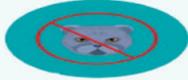


# SUNDAY

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## How to manage diabetes during festivals

During the festival season, which spans from October to January in India, the vibrant celebrations can pose a significant challenge for individuals with certain health conditions, especially those living with diabetes. It is crucial for people with diabetes to remain focused on their treatment and management goals throughout this festive period. In view of the concerns around chronic diseases like diabetes, Dr. Kalyan Kumar Gangopadhyay, consultant, Endocrinology at CMRI, advises on managing blood sugar amidst festive feasting and fasting.

### What hazards await diabetes patients during festivals?

The festival season entails a mix of fasting and feasting. Many individuals with diabetes choose to fast for varying durations during this time. Fasting can lead to a severe condition known as hypoglycemia, characterized by dangerously low blood sugar levels (below 70 mg/dl). Hypoglycemia can have severe consequences, including potential fatality and long-term effects, making it imperative to avoid at all costs. Symptoms of hypoglycemia include sweating, tremors, hunger, dizziness, palpitations, and, in severe cases, confusion, drowsiness, and unconsciousness. If the patient is conscious, they should promptly consume 15 grams of glucose or sugar, followed by snacks such as fruits, biscuits, or sandwiches. It's recommended to check blood glucose levels 15 minutes after sugar intake to ensure they have risen to at least 90mg/dL. If not, further sugar intake is necessary. In cases of unconsciousness or severe drowsiness, immediate hospitalization is essential.

### Should diabetes patients fast during festivals?

In an ideal scenario, individuals with diabetes should avoid fasting, as no religion mandates fasting for those with medical conditions. However, if someone strongly desires to fast, they should consult their diabetes doctor. Some anti-diabetes medications carry a low risk of hypoglycemia, and in such cases, the doctor may temporarily adjust the medications to include those with the lowest risk of hypoglycemia. Nevertheless, patients on insulin and sulfonylurea drugs remain at a higher risk of hypoglycemia during fasting.



### Do diabetes medications need adjustments during the festival season?

Engaging in a discussion with your diabetes doctor before the festivities can help in stabilizing blood sugar levels during the festival season. Minor adjustments to medications may be

necessary, especially for those on insulin. On some occasions, your doctor may recommend extra rapid-acting insulin on days with higher food consumption. Adhering to a regular medication schedule and maintaining a meal routine as close to the usual schedule as possible is of utmost importance.

### Should diabetes patients consume sweet products during festivals?

Maintaining a balanced approach to food consumption is essential. If you occasionally indulge in sweets, reduce the consumption of carbohydrates (rice, roti) for that specific meal to minimize blood sugar spikes. Carbonated "cold drinks" can significantly raise blood sugar levels, so they should be replaced with low sugar "diet" drinks. Sugar-free products can be consumed in moderation, and sucralose, a heat-resistant sugar-free sweetener, can be added to hot drinks.

### What food choices are best for diabetes patients during festive times?

Carbohydrates are the primary food type that causes blood sugar to rise, so it's important to consume less high-carb foods. Instead, increase the intake of vegetables (excluding high-carb ones like potatoes), lentils, and fish. Including ample salad and boiled vegetables before a meal provides a sense of fullness, reducing the consumption of high-carb and fried foods. Reducing portion sizes and incorporating a variety of food groups is advisable. Patients with diabetes can enjoy up to two servings of fruit per day, making fruit-based desserts preferable to sugar-based ones. Post-meal walks aid in burning extra calories. The exertion during festivals may lead to dehydration, so it's crucial to stay adequately hydrated. If consuming alcohol, do so in moderation (not exceeding two "standard pgs" in 24 hours), and avoid drinking on an empty stomach to prevent hypoglycemia.

There's no reason why individuals with diabetes cannot savor the festivities during the festival season. Nowadays, the term "Diabetes diet" has evolved into "Healthy diet," making the above advice equally applicable to the general population without diabetes. Nevertheless, it's crucial to regularly monitor blood sugar levels for individuals with diabetes. Be mindful of your blood sugar levels amidst the festivities, striking a balance between indulgence and healthy choices. Regular monitoring and moderation can help you enjoy the celebrations while keeping your health in check.

Wishing everyone a joyful and healthy festive season!

## Nutrients that are indispensable for your child's growth potential

It can be challenging for families when their kid falls behind on the growth curve. When this happens, it's only natural for parents to want to see their child catch up on their weight and height. If you find yourself in this situation, don't lose hope. You can take action to help get your child back on track.

Childhood malnutrition, which is either a result of undernutrition or overnutrition, is detrimental to a child's overall development. It casts a long shadow over global health, affecting one in three individuals worldwide. A common form of malnutrition among kids is stunting, where they are below a healthy height for their age. Today, across the world, there are approximately 149 million stunted children below the age of five. In fact, a report by the World Health Organization shows that India accounts for nearly one-third of the global childhood stunting burden with 40.6 million children stunted under the age of five.

### Nutrition Matters: Unlocking the potential of child growth

It all starts with nutrition. Proper nutrition provides the essential building blocks to help children grow, learn, thrive, and meet important milestones. Undernutrition can be caused by inadequate dietary intake, poor nutrient absorption and/or poor nutrient utilization. It can have serious consequences for kids, a risk of immune deficiencies, compromised cognitive function, behavioral problems, diminished bone health, and decreased muscle mass.

