlation ( $r = -0.42$ ,  $p < 0.01$ ) was found between physical activity and blood glucose.

##### 4. Conclusion

The study found that higher physical inactivity was associated with elevated blood glucose levels among young adults. These findings suggest that even in early adulthood, sedentary behavior can negatively affect glucose metabolism and increase the risk of prediabetes. Promoting regular physical activity such as daily walking, sports, or exercise could be an effective preventive strategy to maintain healthy blood sugar levels and reduce future diabetes risk.

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### **Familiarity with uses of Aloe Vera in Daily living: A survey based awareness study**

Khadija Shaikh

Co-authors: Abdul Nabi, Aishwarya Chugh, Anmol Chawla, Memoona Abro, Sawera Shaikh.

Institute of pharmacy (SMBBMU)

#### **Abstract**

#### **Background:**

The Aloe Vera plant has been known and used for centuries for its health, beauty, medicinal and skin care properties. Aloe Vera has a long history of popular and traditional use. It is used in traditional Indian medicine for constipation, colic, skin diseases, worm infestation, and infections.

Although Aloe Vera has long been considered as a safe functional food material that can be used orally and topically, [13] on many occasions it has not been as safe as commonly thought. Recently, the reported adverse effects in humans and toxicity, genotoxicity, and carcinogenicity in both in vitro and in vivo studies raise questions as to whether the components in Aloe Vera may have tumor-promoting activities in humans.

#### **Objective:**

To document and highlight the ethnobotanical and domestic uses of Aloe Vera, along with reported cases of its toxicity, in order to compare

and present both its therapeutic potential and toxic profile.

#### **Methodology:**

A descriptive cross-sectional study was carried out among the general population, of about 228 people of different age groups who had used or were currently using Aloe Vera. Data were collected through a structured online questionnaire that was circulated via social media and other digital platforms. The questionnaire explored participants' knowledge, patterns of use, perceived benefits, and possible adverse effects of Aloe Vera. A quantitative approach was applied for data analysis.

#### **Results:**

Contrasting to our responses, majority of our participants were female. This gender distribution provides a contexts for how feedback influence students in unique ways. Remarkably, 49.1% are familiar with it the uses and benefits of Aloe Vera, out of which 66.5% use it without consulting any specialist, due to which 22.6% people faced toxicity.

#### **Conclusion:**

Aloe Vera, as a medicinal plant possesses great respect for its content. Every plant, its extract or active ingredient may produce specific side effects or adverse effects which is commonly associated with any medication or above normal dose. Aloe Vera produces mild to severe range symptoms that can be treated by abrupt discontinuous. However, despite its beneficial effects, Aloe Vera can be toxic under improper

administration. Patients should be aware of proper dosage.

### **Keywords:**

Aloe Vera, Therapeuticity, Aloe Vera misuses, Toxicity

## **Diabetes & Wellness Insights**

### **Managing Diabetes and Emotional Health**

#### **Understanding the Emotional Impact**

Taking care of your mental health is just as important as managing your diabetes and overall wellbeing. Monitoring blood sugar levels, remembering medications, and making daily health-related decisions can feel overwhelming and may affect your emotional state. While much attention is given to the physical effects of diabetes, its impact on mental health should not be overlooked.

Emotional wellbeing plays a key role in diabetes management. People living with diabetes often experience feelings such as stress, frustration, sadness, or fear. In some cases, conditions like depression, diabetes distress, or burnout may develop. Mental health also influences how effectively a person manages their condition and their overall quality of life. In fact, emotional and physical health are closely connected.

#### **Recognizing Depression**

Being diagnosed with diabetes can be overwhelming, and individuals with diabetes are significantly more likely to experience depression compared to those without the condition.

Depression can affect anyone. If you notice persistent sadness or a sense of emotional numbness, it may be a sign of depression. Other common symptoms include:

- Changes in appetite (eating too little or too much)
- Losing interest in activities you once enjoyed
- Difficulty focusing
- Sleep disturbances (sleeping too much or too little)

Depression can interfere with diabetes management, leading to missed medications or irregular blood sugar monitoring, which can negatively impact health.

