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"People with diabetes need to be more careful during COVID-19"- Dr S K Wangnoo

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Dr S K Wangnoo, Head, Apollo Centre for Obesity, Diabetes and Endocrinology, Indraprastha Apollo Hospital, New Delhi talks about the risk of coronavirus among people with diabetes



“In the current COVID-19 pandemic situation, people with diabetes should be particular about maintaining a good glycemic control by taking prescribed medicines regularly, including insulin as recommended by the treating physician. Insulin is the only pharmacological therapy for people with type 1 diabetes, and a better alternative in people with type 2 diabetes uncontrolled on 2-3 oral anti-diabetic drugs. Insulin maintains good metabolic control. As we approach 100 years of insulin discovery, accessibility of this life saving medicine is still a challenge in several parts of the world and in a good gesture of responsibility, Novo Nordisk India has reduced the price of Ryzodeg™ by 30%, a new generation insulin analogue.In addition to the medication, people with diabetes should focus on healthy diet and monitor their glucose level at regular interval. Elderly people with diabetes and heart related conditions are more vulnerable to COVID-19.The risk of coronavirus among people with diabetes is up to 50% higher and they are more likely to experience severe symptoms and complications when diagnosed with COVID-19."

-**Dr S K Wangnoo, Head, Apollo Centre for Obesity, Diabetes and Endocrinology, Indraprastha Apollo Hospital, New Delhi**