



prerana
An inspiration for better health

October 2019 Issue

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ANUSHA HONNAIAH
Yoga champion
Lives with type 1 diabetes

Would you like to be featured as an inspiration? Check the last page.

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ABOUT PRERANA

Running for over 20 years, Prerana is one of India's oldest patient education magazines. With every issue we aim to provide people with diabetes the latest information in diabetes care, useful tips and expert advice. If you have a query or a story to share, please reach out to us at

indiacommunications@novonordisk.com

UNDERSTANDING HbA_{1c}

What is HbA_{1c}? Is it the same as haemoglobin (Hb)?

No. The term HbA_{1c} means glycosylated haemoglobin. Haemoglobin, a protein within red blood cells, joins with the glucose in the blood and thus becomes 'glycosylated'. The amount of glucose that combines with haemoglobin is directly proportional to the total amount of glucose that is there in your system during the life cycle of the red blood cells. So the glycosylated haemoglobin (HbA_{1c}) level reflects the average blood glucose control over the past 2-3 months corresponding to the life-cycle of red blood cells.

Why is HbA_{1c} an important test?

When we check fasting or random blood glucose levels, we get to know the blood glucose levels at that point in time. Blood glucose levels keep changing based on your diet, exercise, medication and many other factors. When we check HbA_{1c}, it gives the idea about average blood glucose control for the last 2-3 months. Its a great indicator and helps to monitor your therapy for better results.

Which test is essential: Regular finger-stick test or HbA_{1c} test?

Both the tests are essential. Fasting plasma glucose (FPG) and postprandial plasma glucose (PPG) levels are needed for monitoring short-term treatment changes as these tell how well a person is doing at that point of the day. An HbA_{1c} test provides information that FPG and PPG can't because it represents long-term treatment compliance and outcomes.

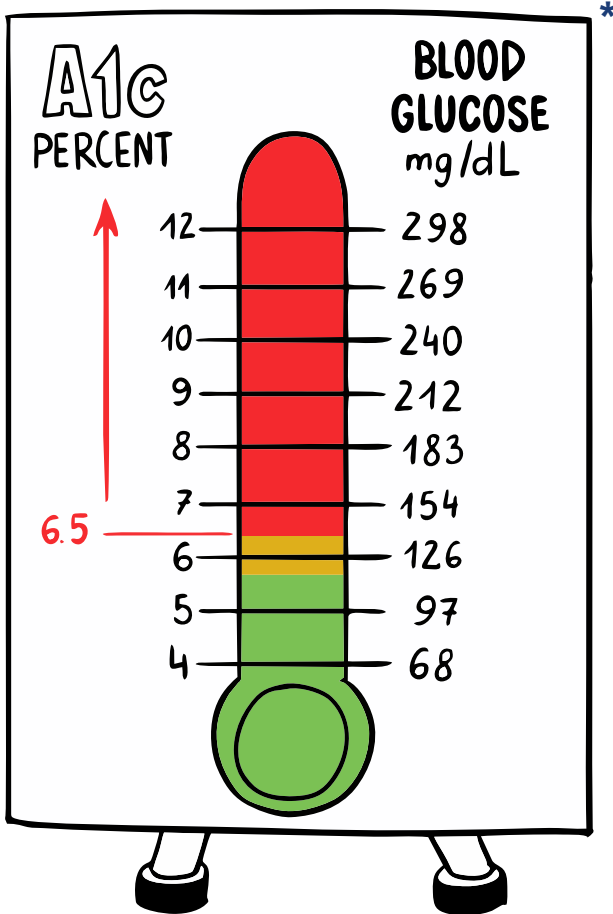
What is the best time to perform an HbA_{1c} test?

It can be done at any time. The best thing is that one need not fast for an HbA_{1c} test¹. It needs to be done once every 2-3 months.

There are few days when my blood glucose levels were high due to an infection or travel, will my HbA_{1c} level be high?

Yes, but any activity or glucose levels during the most recent 6 week period will have a greater influence on the A1c result compared to levels from the prior six weeks².

What does your HbA_{1c} level mean?



THE KEY TO LIVING WITH DIABETES IS TO UNDERSTAND HOW DIABETES AFFECTS THE BODY.