Hence, addressing nutrient deficiencies early helps them reach their full growth potential. Complete, balanced nutrition is essential for growth, cognitive development, and immune function. The solution can be simple – finding ways to incorporate good nutrition in children's diets can go a long way.

Dr. Ganesh Kadhe, Director, Medical and Scientific Affairs says, "Parents and caregivers should continually assess their child's growth and speak with a healthcare professional if they believe their child is falling behind. Sometimes, nutritional supplement drinks can help bridge nutritional gaps and enhance the absorption of essential vitamins and minerals from foods. Parents and caregivers should consult their child's doctor to determine the suitability of a nutritional supplement drink."



### Key nutrients that play a role in child's growth

**Calcium:** Acts as a foundation for bone and dental health, and is needed by the body for muscle contraction, blood circulation, and nerve communication. Foods high in calcium include dairy products such as milk, yogurt, and cheese. For those who are lactose intolerant, alternatives like fortified plant-based milk (soy milk, almond milk) can be considered. Green leafy vegetables like spinach and fenugreek (methi) are also good sources. Additionally, Vitamin K2 promotes calcium absorption and utilization in bones.

**Vitamin D:** Referred to as the "sunshine vitamin", this is a unique nutrient synthesized by our bodies through sunlight exposure. Vitamin D levels are necessary to increase the efficiency of calcium absorption. Apart from its collaborative role with calcium in fortifying bones, Vitamin D also contributes to bolstering children's immune systems. Some dietary sources of vitamin D include fatty fish like salmon, mackerel, and sardines. Fortified dairy products like milk and cereals can contribute as well.

**Zinc:** Supports immune cells and plays a pivotal role in proper growth, especially during childhood. Foods rich in zinc include legumes like lentils and chickpeas, nuts (especially cashews and almonds), whole grains like wheat and rice, and dairy products.

**Vitamin A:** Ensures healthy skin, mouth, and lungs, crucial for fighting infections and maintaining vision. Foods high in vitamin A include orange and yellow fruits and vegetables like carrots, sweet potatoes, and mangoes.

**Protein:** Building blocks for cells, muscles, and hormones, aiding muscle development and satiety. Good protein sources include lentils, beans, chickpeas, tofu, paneer (Indian cottage cheese), lean meats like chicken, and dairy products.

**Fluids and Electrolytes:** Vital for lubricating joints, removing waste, and temperature regulation. Along with water, coconut water is a natural source of electrolytes. Traditional Indian beverages like buttermilk (chaas) and lemonade can also help with hydration and electrolyte balance.

## Home fragrances, décor trends to bring in the festive feels at home

With the festive season approaching, people prepare their homes to welcome their loved ones and celebrate the joyous occasion. One of the essential aspects of this preparation is adding a touch of home fragrance and the right kind of décor to your home. Fragrances can help create a festive mood, evoke happy memories, and even promote relaxation. They are known to be healthy for one's physical as well as mental well-being. Kiran Ranga, Managing Director of a fragrance brand, suggests some of the home fragrance options you must consider for this festive season: Aromatic Candles: Candles can add a soft glow and a subtle fragrance to your home. You can choose from a range of fragrances, including vanilla, apple cinnamon, lavender, and citrus. Candles can be used as a decorative element in your house or at a special event. They help create a beautiful atmosphere for India's celebrations.

**Essential Oils:** Essential oils are known for their therapeutic properties, and they can help uplift your mood and promote relaxation. You can use them in reed diffusers or ultrasonic diffusers, vaporizers or even room sprays.

**Potpourri:** Potpourri is a blend of dried flowers, herbs, and spices that is used to add a pleasant fragrance to one's home. Potpourri is a wonderful way to add a touch of elegance and luxury to your home décor. Some popular ingredients in potpourri include rose petals, lavender, cinnamon, and cloves.

**Incense Sticks:** Incense sticks are a popular choice in Indian homes, with their mesmerizing fragrances, ranging from floral to woody. They also come in various packaging designs that can add a touch of elegance to your home décor.

Decorating your home is an exciting part of the festive season, and it's an opportunity to showcase your style and creativity. Here are some decor trends you can incorporate into your home this festive season:

**Traditional Elements:** Embrace traditional elements of Indian culture, such as vibrant colors, intricate designs, and textiles like silk and brocade. You can use them in your upholstery, curtains, and cushions. You can also sweeten the festive mood by adding delicate tea light holders made of brass to beautify the space.

**Nature-Inspired Décor:** Use natural elements such as flowers or leaves to create a cozy and welcoming atmosphere. You can also use natural materials like wood and stone in your décor. Beautiful lamp shades in rustic design can also be used in one's home to add the natural element. Minimalism: If you prefer a more modern approach, you can opt for a minimalist style that focuses on clean lines, neutral colors, and simple décor. You can use metallic accents like gold or silver to add a touch of glamor.

**Intricate patterns:** Intricate patterns are a hallmark of Indian decor. You can incorporate patterns into your wall art, rugs, or other décor items. Look for patterns that include paisleys, florals, or geometric shapes.

