

# The Fight Against Diabetes Crises

*Bring Difference In The World By Keeping Your Loved One  
Safe*

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## About the Author

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# The Fight Against Health Crises – Diabetes

Diabetes rate is surging at an exponential rate. The concerns are with both—the matured diabetes and those in the prediabetic stage.

Diabetes—specially type 2 diabetes accounts 90-95% of diabetes, leaving Type 1 diabetes.

Type 2 diabetes is almost always preventable, often treatable, and sometimes even reversible. Yet, the focus should be on preventing. Living with and reversing will be a complex part yet preventing isn't.

The worldwide diabetes epidemic will decline only with right action, on time.

Diabetes is a progressive disease. Stop the progress at its development stage, and you will wipe out diabetes.

Today's small efforts will outweigh tomorrow's intense attempt.

## Worldwide Diabetes Statistics

Facts around the World (2017) (data by [International Diabetes Federation](#))

1. 1 in 11 adults has diabetes (425 million)
2. 1 in 2 adults with diabetes is undiagnosed (212 million)
3. 12% of global expenditure is spent on diabetes (\$727 billion)
4. 1 in 5 birth is affected by hyperglycemia in pregnancy

5. Three-quarter of people with Diabetes live in low and middle-income countries
6. Over million children and adolescents have Type 1 Diabetes
7. Two-thirds of people with Diabetes live in the urban area (279 million)
8. Two-thirds of people with diabetes are of working age (327 million)

### *Top 10 Countries with Diabetes*

**Top 10 countries for number of people with diabetes (20-79 years age group) in million**

2017		2045	
China	114.4	India	134.3
India	72.9	China	119.8
United States	30.2	United States	35.6
Brazil	12.5	Mexico	21.8
Mexico	12	Brazil	20.3
Indonesia	10.3	Egypt	16.7
Russian Federation	8.5	Indonesia	16.7
Egypt	8.2	Pakistan	16.1
Germany	7.5	Bangladesh	13.7
Pakistan	7.5	Turkey	11.2

## Worldwide stats



### Diabetes Statistic By Region

Region	Year	Age group 20-79			Age 0-19	Age 20-79
		Type 2 Diabetes (million)	Undiagnosed Diabetes (million)	Death	Type 1 Diabetes	IGT (million)
Africa	2017	15.5	10.7	2,98,160	50,600	40.1
	2045	40.7				102.0
Europe	2017	58.0	22.0	4,77,715	28,600	36
	2045	66.7				40.1
Middle East and North Africa	2017	38.7	19.0	3,18,036	1,75,800	33.3
	2045	82.0				63.9
North America & Caribbean	2017	45.9	17.3	2,85,926	2,16,300	54.4
	2045	62.2				70.4
South and Central America	2017	26.0	10.4	2,09,717	1,18,600	32.5
	2045	42.3				48.1
South East Asia	2017	82.0	47.2	1.1 million	1,49,300	29.1
	2045	151.4				50.0
Western Pacific	2017	158.8	85.9	1.1 million	1,10,000	126.7
	2045	183.3				157

\*IGT – Insulin glucose tolerance is also referred as prediabetes.

The stats of people suffering from diabetes and the death rate is massive. Both, the current and estimated statistics are scary.

The estimation is done on current growth rate, who knows what changes might double the growth. A change can double up the Diabetes rate in the future, even it can be brought down.

The risk can be brought to its lowest point depending on personal, organizations and government initiative.

## Who's Safe From Diabetes?

Diabetes has a progressive nature so there is no single reason for its cause. It progresses with every unhealthy decision.

The issue is not only with people who have diabetes—the process responsible for diabetes keeps doing damages.

A child or teen or adult—the age or gender won't matter.

With elevated blood sugar level, everyone is at risk. The condition gets worse with time.

In the beginning, the body handles with ease but soon it starts to worn out. When the damaging process continues the body's function degrades, which leads to Diabetes and other health complications.

It takes time to gain weight, damage pancreas, build insulin resistance, damage the nervous system and organs. Damage will be small at the beginning. But those damages throughout years carries a major threat.

Everyone is at risk doesn't mean that there isn't any solution. We all have the opportunity to prevent Diabetes in our lifespan.

It is claimed as modern day disease, that doesn't mean one should suffer. It's possible to prevent when one knows how it sneaks in.

## The Lifestyle and Health Transformation

Take an ideal person who goes through the different phases of his life. Let's call him Raj. It's about his lifestyle transformation and its impact on his health.

