

DIABETES: THE MENACE OF TODAY AND HOW TO TACKLE IT

As part of the campaign against diabetes, Protein Foods & Nutrition Development Association of India in collaboration with ITC's Aashirvaad organised and hosted a webinar on "Diabetes: The Menace of Today & How to Tackle it" on 22 October 2020. The objective of the webinar was to spread awareness and disseminate information about diabetes, how to detect it and the role of diet in managing diabetes.

The webinar was attended by professionals working in the food industry, nutritionists/ dietitians, research scholars, college professors and students. The webinar included an introduction by Ms. Swechha Soni (Manager-Food & Nutrition, PFNDAI), welcome address by Dr. Jagadish Pai (Executive Director, PFNDAI), presentations by Dr B Sesikeran (Former Director of National Institution of Nutrition, Hyderabad), Dr Shashank Joshi (Senior Consultant, Joshi Clinic), Dr Anoop Misra (Chairman at Fortis CDOC Hospital for Diabetes and Allied Sciences) and Dr Bhavna Sharma (Head Nutrition Science at ITC Foods), Q & A sessions moderated by Dr Sesikeran, announcement of winners of Defeat Diabetes Ad Video Making Contest, and vote of thanks by Ms. Swechha

Event Summary

Presentation I: RDA 2020 for (leaner, active and healthier) Indians

By Dr B Sesikeran

Dr Sesikeran opened the webinar by

AUTHOR

Seles Gupta,
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providing the keynote address highlighting the new RDA (recommended dietary allowance) guidelines that have been issued by NIN (ICMR) and how this will influence the health of the citizens, especially when it comes to managing diabetes. He discussed different factors that have contributed to the rise in numbers of diabetes patients in India in the last few decades. He talked about how urbanization has led to our energy intake being more than the energy expenditure, how this results in energy retention and in turn, in higher body fat and obesity. Next, he discussed the various parameters that have been taken into consideration while drafting the new RDA document. He concluded the address by walking us through key messages from the RDA 2020 and how it is different from the earlier guidelines.

Presentation II: Diabetes 2020

By Dr Shashank Joshi

Dr Joshi provided an overview of diabetes, its diagnosis and symptoms, role of dietary carbohydrates as well as the challenges faced in management and prevention of diabetes. He explained the basic definition of diabetes, different types of diabetes and briefed the audience about the first report on diabetes, found in India around 400-500 BC. He talked about the discovery of insulin, the important events that followed it and how all of these helped the

treatment practices to evolve. Next, he explained how carbohydrates are digested in our body, what happens in the case of diabetes, and how a trans-cultural approach can be used to manage patients with diabetes. He helped the audience in getting the basic concept clear on diabetes, setting the platform for understanding how to deal with the condition.

Presentation III: Diabetes-Detection & Management

By Dr Anoop Misra

Dr Misra, in his presentation, talked about the diagnostic criteria for diabetes, whom to screen for diabetes and why it is important to get screened. Then, he explained how Indian phenotypes require us to take a different approach when it comes to maintaining a healthy lifestyle. He talked about the simple phenotypic markers like buffalo hump, double chin, truncal skinfold, and hepatomegaly, that can be helpful in prediction of metabolic syndrome & diabetes in Asian Indians. Next, he explained the characteristics of diabetes in Indians, and the sensitive tests that can help with early detection of the

Diabetes: The Menace of Today & How to Tackle it

Organised by PFNDAI & ITC

Our Speakers

- Dr. B Sesikeran**
Ex-director, National Institute Of Nutrition , Hyderabad
- Dr. Shashank Joshi**
Dean, Indian College Of physicians
President, Indian Academy Of Diabetes
Chair, IDF, SEAR
- Dr. Anoop Misra**
Chairman at Fortis CDOC Hospital for Diabetes & Allied Sciences
- Dr. Bhavna Sharma**
Head Nutrition Science, ITC Foods

complications. He insisted on having healthy dietary habits and exercising for managing diabetes. He also discussed how important it is for diabetes patients to control blood sugar levels, especially in these times of Covid.

Q & A Session I

The Q & A session was moderated by Dr Sesikeran. The audience was invited to ask questions and all the questions were jointly answered by all the panellists. Here are few of the questions that were asked:

Ques- What is the role of intermittent fasting?

Ans- Few studies do show that intermittent fasting may lead to weight loss, but it is usually muscle loss that happens during weight loss. In Indian patients, muscle weight is already low. So in this case, intermittent fasting may not be the right way to go. We need more scientific data

before we can come to any conclusion.

Ques- Is diet high in protein and low in carbohydrates recommended for diabetes management?