Despite this, many individuals do not seek help. It is important to know that depression is treatable through therapy, medication, or both. Reaching out to a healthcare provider can help you explore suitable treatment options.

#### **Managing Anger**

Feeling angry or upset about having diabetes is completely natural. However, it is important to express and manage these emotions in a healthy way. Some helpful strategies include:

- Going for a walk or engaging in physical activity
- Practicing deep breathing
- Trying meditation or relaxation techniques
- Talking to a trusted friend or family member
- Understanding the root cause of your anger can also help you manage it more effectively and stay focused on your health.

### **Stress and Anxiety**

Daily stress can feel more intense when living with diabetes. Managing stress is essential, as stress hormones can affect blood sugar levels, causing them to rise or fall.

Ongoing stress may develop into anxiety. If you frequently feel worried or fearful, you might be experiencing anxiety. This is common among people with diabetes. Since anxiety symptoms can sometimes resemble low blood sugar, it is important to check your levels when feeling uneasy.

If stress or anxiety becomes overwhelming, speaking to a healthcare professional is important. Therapy, medication, physical activity, and relaxation techniques can all help reduce symptoms. Caring for your mental health supports better overall health.

#### **What is Diabetes Distress?**

Diabetes distress refers to the emotional burden and challenges associated with managing diabetes on a daily basis. It can occur at any stage but may be more intense during certain situations, such as:

- At the time of diagnosis
- During major life changes (e.g., job loss, divorce, or bereavement)
- When facing complications or additional health issues
- Changes in healthcare providers or treatment routines

Unlike depression, diabetes distress may come and go. Coping strategies include being compassionate toward yourself and temporarily easing some management demands (under

medical guidance), such as adjusting monitoring routines.

Talking to healthcare providers, family, and friends can provide emotional support and practical solutions.

### **Diabetes Burnout**

If diabetes distress is not managed, it may lead to burnout. This can result in neglecting self-care, such as skipping medications or avoiding blood sugar checks. Some individuals describe this as feeling exhausted or giving up.

### **Moving Forward**

No matter what challenges you face, support is available. Healthcare professionals can help create a manageable care plan, and connecting with others—through support groups or online communities—can provide comfort and encouragement.

Taking care of your mental health empowers you to take better care of your physical health, helping you live well with diabetes. (-Amna)

Reference link:

<https://www.minimed.com/en-us/about-diabetes/mental-health/>



## **Eating for Health and Diabetes**

**Smart choices for balanced nutrition**

What does healthy eating really mean? The answer can vary from person to person, but discovering what works best for your body can be an enjoyable and rewarding process. This is a good place to begin understanding nutrition and learning evidence-based information about food.

### **Healthy Eating Can Be Enjoyable**

For individuals with prediabetes or diabetes, healthy eating not only helps regulate blood sugar levels but also improves your relationship with food. Making mindful choices—such as including more non-starchy vegetables, selecting lean meats or plant-based proteins, choosing better-quality carbohydrates, and opting for lower-fat dairy and dressings—can support your health goals while still being satisfying and flavorful. Healthy eating is not about a single meal or specific food; it is about consistent habits over time.

Food provides nourishment, but our eating patterns are also shaped by culture, traditions, and personal experiences.

### **Healthy Eating Tips**

From making smarter substitutions and navigating grocery shopping to choosing better options when eating out, small steps can help you build sustainable and healthy habits.

### **Eat Well to Feel Better**

Healthy eating does not have to be complicated. No matter your preferences, simple adjustments can make a meaningful difference. When you choose nutritious foods, your body functions more efficiently and you feel better overall. For those managing diabetes, balanced eating

supports both physical health and a positive relationship with food.

### **Making Better Food Choices**

Being informed about what you eat is essential for maintaining good health. Food provides energy and plays a major role in managing diabetes. Regardless of the specific diet you follow, some general principles apply to everyone.

