

Cytecare Hospitals starts diabetes screening clinic in Bengaluru

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Focusing on younger patients who are at risk



Often referred to as the Diabetes Capital of the World, India accounts for over 18 percent of the global diabetes burden. Alarming, more than 50 per cent of people are unaware of their diabetic status, which leads to health complications if not detected and treated early. To help address this grave challenge, Cytecare Hospitals has started a Diabetes Screening Clinic at its Yelahanka facility in Bengaluru this month.

Cytecare's Diabetes Screening Clinic is primarily focusing on younger patients who are at risk of becoming diabetic. Cytecare's Diabetes Screening Clinic will collect fasting blood samples to estimate fasting blood sugar, serum creatinine levels and HbA1c level.

Commenting on the public health initiative, Dr Narendra Prasad, Senior Consultant - Internal Medicine, Cytecare Hospitals, said, "In India, an estimated 77 million people suffer from type 2 diabetes and nearly 25 million are prediabetics, with a higher risk of developing diabetes in the near future. Early diagnosis of this chronic disease is critical."

India ranks second after China in the global diabetes epidemic. According to the World Health Organisation (WHO), adults with diabetes have a two to three-fold increased risk of heart attacks and strokes. Hyperglycaemia, or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to the vital organs, especially the nerves and blood vessels.

Studies show that young adults who suffer from hormonal imbalances such as Polycystic Ovary Syndrome (PCOS) or Polycystic Ovary Disorder (PCOD) are at a high risk of developing insulin resistance. Young adults who are overweight or obese are also prone to diabetes.