

Diabetes & COVID

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With every passing month, we learn more about the close links between COVID, a communicable disease, and diabetes, a Non-Communicable Disease (NCD).

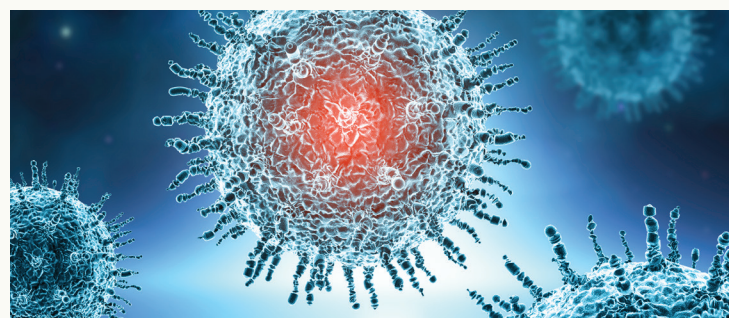


People with underlying diabetes are at higher risk for more negative health outcomes from COVID. If infected with COVID, people with diabetes are more likely to get severe COVID disease, require hospitalizations and need ventilators. The risk of dying from COVID is higher for people with diabetes and underlying NCDs.



There are suggestions in scientific papers that COVID may lead to diabetes or to prediabetes, but we need more research to understand this better.

- Monitoring blood sugar levels in COVID patients admitted to hospitals is now becoming standard protocol.
- Some COVID treatments such as steroid use can cause higher blood sugar levels and lead to diabetes.
- Diabetes may also lower immunity over the long haul, and what the combination of COVID and diabetes may do to long-term health remains unclear.



As observed in the raging 2021 COVID surge in India, people with diabetes and COVID, are more likely to get black fungus or mucormycosis. This is partly because of overuse of steroids to treat all COVID patients (even when they don't need steroids). This can exacerbate high sugar levels especially in those with diabetes, further weaken the immune system and allow the fungal spores, found in the soil, to get an opportunistic foothold in the patient's body.

Uncontrolled diabetes leads to heart disease, kidney disease, foot amputations and blindness, and to premature death.



Vaccination is the smart way out of the COVID crisis. Once coronavirus transmission is halted because of vaccination of the majority of the population, the virus can't replicate, can't mutate and form new variants. Vaccination with the remarkably effective vaccines we have, is the best tool our generation has right now against the virus and its variants. Additionally, use of masks and physical distancing are helpful measures, as is following the advice of doctors.



At the same time, let us not forget that the smart solution to preparing our bodies to ward off poor health including COVID, diabetes and its complications, black fungus etc. is to lead healthy lives: i.e., eat right (in other words, eat balanced meals in the right portions), exercise, and avoid tobacco. **In fact, according to the World Health Organization, the simple lifestyle changes can help prevent 80% of type 2 diabetes, 80% of heart disease and 40% of cancers.**

Healthy eating and exercise also help us get grounded, cope with the panic and fear and anxiety caused by COVID, boost immunity and improve our overall well-being. Healthy living is the way we as a generation can put our best foot forward and **Build** ourselves, our families and communities, our companies and cities, and our entire world **Back Better**.

Check out Arogya World's community based approach to disease prevention and its various programs and tools to help people from all walks of life lead healthy lives.

www.arogyaworld.org