Diabetes treatment plan varies from person to person. Diet, exercise, medicine and monitoring are four pillars for keeping an even balance of glucose and insulin in the blood at all times. The best way to cope with diabetes is to take an active part in treatment plan and make informed decisions in various day to day situations in life. Ask your doctor for treatment appropriate to maintain HbA_{1c} less than 7.

*For Information purpose only. The content is not intended to be a substitute for professional medical advice.

DIABATES CONCERNS EVERY FAMILY.


world diabetes day
November 14

Let's support each other in changing diabetes.



The International Diabetes Federation (IDF) and the World Health Organization (WHO) created **World Diabetes Day** (WDD) as a response to the growing worldwide challenge of diabetes. World Diabetes Day became an official United Nations Day in 2006. It is observed every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

The theme of WDD in 2019 is "Protect Your Family." Diabetes can have a social, emotional and financial impact on not just individuals but also their families and wider ecosystem. This WDD let's pledge to support each other in changing diabetes.

HEALTHY EATING: LOW-CARB CUTLETS



Who says eating healthy can't be tasty? Have a look at a low-carb cauliflower cutlet recipe for a quick, tasty snack. If you have a recipe to share, send it to indiacommunications@novonordisk.com

INGREDIENTS

- 1/2 of a medium cauliflower, grated
- 1/2 cup paneer crumbled
- 2 small cubes of cheese grated
- 7-8 cloves garlic, finely chopped
- 1-inch piece ginger, scrubbed or peeled and grated
- 1 green chilli, finely chopped
- Small handful coriander leaves, finely chopped
- 2 table spoon sattu (Roasted gram flour)
- 1 teaspoon psyllium husk powder (Isabgol)
- 1/4 tsp chaat masala
- 1 tsp dhania powder

- 1/4 tsp chilli powder- optional
- 1 lime
- salt, to taste

You can add other vegetables like carrot, capsicum, bell peppers, methi leaves, zucchini finely chopped or grated of your choice.

METHOD

1. Put all the ingredients in a large bowl and mix.
2. Make small balls of equal size.
3. Using hands to flatten them
4. Put little oil on both sides and you can fry them on hot tawa or in an air fryer.

Serve with green chutney for more compliments.

STARCH EXCHANGE LIST

One starch exchange contains approximate 15 grams of carbohydrate, 2-3gm protein, 0-1 gm fat and 80 calories. Whole grains are always a better choice¹.

Bread 1 slice medium = 1 chapatti around 6 inches = Idli 3 inch round



1 plain dosa = rice 1/3rd cup = 1 small potato



Oats ½ cup = 4 marie biscuit* = 3 glucose biscuits



2 rusk = 3 cup popcorns without fat = 1/2cup pasta or noodles



Dhokla 1 square = 6 plain pani poori = ½ hot dog



1. Misra R. (2011). Indian foods: AAPI's Guide to Indian Foods:

AAPI's Guide to Nutrition, Health and Diabetes, 2nd edition, Allied Publishers, Chennai, ISBN: 978-81-8424-687-2, pp. 88-94.

*Product labels

MEET OUR INSPIRATION: ANUSHA HONNAIAH, YOGA CHAMPION

Anusha was diagnosed with diabetes in 2009 when she was just six years old. She was not feeling well and was losing weight despite eating more food. Her mother was surprised with this development and she took her to the hospital. The doctor asked the mother for a few blood tests. When the test results came, Anusha's sugar levels were 630 mg/dl. In the meantime, her condition had worsened and she went into a coma. Anusha's parents admitted her to the hospital. While she was undergoing treatment for diabetic ketoacidosis, her thyroid hormonal levels were also found to be low. When she was discharged, she was prescribed insulin three times a day and a tablet for thyroid disease. The

whole family was very disturbed. At that time, one of her uncles took her to yoga classes. Since she was a small child, her mother and brother also joined the same class. As time passed, Anusha's physical strength increased and she started taking part in running events. Initially the sports teachers were slightly reluctant, but Anusha's mother took the responsibility. Her achievements soon astonished everyone. She is a state level gold medallist and national level silver medallist in yoga. She is also a state level athlete who has won many medals. According to Anusha, "It is because of my mother's dedication and care and the support from my doctor that I have achieved so much."

**Would you like to be featured on the cover of Prerana as a role model?
If yes, send a high-res photo of yourself with a short-up of yourself to
indiacommunications@novonordisk.com**

MISHTI MEETS ANIL KUMBLE



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