Most healthy eating plans include a foundation of non-starchy vegetables, sources of lean or plant-based protein, and quality carbohydrates such as fruits, whole grains, starchy vegetables, and low-fat dairy. They also emphasize reducing added sugars, including healthy fats, limiting highly processed foods, and choosing water or low-calorie beverages.

### **Using the Diabetes Plate Method**

A simple way to plan balanced meals is by using the Diabetes Plate method. This approach helps with portion control and supports blood sugar management while allowing flexibility based on personal preferences.

Start with a standard nine-inch plate. Fill half of it with non-starchy vegetables, one quarter with protein, and the remaining quarter with healthy carbohydrate sources like whole grains, fruits, starchy vegetables, or low-fat dairy. This method can easily be adapted to suit different dietary patterns.

### **Non-Starchy Vegetables**

These vegetables should make up a large portion of your meals. They are low in calories and

carbohydrates while being rich in nutrients and fiber, helping you feel full and satisfied. Examples include broccoli, carrots, and cauliflower.

### Protein

Protein is an essential part of a balanced diet. It can come from animal sources or plant-based options such as beans, lentils, and hummus. While plant-based proteins are healthy, some may contain carbohydrates, so it is important to consider portion sizes.

### Fruits

Fruits can be included in a diabetes-friendly diet. Although they contain natural sugars, they are also rich in vitamins, minerals, and fiber. They can be a healthier way to satisfy sweet cravings.

### Healthy Fats

Including healthy fats in your meals can support heart health and help manage cholesterol levels. Good sources include olive oil, nuts, seeds, avocados, and certain types of fish.

### Nutrient-Dense Foods

To build balanced meals, focus on foods that provide high nutritional value. These nutrient-dense options are rich in protein, healthy fats, vitamins, minerals, and fiber, helping you get the most benefit from what you eat while supporting overall health. (-Amna)

Reference link:

<https://diabetes.org/food-nutrition>



*Food Choices for Better Diabetes Control*

## Diabetes and Oral Health: Key Risks and Prevention

The relationship between diabetes and oral health has become an important topic in recent years. People who have diabetes are more likely to develop gum (periodontal) disease, and at the same time, diabetes can make these dental problems harder to treat. So, if you or someone close to you has diabetes, taking care of your oral health is extremely important. Penn Dental Medicine (PDM) shares key information to help you protect your smile.

### Understanding the Connection between Diabetes and Oral Health

Diabetes is a long-term condition in which the body cannot properly control blood sugar (glucose) levels. This may happen because the body doesn't produce enough insulin, doesn't respond to insulin properly, or both. Insulin is a hormone made by the pancreas that helps cells absorb glucose from the blood to use as energy.

When blood sugar levels remain high for a long time, it can affect different parts of the body, including the mouth. The oral cavity contains many bacteria, and under normal conditions, the body can control them. However, in people with diabetes, this balance can be

disturbed, leading to infections and other oral problems.

### Complications of Diabetes

When diabetes is not controlled well, it can lead to serious health issues such as heart disease, nerve damage, kidney problems, foot complications, and eye disorders. However, oral health is also closely linked to diabetes. The relationship works both ways—poor blood sugar control can worsen dental problems, and oral diseases can make diabetes more difficult to manage.

In the United States, about 37.3 million people (around 11% of the population) have diabetes. Among individuals aged 50 and older, nearly 25% of diabetics experience severe tooth loss, compared to only 16% of non-diabetics. In addition, adults with diabetes are 40% more likely to have untreated cavities. These figures highlight the importance of proper oral care in diabetic patients.

### Oral Health Problems Linked to Diabetes

#### Difficulty controlling blood sugar:

High blood sugar levels can weaken the immune system, making it harder for the body to fight infections, including those affecting the gums. This increases the risk of gum disease and delays recovery.

