

## Anil Kumble launches 'Let's Defeat Diabetes' campaign in Karnataka

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According to international statistics, India currently has the second highest number of people with diabetes in the world with 72.3 million people and will be 'Diabetes capital of the world' with 134.3 million people by the year, 2045.



It is no secret that when it comes to diabetes, 50% of the Indian diabetes population are unaware of their condition and this negligence is high among rural population due to lack of access to quality diabetes care. According to international statistics, India currently has the second highest number of people with diabetes in the world with 72.3 million people and will be 'Diabetes capital of the world' with 134.3 million people by the year, 2045.

*The power to Defeat Diabetes lies in our hands.* With this message, India's leading diabetes experts, Dr. Mohan's Diabetes Specialties Centre (DMDSC) launched 'Let's Defeat Diabetes' - a public initiative that aims at educating the individuals in Karnataka about diabetes. This initiative encourages people in the state to understand their risk of diabetes and take the pledge to adopt healthy practices that helps in defeating diabetes not just for themselves but for others around them.

Extending their support to the cause, former cricketer and *Padma Shri* awardee - Mr. Anil Kumble along with the team of DMDSC, Dr V. Mohan, Dr. Ranjit Unnikrishnan and Dr. R.M. Anjana took the pledge to defeat Diabetes.

"Unfortunately there's a lot of diabetes cases everywhere in India," said Dr. V. Mohan, Chairman & Chief Diabetologist, Dr. Mohan's Diabetes Specialities Centre. "We are taking 'Let's Defeat Diabetes' initiative to every part of the nation to spread awareness as Diabetes is taken very lightly in our country despite the fact that it is the 7<sup>th</sup> leading cause of death in India. The progression from pre-diabetes to diabetes can be stalled successfully if the individual adopts a simple BLUE formula i.e. Blood Checks, Lifestyle changes, Understanding your food and Exercise. With proper treatment plan and lifestyle modification, patients can live a long and disease free life."

Commenting on this initiative, Mr. Anil Kumble said, "India is at high risk for Diabetes and we need to address this immediately. Every one of us needs to take steps to manage it. 'Let's Defeat Diabetes' campaign is a commendable initiative taken up by Dr. Mohan's Diabetes Specialities Centres. Our health is our responsibility and I would urge every individual to come forward and take the pledge to defeat diabetes."