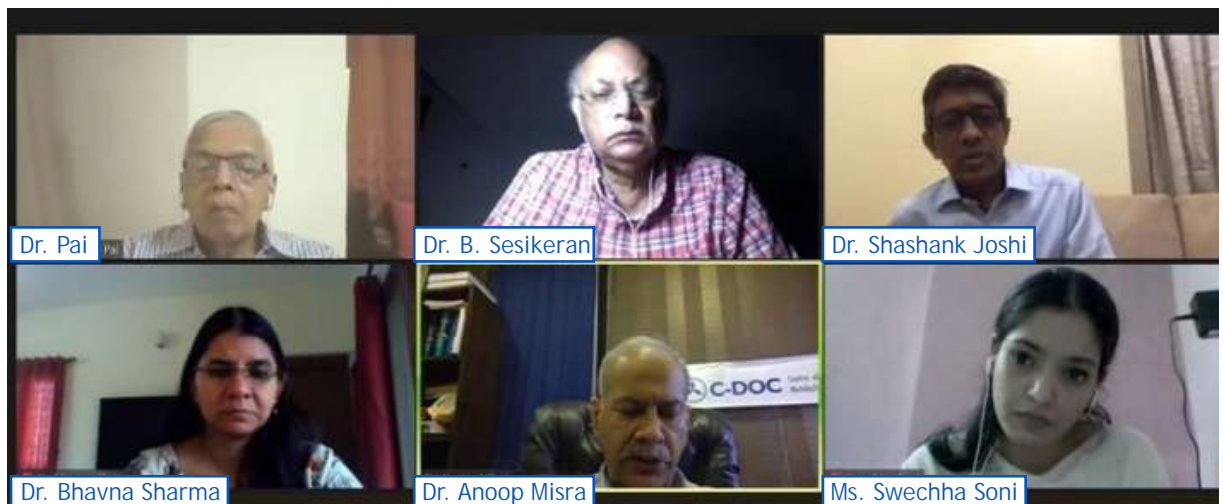
Ans- It is a fad. Complex carbohydrates, if taken in restricted amount, will be good for the heart. If people increase the amount of protein and decrease the amount of carbohydrates drastically, they may face health problems. It is important to consult doctors before making any drastic changes to diet.

Ques- What's the role of non caloric sweeteners in diabetes management?

Ans- Non caloric sweeteners are recognised as safe for consumption. However, they don't provide satiety. This lack of satiety can lead patients to eating more than required, which in turn might lead them to weight gain and obesity. Blending sugar with non caloric sweeteners may be a better approach.

Ques- A lot of early researchers and recently published data are reporting that the people, who have tested positive for COVID-19, will become diabetic. Is that true?

Ans- Not all patients are same. For e.g., there are people who already have diabetes and get COVID-19; another section would comprise of people who are not diagnosed with diabetes but when they do get Covid-19, they are showing symptoms for diabetes and then, there would be people who were completely healthy before getting covid-19 but later, they suddenly get diagnosed with diabetes. When you study all these different scenarios, the results will be different for each case. But it is not necessary that every COVID-19 patient will get diabetes.



Presentation IV: Managing Diabetes through Diet

By Dr Bhavna Sharma

Dr Sharma started her presentation with the misconceptions people in India have about treating and managing diabetes. She discussed how important it is for food formulators to understand diabetes and their consumers' needs when they are developing products to cater to such niche markets.

Next, she covered basic concepts like glycemic index, glycemic load and glycemic response and how these values play a role in creating diet charts for diabetes patients. She also talked about how GI/ GL and glycemic response, alone, are not enough and that there are other factors which need to be taken into consideration too before any significant health claims can be made on any food label. She concluded the presentation by summarizing the dietary guidelines for different types of diabetes.

Q&A Session II

The presentation was followed by a Q & A session where Dr Sesikeran moderated and all the panellists jointly answered all the queries. Here are few of the questions that were answered:

Ques- View of speakers on in-vitro determination of GI as part of development?

Ans- We need to see what are the intent & the purpose of this study. For the research purpose, it is an important milestone and this needs to be understood. But if the results are going to be used in product formulation and development, we need to have human clinical trials.

Ques- Which is worse for diabetes patients- rice or wheat?

Ans- Wheat is a primary source of protein in Indian diet and removing wheat from the diet might lead to removing protein from the diet. So it might be necessary to include wheat in diet, depending on the diet chart

of the patient. However, not all wheat products are good option; white flour may not be healthy as dietary fibre and few micronutrients get removed from its composition during its processing. When it comes to deciding which wheat products to add in the diet, whole wheat flour products would be a better option than refined flour products with low bran. In the case of rice, again, some rice products will be better than others. For

example, parboiled or brown rice is a better choice when compared to highly polished rice because parboiled rice has lower GI. Now, when it comes to comparing rice and wheat, we need to be specifying which wheat and rice products we are taking into consideration before we come to any conclusion.

The day ended with a vote of thanks to the attendees, panellists, and everyone on the organising team.

Webinar Flyer

PFNDAI **AASHIRVAAD**
SUGAR RELEASE CONTROL ATTA

PROTEIN FOODS & NUTRITION DEVELOPMENT ASSOCIATION OF INDIA
In Collaboration with
AASHIRVAAD SUGAR RELEASE CONTROL ATTA

Organises a Webinar on

Diabetes: The Menace of Today and How to Tackle It

OCTOBER 22, 2020 • 3:15 PM- 5:30 PM IST

Speakers		Moderator	
			
DR SHASHANK JOSHI Senior Consultant, Joshi Clinic	DR ANOOP MISRA Chairman at Fortis CDOC Hospital for Diabetes and Allied Sciences	DR BHAVNA SHARMA Head Nutrition Science, ITC Foods	DR. B. SESIKERAN Director, National Institution of Nutrition, Hyderabad

E-Certificates will be provided
Last date to Register: 20 October 2020
Registration Link: <https://forms.gle/nm8zrKv7BevKkDqh6>