#### Dry mouth (xerostomia):

Diabetes can reduce saliva production. Since saliva helps clean the mouth and neutralize harmful acids, a lack of it allows bacteria to grow more easily, raising the risk of gum disease, tooth decay, and bad breath.

#### Inflammation:

People with diabetes often



experience stronger inflammatory responses. When bacteria in the mouth trigger the immune system, it can lead to long-term inflammation, damaging gum tissue over time and causing bleeding gums.

### **Changes in collagen:**

Diabetes affects how the body produces collagen, which is essential for strong and healthy gums. Weak collagen makes gum tissue more vulnerable to infection and slows down healing after dental procedures.

### **Blood vessel damage:**

High blood sugar can cause blood vessels to thicken, reducing blood flow. This limits the supply of nutrients and immune cells to gum tissues, making healing more difficult and increasing the risk of infection.

### **Tooth loss:**

Due to these complications, people with diabetes are more likely to lose teeth as a result of severe gum disease if proper care is not taken.

### **Preventive Measures for Better Oral Health**

Maintaining good oral hygiene is especially important for individuals with diabetes. Brushing teeth at least twice a day with fluoride toothpaste and flossing daily helps remove plaque and prevent gum disease. Using an antibacterial mouthwash can also reduce harmful bacteria in the mouth.

Controlling blood sugar levels plays a major role in protecting oral health. A balanced diet, regular exercise, and following prescribed medications can help maintain stable

glucose levels, reducing the risk of oral complications.

It is also important to avoid smoking, as it can further increase the chances of gum disease and delay healing. Drinking enough water can help manage dry mouth by keeping the mouth moist and supporting saliva production.

### **How Dentists Can Help**

#### **Early detection:**

Routine visits help identify oral health problems early, allowing treatment before they become serious.

#### **Managing gum disease:**

Dentists provide deep cleanings, treatments, and guidance on proper oral care to control and prevent gum disease.

#### **Treating related issues:**

Problems like dry mouth or infections can be managed more effectively with professional care.

#### **Monitoring health changes:**

Changes in oral health can sometimes indicate poor blood sugar control, helping doctors adjust treatment plans accordingly.

#### **Personalized care advice:**

Dentists can suggest specific products, brushing methods, and diet changes based on individual needs.

#### **Working with other doctors:**

Dentists may coordinate with general physicians or specialists to improve overall health, as oral health is closely linked with conditions like heart disease and diabetes.

### **Conclusion**

In individuals with diabetes, oral health care is an essential component of overall health management. The strong connection between blood sugar control and dental health highlights the need for regular monitoring and preventive care. By maintaining proper oral hygiene, managing diabetes effectively, and seeking regular dental checkups, individuals can significantly reduce the risk of complications and maintain both oral and general well-being.

(-Muhammad Ali Siddiqui)

Reference Link:

<https://penndentalmedicine.org/blog/diabetes-and-oral-health-problems/>



*Diabetes and Proper Oral Health Management*

### **Diabetes and Foot Care**

Diabetes can affect your feet because high blood sugar can damage nerves and blood vessels. This means you may not feel small cuts or injuries, and your feet may not heal well. Even minor injuries can become serious and lead to Diabetic Foot.

#### **Why this happens**

- High blood sugar can reduce blood flow to your feet.
- Nerve damage (neuropathy) can make it hard to feel pain, so you might not notice injuries.

- Diabetes can weaken your immune system, making infections more likely.
- Sugars can make tissues weaker.

### Daily Foot Care

- Taking care of your feet, every day can prevent problems.
- Wash your feet daily with lukewarm water.
- Dry your feet carefully, especially between toes.
- Check your feet for cuts, redness, swelling, or blisters.
- Moisturize dry skin, but do not put lotion between toes.
- Wear comfortable shoes and clean socks, and avoid walking barefoot.
- Trim your nails carefully to prevent ingrown nails.

### Extra tips

- Antifungal cream can prevent athlete's foot.
- Using a mirror helps check the bottoms of your feet.

