

## Diabetes mellitus (DM)

Refers to when body can not maintain the optimal regulation of blood glucose level. This may be due to either lack of insulin hormone or resistance to available hormone. That mean body can not maintain optimal sugar control in the blood irrespective of diet.

DM developed due to lack of insulin or resistance to available insulin or both.

Mainly two types and type 2 is mostly preventable and responsible more than 90% diabetes. Increasing very rapidly due to bad lifestyle.

All are at risk when aging and active prevention is must.

80% of disease is preventable and proven in other countries.

More people are having complication when firstly diagnosed the disease due to chronic hyperglycaemia.

if somebody develop diabetes regular follow up with optimum blood sugar control is important to avoid complication

Uncontrolled diabetes will leads to acute complication like coma or more likely chronic complication like heart attack, stroke, cataract, blindness, unresolved ulcers, limb amputation, recurrent infection and increase risk of cancers.

Large part of the disease people are undiagnosed and screening and proper management is vital to avoid complication.

**If you have one or more following symptoms you have to checked your self.**

- Frequent urination or nocturea
- Unusual thirst or dry mouth
- Unexplainable weight loss
- Extreme tiredness or lack of energy
- Constant hunger
- Blurred vision
- Repeated infection
- Non healing wounds
- Burning sensation of foots
- Excessive sweating following meals

### **Tips to prevent and control diabetes**

Enjoy with balance diet

Take main three meals and two snacks in between

Don't miss the meals

Don't eat too much sugary, oily products

Eat fruits after every meals

Keep available fruits and vegetables at home

Don't store lot sugary foods inside the home like ice cream, chocolate, biscuits

Try to celebrate birthday parties with fresh fruits instead of going out and eat unhealthy diet.

Engage in daily physical activities or regular exercise

Don't smoke or consume alcohol

Control your stress

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# Hypertension

Hypertension refers to persistently elevated pressure on the circulation.

Optimal blood pressure for the healthy adult is less than **120/80mmHg**.

Beginning at 115/75 mmHg, the cardiovascular disease risk doubles for each increment of 20/10 mm Hg.

Inter-related with many other NCDs

Mostly no underlying cause, but multi-factorial with unhealthy lifestyle.

Leads many complications if uncontrolled

Cause premature death

Patients are mostly asymptomatic

Easily not traceable

## Small reduction unbelievable benefits

- Younger than 60 (reducing BP 10/5-6 mmHg)

– reduces the risk of stroke by 42%

– reduces the risk of coronary event by 14%

- Older than 60 (reducing BP 15/6 mmHg)

– reduces overall mortality by 15%

– reduces cardiovascular mortality by 36%

– reduces incidence of stroke by 35%

– reduces coronary artery disease by 18%

Mild to moderate essential hypertension is greatly asymptomatic.

High blood pressure known as silent killer.

Routine blood pressure measurement is important to early detection and proper control.

If someone is having following symptoms it may due to hypertension.

Unusual headache

Visual disturbances

Faintishness

Sweating

Somnolence

Confusion

Nausea and vomiting

## Tips to control your blood pressure

Check your blood pressure regularly.

Reduce your salt intake generally people are consuming double than recommended amounts.

Avoid tobacco smoking, chewing and alcohol.

Exercise at least 30-60 minutes daily or engage in regular physical activities until sweat.

Maintain a healthy weight (BMI 18-23kg/m<sup>2</sup>)

Eat more fresh fruits, green and yellow vegetables, whole grains, and low-fat dairy foods,

nuts and fish.  
Avoid stress

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## Cancers

Cancers are the abnormal uncontrolled cell division in the body.

Cancers can be developed in any organ.

Most commonly cancers developed in female breast, cervix, oral cavity, esophagus, kidney, bladder, skin.etc.

The most common modifiable risk factors are tobacco, alcohol, and unhealthy diet, lack of physical activity or being overweight, psychological stress.

Cancer is curable if diagnosed early. Patient presents with late stage sometime due to embarrassment or lack of knowledge.

### **What are the symptoms of breast cancer?**

The usual first symptom is a painless lump in the breast.

Changes in the size or shape of a breast.

Dimpling or thickening of some of the skin on a part of a breast.

The nipple becomes inverted (turns in).

Rarely, a discharge from a nipple occurs (which may be bloodstained).

A rare type of breast cancer causes a rash around the nipple which can look similar to a small patch of eczema.

The above symptom also caused by the benign condition as well. But the most important thing is to look for medical advice.

Early attention for the treatment will cure the disease.

### **What are the symptoms of cervical cancer?**

You may have no symptoms at first when the tumour is small. So screening is recommended after age..... to early detection

As the tumour becomes larger, in most cases the first symptom to develop is abnormal vaginal bleeding such as:

Bleeding between normal periods (intermenstrual bleeding).

Bleeding after having sex (post coital bleeding).

Any vaginal bleeding in women past the menopause.

An early symptom in some cases is a vaginal discharge that smells unpleasant, or discomfort or pain during sex.

All of the above symptoms can be caused by various other common conditions. But if you develop any of these symptoms, you should have it checked out by a doctor.

There are screening test done in the well women clinic to early detection, it is more important to participate the screening test.

## **What are the symptoms of cancer of the larynx?**

Long lasting hoarse voice is often the first symptom. If you smoke for long period better to see a doctor.

Other symptoms that may occur as the tumour grows in the larynx include: a lump in the throat, pain in the throat when swallowing, difficulty with breathing. These symptoms may occur before a hoarse voice develops if the tumour does not start next to the vocal cords. If the cancer spreads to local lymph nodes (lymph glands) then the nearby glands in the neck will swell.

## **Tip to prevent most of cancers**

Avoid tobacco smoking and chewing

Manage the healthy weight (<22kg/m<sup>2</sup>)

Engage in physical activities at least 30min per day

Avoid psychological stress

Drink plenty of water