Diabetes is fast gaining the status of a potential epidemic in India with more than 62 million diabetic individuals currently diagnosed with the disease- said Dr C.S.K

Diabetes is due to either the [pancreas](https://en.wikipedia.org/wiki/Pancreas) not producing enough [insulin](https://en.wikipedia.org/wiki/Insulin) or the [cells](https://en.wikipedia.org/wiki/Cell_(biology)) of the body not responding properly to the insulin produced. There are three main types of diabetes mellitus:

* [Type 1 DM](https://en.wikipedia.org/wiki/Diabetes_mellitus_type_1) results from the pancreas's failure to produce enough insulin. This form was previously referred to as "insulin-dependent diabetes mellitus" (IDDM) or "juvenile diabetes". The cause is unknown.
* [Type 2 DM](https://en.wikipedia.org/wiki/Diabetes_mellitus_type_2) begins with [insulin resistance](https://en.wikipedia.org/wiki/Insulin_resistance), a condition in which cells fail to respond to insulin properly. As the disease progresses a lack of insulin may also develop.[[6]](https://en.wikipedia.org/wiki/Diabetes_mellitus#cite_note-6) This form was previously referred to as "non insulin-dependent diabetes mellitus" (NIDDM) or "adult-onset diabetes". The primary cause is excessive body weight and not enough exercise.
* [Gestational diabetes](https://en.wikipedia.org/wiki/Gestational_diabetes), is the third main form and occurs when pregnant women without a previous history of diabetes develop a high blood-sugar level According to Dr.C.Sharath Kumar, Director & Chief Fertility Surgeon, Mediwave IVF & Fertility Research Hospital, Mysore,

On the occasion of World Diabetes Day as observed on 20 November 2015, Friday, at Mediwave IVF & Fertility Research Hospital, in association with Mysore Clinical Society and Fourrts India laboratories Pvt Ltd, and Mysore Elite Round Table-256 a Free Diabetes Check up Camp was conducted.

There is no known preventive measure for type 1 diabetes.

Type 2diabetes can often be prevented by a person being abnormal, physical exercise, and following a healthful diet.

Dietary changes known to be effective in helping to prevent diabetes include a diet rich in [whole grains](https://en.wikipedia.org/wiki/Whole_grain) and [fiber](https://en.wikipedia.org/wiki/Fiber), and choosing good fats, such as [polyunsaturated fats](https://en.wikipedia.org/wiki/Polyunsaturated_fat) found in nuts, vegetable oils, and fish.

Limiting sugary beverages and eating less red meat and other sources of [saturated fat](https://en.wikipedia.org/wiki/Saturated_fat) can also help in the prevention of diabetes.

Active smoking is also associated with an increased risk of diabetes, so [smoking cessation](https://en.wikipedia.org/wiki/Smoking_cessation) can be an important preventive measure as well. As said by Dr C. S K

Photo Caption:



From left to right,

Smt.Malini, Asst Professor, Dept. Of Zoology, University Of Mysore,

Smt.ChutukuSiri Rathna Halappa Gowda, Thimaiah Rtd Director, Health & Welfare Office, Govt. Of Karnataka,

Dr. Lakshmi Narayan, Founder Sri Hari Diabetic Foundation, Kuvempu Nagar, Mysuru,

Dr C Sharath Kumar Director & Chief Fertility Surgeon, Mediwave IVF & Fertility Research Hospital, Mysore,

Dr.M.G.RUrs Hon. Secretary, Mysore Clinical Society,

Dr S Ravikumar, Chairman, Mysore Elite Round Table-256 &

Dr Priyanka Ravikumar OBG Specialist, Mediwave IVF & Fertility Research Hospital, Mysore,