- See your doctor if you notice any foot changes or deformities.

### How to Save Your Feet if Diabetes is Not Controlled

If your sugar levels are high, your feet are at higher risk—but careful care can still prevent serious problems:

- keep blood sugar under control with your medications, diet, and regular checks
- Check your feet every day for cuts, blisters, or swelling
- Get medical help early for any wound or infection
- Keep wounds clean and covered
- Wear proper shoes to prevent injuries
- Avoid cutting corns or using harsh chemicals on your feet
- Visit your doctor regularly for foot check-ups
- Take care of other health problems like high blood pressure or cholesterol

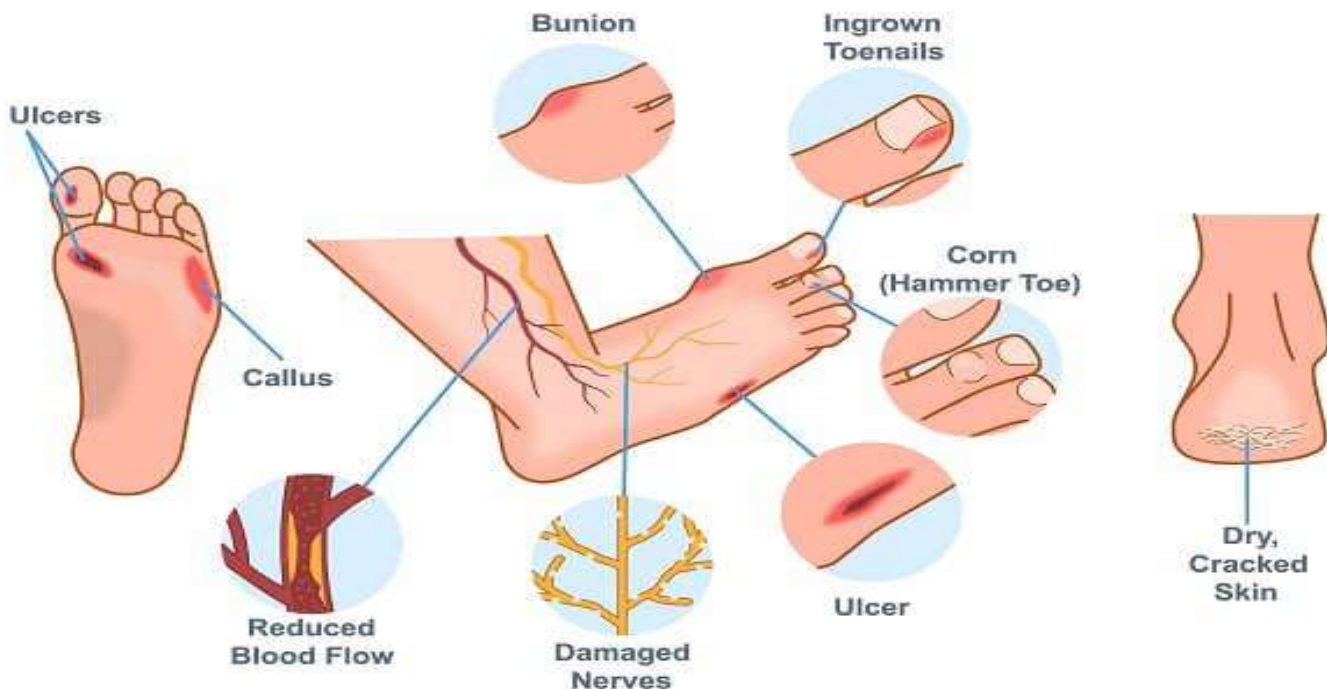
Early treatment can often prevent serious complications, including amputation. Good foot care, hygiene, and sugar control are the keys to keeping your feet safe. Take care of your feet today, so you can walk confidently tomorrow.

