



The Need for Earliest Art of Counselling Centres to Diabetics for Prevention of Many Complications and Progression of Number of Cases

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Purpose

World is facing two global challenges. November 14 is world diabetes prevention day. India is showing number one progression of diabetic cases. Doctors educate other doctors and manage complications - concept alone is not sufficient to prevent progression of diabetic cases. Let us educate patients with the help of government by giving statistics to government and necessary guidelines.

Incidence

Need of importance depends on incidence. Study of International diabetic federation 2019 Atlas shows half billion diabetics worldwide. If this continues by 2045, incidence may rise to 700 millions. Type2 diabetes is 90% of all diabetics. As per WHO study, in 2016, 1.6million deaths happened because of diabetes. So, it is our responsibility to counsel to prevent complications.

History

Egyptian physician, Hesy-Ra in 1552 B.C. noted frequent urination. Hindu physician, Sushruta in 600 B.C. noted madhumeha or honey urine – ants were attracted. He preferred diet control and exercise were treatment. In 150 AD by Greek physician Arateus of Cappadocia quoted that melting down of flesh and limbs into urine which causes frequent urination. Strengthening the stomach by drinking dry wine was recommended. In 5th century- type 1 and 2 diabetes noticed by physicians in India who also said that overweight connection with type 2 diabetes. Middle aged diabetics were tested for uroscopy and water testers. Because of honey tasting disease, it was renamed to diabetes mellitus. In 16 and 17th century, French physician, Apollinaite Bouchardet noted that army diabetic personnel improved with war related foods. Oskar Minkowski and Joseph von Mering discovered the link between the pancreas and diabetes in 1889. In 1910, link between type1 diabetes and lack of insulin was confirmed. HbA1c is the most com-

mon method of blood sugar levels. Fasting plasma glucose test, oral glucose tolerance test and capillary glucose test were done before HbA1c.

Materials

Art of counselling in patient language:

- Control of taste buds
- Automatic production of insulin its loss of automaticity
- Explanation of dietary DM
- Foods carbohydrate calories as per the weight
- Glucose metabolism importance
- Weight importance and need of calories and loss of automaticity supplement either or orally.
- Krebs cycle and ATP knowledge
- Normal structure of blood vessel wall and pathogenesis of blood vessel abnormality
- How hypertension adds to damage.
- Medical and surgical procedures
- Laser knowledge
- Intra vitreal injections of VEGF knowledge

If you educate in this way with a little financial expenditure, most of the complications can be prevented. It is not like cancer. Driving in automatic car and non automatic car reachable point is the same.

Methods

Through TV, Diagnostic centres, Rotary club and Lions club lectures, adopting techniques, mobile photo display, various photos presentations, follow ups, charity help for supply of medicines, pamphlets. Show the statistics to government and make certain laws to stabilise progression of cases.

Results

Need of counselling centres for diabetic patients and time related follow up needed to prevent complications and arrest the progression of new cases.

Conclusions

In the beginning ,diabetic patients resist, but after seeing photos definitely follow.