

INTERNATIONAL CONFERENCE ON DIABETES AND CHOLESTEROL METABOLISM  
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2<sup>nd</sup> INTERNATIONAL CONFERENCE ON OBESITY AND DIET IMBALANCE  
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## **Incorrect informations affecting the outcome of treatment - A survey conducted among Indian people regarding diabetes knowledge**

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India is home to over 60 million adults with diabetes (7.8% of the population), of which more than 30 million are undiagnosed or untreated, thus increasing the risk of developing complications and premature mortality. Given the challenges in early detection and management of diabetes, it is imperative to seek innovative ways that help to expand the reach of health literacy and services among the general population and high risk groups, while also improving management and quality of life in confirmed diabetics. In September 2019, we planned & conducted a survey at pan India level through various medical colleges OPD. This survey is conducted in 63 medical colleges with the help of first year & second year MBBS students. We planned a short survey and responses taken into Google survey sheet. Total 4725 candidates participated in survey & the selection of these candidates was random. The survey outcome is -

### **Some very popular diabetes related myth taken into consideration:**

- People with diabetes cannot lead a normal life – Yes (79%); No (18%) No idea (3%)
- Diabetes is more common in Men – Yes (56%); No (31%) No idea (13%)
- Testing urine sugar alone is sufficient for diagnosing diabetes – Yes (9%); No (61%) No idea (30%)
- People with diabetes should not donate blood – Yes (88%); No (4%) No idea (8%)
- Diabetes can be cured – Yes (59%); No (28%) No idea (13%)
- All types of diabetes are same – Yes (39%); No (28%) No idea (33%)
- Diabetes does not develop after 60 years – Yes (27%); No (21%) No idea (52%)
- People with Type 1 diabetes have short span of life – Yes (89%); No (8%) No idea (3%)
- People with diabetes should not travel – Yes (45%); No (51%) No idea (4%)
- Drugs for diabetes should never be withdrawn – Yes (66%); No (13%) No idea (21%)
- We can relax the diet regimen when diabetes is under good control – Yes (59%); No (31%) No idea (10%)
- Fruits are to be avoided – Yes (89%); No (4%) No idea (7%)
- Consumption of sugar may cause diabetes: Yes (81%); No (9%) No idea (10%)
- Bitter fruits & Herbs can cure diabetes completely: Yes (72%); No (8%) No idea (20%)
- Some forms of yoga can cure diabetes: Yes (61%); No (19%) No idea (20%)
- Insulin treatment is last resort in diabetes treatment: Yes (99%); No (1%) No idea (0%)

The survey reveals very interesting data & shows us the impact of awareness on treatment outcome. These are various misconceptions regarding diabetes in the common population. In conclusion, proper diabetes management should include a better counseling to patients and relatives & some printed form of information should also be given to the patient to circulate in his or her near vicinity to educate others. Empower the patient with right knowledge for better treatment outcome. Keep the patient in touch & ask about treatment compliance.

### **Biography**

Geetendra Singh Dhanawat has completed MBBS from GMC Bhopal and Master of Medicine from CMC Vellore. He has completed PG in diabetology from John Hopkins Medical School, USA. He is a well-known renowned diabetologist in Mumbai, India. He is the director of Aditya Bharti Centre for Diabetes & Family medicine, located in BKC, Mumbai. He has published several papers in reputed journals