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(-Dr Faiza Rauf)

## DIABETIC FOOT



## ذیابیطس کے مریضوں کے لیے دیکھ بھال کرنے والوں کا رہنما

### خیال رکھنے والوں کے لیے

کبھی کبھار ذیابیطس کا انتظام ایک مشکل چڑھائی کی طرح محسوس ہوتا ہے۔ اپنے پیاروں کی مدد کرنا واقعی فرق ڈال سکتا ہے۔ ذیابیطس لاکھوں لوگوں کو متاثر کرتی ہے، لیکن اس کا اثر صرف مریض تک محدود نہیں ہوتا۔ یہ خاندان، دوست اور عزیز سب کو متاثر کرتا ہے۔

جب کسی خاندان کے فرد، خاص طور پر بچے، کی تشخیص ہوتی ہے تو یہ ایک جذباتی جھٹکے کی مانند ہوتا ہے۔ طبی اخراجات کیا ہوں گے؟ مناسب دیکھ بھال کیسے حاصل کریں؟ اسکول میں ذیابیطس کا انتظام کیسے کیا جائے؟ اچانک، یہ سب سوالات اور ذمہ داریاں آپ کے کندھوں پر آجاتی ہیں۔

لیکن یاد رکھیں، آپ کے پاس مدد موجود ہے۔ اپنے پیاروں کی صحت مند اور خوشحال زندگی کے لیے مدد طلب کرنے کے بے شمار طریقے ہیں۔

### ہیلتھ کیئر فراہم کنندہ سے رہنمائی حاصل کریں

یہ سمجھنا مشکل ہو سکتا ہے کہ کسی عزیز کی ذیابیطس کی تشخیص کے بعد کہاں سے آغاز کریں۔ اپنے ہیلتھ کیئر فراہم کنندہ سے بات کریں تاکہ جان سکیں کہ آپ اپنے پیارے کو محفوظ اور صحت مند رکھنے کے لیے کیا کر سکتے ہیں۔ دیگر والدین یا خاندان کے افراد سے رابطہ کریں جو ذیابیطس کے تجربے سے گزر چکے ہیں۔ مدد طلب کرنا آپ کے عزیز کی صحت مند زندگی میں پہلا قدم ہے۔

### والدین: یہ چیلنج آپ پورا کر سکتے ہیں

اپنے بچے یا عزیز کو ذیابیطس کے ساتھ دیکھنا ایک جھٹکے کی طرح ہو سکتا ہے،

لیکن جب یہ جھٹکا کم ہو جائے تو جان لیں کہ آپ بہت کچھ کر سکتے ہیں۔ ذیابیطس کے ساتھ روزمرہ کی زندگی کبھی کبھار چیلنج ہو سکتی ہے، لیکن یہ چیلنج آپ قابو پا سکتے ہیں۔ منصوبہ بندی اور تیاری کے ساتھ آپ اپنی روزمرہ کی زندگی میں واپس آ سکتے ہیں اور معمول کی سرگرمیاں دوبارہ شروع کر سکتے ہیں۔ آپ اپنے پیارے کی زندگی میں جسمانی سرگرمی کو روزمرہ کا حصہ بنا سکتے ہیں اور ایک متوازن غذا کا منصوبہ بھی تیار کر سکتے ہیں۔ ایسا منصوبہ جس پر ہر کوئی عمل کر سکے اور خوش رہ سکے۔ یاد رکھیں کہ ذیابیطس آپ کے عزیز کو ان کے مقاصد حاصل کرنے یا زندگی میں کچھ بھی کرنے سے نہیں روک سکتی۔ ذیابیطس کے ساتھ اولمپک کھلاڑی، پروفیشنل فٹبال کھلاڑی، سیاستدان، اداکار، راک اسٹار اور چیف ایگزیکٹو افسران بھی موجود ہیں۔ لہذا ایک گہری سانس لیں اور جان لیں کہ آپ بہت کچھ کر سکتے ہیں تاکہ آپ کے عزیز ذیابیطس کے باوجود صحت مند اور خوشحال زندگی گزار سکیں۔

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