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Smoking and drinking may increase hypertension, diabetes risk

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Hypertension and diabetes are the highest in Chennai, Mumbai and Bengaluru, according to a study by eKincare, a healthcare startup. The report says that prevalence of risk factors is high among young professionals in Mumbai and Hyderabad.

"Our lifestyles are changing, and so are the health risks. Young professionals, in their 20s and 30s, are battling lifestyle diseases like diabetes and hypertension. The key is to identify the risk factors and ensure timely intervention to reduce complications that can lead to morbidity and ever-increasing healthcare expenditure. Not many people realise that even occasional smoking and alcohol consumption can significantly increase the risk of hypertension and diabetes," said Kiran Kalakuntla, Founder, eKincare.

"Prevention is always better than cure. A healthy lifestyle and healthy diet can prevent hypertension. Forty five minutes of brisk walk daily, avoiding excess salt and having two servings of fruits everyday are some practical tips. Smoking and regular alcohol intake should be curtailed. Those who have hypertension must have their medication regularly, and periodic follow-ups with the doctor will help detect complications early," said Dr Vivek K Nambiar, Head, Division of Stroke, Amrita Institute of Medical Sciences, Kochi.

“Hypertension, PCOS, hypothyroid, osteoporosis, diabetes, high cholesterol, cardiovascular disease, cancer and all seemingly unrelated diseases have one thing in common - fast raising insulin levels! Insulin rises in the body because of insulin resistance. And insulin resistance increases because of excess fat, excess acid and insulin like growth factor (present in milk and all dairy products). Hence, to reverse all these diseases, we need to reduce insulin resistance with a whole food plant based diet and right exercise,” said Dr Pramod Tripathi, creator of Freedom from Diabetes Program on behalf of Federation of Indian Animal Protection Organisations (FIAPO).

People with diabetes are more likely to develop hypertension and high blood pressure is known to increase the risk of developing diabetes