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PODCAST TRANSCRIPT TEMPLATE

ID	Photo	Title	Name	Designation	Department	Posdcast Title	Category 1. Public Education and Awareness 2. Continuing Medical Education 3. Day Celebrations 4. Research and Innovations	Transcript PDF / DOC
**		Mr.	Balakrishna Pai.R	Assistant Professor	Biochemistry	Diabetics Awareness - Know It, Prevent It, Control It .	Day Celebration	PDF

** Will be assigned by PODCAST committee

Can be sent as separate attachment.

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Name of Resource person: Mr. Balakrishna Pai.R

Podcast Title:
Diabetics Awareness - Know It, Prevent It, Control It

Department: Biochemistry

Category: (Select relevant category)
Public awareness/ Continuing medical education/ Research& innovation/ **Day celebration**

TRANSCRIPT

Namaste and warm greetings from **Sri Manakula Vinayagar Medical College and Hospital, Puducherry**. I am Balakrishna Pai. R, Assistant Professor from the Department of Biochemistry
Welcome to our health-awareness podcast.

Today, I am going to talk about a condition that affects millions of people and is becoming increasingly common in our communities —Awareness about **diabetes mellitus**. a very common health condition that affects millions of people worldwide.

Diabetes Awareness: Know It, Prevent It, Control It

You may have heard someone say, *"I have sugar."*

It is a chronic metabolic condition that, when not properly managed, can affect several organs of the body.

But, what exactly does that mean?

More importantly, how can we prevent diabetes and its complications?

Let us understand it in a simple way.

What is diabetes?

Diabetes occurs when the level of glucose, or sugar, in our blood becomes higher than normal.

Glucose is an important source of energy for our body. The hormone **insulin**, produced by the pancreas, helps glucose move from the bloodstream into our cells, where it can be used for energy.

In diabetes, either the body does not produce enough insulin, or the body does not respond effectively to insulin.

This results in increased blood glucose levels.

There are different types of diabetes. **Type 1 diabetes, type 2 diabetes, and diabetes during pregnancy (gestational diabetes.)** are some of the important forms.

Among adults, **type 2 diabetes is the most common form**.

Why should we be concerned about diabetes?

One of the challenges with diabetes is that a person may have high blood sugar for a long time without obvious symptoms.

Some people may experience increased thirst, frequent urination, increased hunger, unexplained weight loss, tiredness, blurred vision, or recurrent infections.

But importantly, **the absence of symptoms does not mean that blood sugar is normal**.

If diabetes remains uncontrolled for a prolonged period, it can damage blood vessels and nerves and increase the risk of complications involving the **eyes, kidneys, heart, brain, and feet**.

That is why early detection and proper management are so important.

Who is at risk?

You may have a higher risk of developing type 2 diabetes if you:

Have a family history of diabetes,

Are overweight or have obesity,

Do not get enough physical activity,

Frequently consume foods and drinks high in added sugars and calories,

Have high blood pressure or abnormal cholesterol levels,

Or have had diabetes during pregnancy.

Having one or more of these risk factors does not mean that you will definitely develop diabetes..

Family history is important, but having a family member with diabetes does not mean that developing diabetes is inevitable.

However, it does mean that you should pay greater attention to your health and discuss appropriate screening with a healthcare professional.

Our lifestyle and other risk factors also play an important role.

Can type 2 diabetes be prevented?

The good news is that **many lifestyle changes can reduce the risk of type 2 diabetes**

In many people at high risk, the development of type 2 diabetes can be delayed or prevented through healthy lifestyle practices.

A healthy lifestyle does not mean following an extreme diet or spending hours in the gym.

It can begin with simple, sustainable changes.

Choose more vegetables, whole grains, pulses and other high-fibre foods.

Limit foods and drinks that are high in added sugars.

Be mindful of portion sizes.

Regular physical activity — such as brisk walking, cycling, swimming, or other activities that you enjoy — can help maintain a healthy weight and improve the body's response to insulin.

You do not have to change everything overnight.

Small changes, done consistently, can make a meaningful difference.

And remember — **consistency is more important than perfection.**.

What about screening?

Diabetes can often be detected through simple blood tests.

People who have risk factors for diabetes should discuss screening with a healthcare professional.

Depending on the individual, tests such as **fasting blood glucose or HbA1c** may be used to assess blood glucose levels.

Early detection gives us an opportunity to take action before complications develop.

If you already have diabetes

A diagnosis of diabetes does not mean that you cannot lead a healthy and active life.

Diabetes can be managed.

The important steps include taking prescribed medications correctly, following an appropriate eating plan, remaining physically active, monitoring blood glucose when advised, attending regular medical appointments, and keeping track of important health checks.

Do not stop or change your diabetes medication without discussing it with your healthcare professional.

In addition, never hesitate to ask questions.

Understanding your condition is an important part of managing it.

A message for families

Diabetes management is not only the responsibility of the individual.

Family members can provide valuable support by encouraging healthy eating, physical activity, regular medical follow-up, and medication adherence.

Support should be encouraging rather than judgmental.

Instead of saying, *"You should not eat that,"* we can say, *"Let us choose a healthier option together."*

The message we should remember

Let us remember five simple points:

Know your risk.

Check your blood sugar when appropriate.

Choose a healthy lifestyle.

Take treatment as prescribed.

And most importantly, **do not ignore diabetes or its warning signs.**

Diabetes is a chronic condition, but with awareness, early detection, appropriate treatment, and healthy habits, it can be effectively managed.

And one final message:

Diabetes is not something to fear or hide. It is something to understand and manage.

Early detection, healthy habits, appropriate treatment and regular follow-up can help protect your health and quality of life.

Thank you for listening to our institutional health-awareness podcast.

Stay informed, stay active, and take care of your health.

Signature of the Resource Person

Signature of the HOD

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