

# DIABETES PREVENTION THROUGH LIFESTYLE CHOICES

Diabetes, primarily Type 2 diabetes, is becoming increasingly prevalent in Mumbai. Here are some lifestyle changes you can make to reduce your chances of getting diabetes or to improve your already existing condition.

## DIET



Diet is extremely important both in preventing diabetes and in treating diabetes.

### Foods to INCLUDE in your diet:

- Carrots
- Leafy greens
- Eggs
- Water
- Beans
- Seeds
- Sweet potatoes
- Nuts and legumes
- Citrus fruits
- Buddha's hand
- Dragonfruit
- Moringa (drumstick)

\*It is especially important to include vegetables in one's diet.

### Foods to AVOID:

- Processed, preserved, or canned foods
  - Including soft drinks, biscuits, candy, etc.
- Potatoes, tapioca
- Foods with high oil content/fried foods
- Foods with sugar (in excess amounts), glucose, artificial sweeteners (such as high fructose corn syrup), etc.

## TREATMENT



### 1) Getting access to treatment

Access to treatment can be difficult. Here are some ways in which you can obtain diabetes treatments and/or medications:

- Travel to a nearby healthcare facility to obtain a diagnosis and treatment
- Ask around – what have been the experiences of other people who have had to find diabetes treatments?

### 2) Adhering to treatment

A study performed by Dr. Sneha Kotian and others found that 96.5% of diabetes patients in India's urban slums do not consistently take their medications. This lack of adherence is heavily influenced by forgetfulness.

#### Prototype – Treatment Calendar

- How to use it for diabetes medications specifically:
  - There are 3 different compartments – one for morning (AM), one for afternoon/night (PM), and one for other medications you may have.