### During the 20s – The Healthiest Period

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During college time, raj owned (lived) a great lifestyle. Sports, gym, healthy eating routine, and studies were his life. As an athlete and with an active lifestyle; nutrition demands were high. To stay at his best, he ate healthy most of the time. Listened to his body's signal.

#### *The impact*

The investment on active lifestyle and healthy eating ritual paid him with great energy and health.

The balanced meal nourished him. His body received enough nutrients to fuel daily activity and maintain health.

There was no sugar surge so the body didn't face burden to manage it. With a healthy lifestyle, he didn't gain unhealthy weight.

## After the 20s – The Dawn of Lifestyle and Health

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After the graduation, he got a job which changed his lifestyle.

He stayed least bothered about the food he ate. Got dependent on processed foods. Along with, he adopted a sedentary lifestyle.

He starts to lose the healthy habits he owned.

He also lost grip on his energy and strength. The energy he felt a few years back, is lost. There were noticeable changes in his weight.

He spent most of the time on building career. And the most important, he stopped taking care of himself.

During that period he adopted unusual habits:

1. Overeating
2. Obsession with highly processed food
3. Took support of foods to feel comfortable during a stressful time
4. Physical activity got to negligible
5. Ate whatever considered eatable without giving any second thought

The dedication towards his career was paying off. He was making great progress. But ignorance towards his lifestyle was costing his health. The event kept for years.

Unfamiliar things like weight gain, low energy, common health issues started to enter his life. The transition was slow, so he didn't bother to take charge. His career was going through ups and downs, so he didn't get any time to think about his health condition.



After years of unhealthy eating and sedentary lifestyle, he starts to notice unusual changes. Thoughts of concern arose when he got a few signs like increased thirst, frequent urination, and even unexplained sudden weight loss.

Life got tough and he was unaware of the real problem. As the problem got worse, he preferred to pay a visit to the doctor.

The doctor prescribed him for a Diabetes test. With the recommendation to go through the test, few concerns arose.

The concern about the difficulties if the test is positive. The way to share the health problem with family. And the changes he has to go through like medication, restriction, and lifestyle hurdles.

With the test result, his concern turns out to be true. He got shocked by the news of his Diabetes. He can't digest the fact.

Once the healthiest person turns to be a diabetic patient.

### *What's the reason for the drastic change?*

During college time, everything was going great. The body received enough nutrients so it was functioning at its best. It provided the energy and also protected from health problems.

After college, with transformation in his career and lifestyle, things started to change.

With passing time there were slow changes inside his body which progressed into diabetes.

## First Stage—High Blood Sugar (increased insulin demand)

The transition from balanced to imbalanced diet created nutritional gaps. The body was receiving excess calorie while deficient in essential nutrients. The sugar flood made the body work harder to maintain blood sugar level.

Pancreas rigorously pumped insulin to transport excess sugar from the blood to prevent any complications. Insulin is synthesized and released by beta cells in the pancreas. Excess sugar, not required for the moment got stored as fat to be used as energy.

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High blood sugar level increases the risk of heart disease and stroke, kidney disease, vision problems, and nerve problems. To prevent such complications, the body tries its best to prevent sugar rise at a certain level.

The love for sugar brings slow and sweet death.

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When he started with an unhealthy diet, pancreas(beta cells) worked hard to balance blood sugar. Frequent blood sugar changes created a stressful environment in the body. It's the moment where Diabetes development took pace.

High blood sugar on a regular interval was the perfect environment for the development of Diabetes.

His inactive lifestyle, high stress and lack of sleep also made him consume more calorie.

At this stage, his body was facing a setback. The pancreas was working hard to balance blood sugar. Still, the nervous system and organ were going through damages.

## Second stage – Insulin Resistance and prediabetes kickoff

With passing time, his body started to develop insulin resistance.

Diabetes development progress with the insulin resistance.

The factors responsible for insulin resistance are:

1. Excess sugar and insulin in the blood
2. High body fat
3. Low-grade Inflammation (due to an inactive lifestyle and unhealthy diet)

With insulin resistance, the body starts to lose its ability to use insulin. This stage is also known as a prediabetic stage. Prediabetes develops when the body becomes insulin resistant or unable to use insulin. To handle the same task, the body needs more insulin.

Prediabetes is defined by elevated blood sugar levels that are not yet high enough to reach the official diabetes threshold. It is common in people with an unhealthy lifestyle and who are obese.

Prediabetes doesn't mean diabetes. But, the elevated blood sugar does damage to the kidney, eyes, and nervous systems. Chronic complication like leg amputation and neuropathy begins during this stage.

At this stage, his body started to get resistant to insulin. The pancreas was working hard to match the increased insulin demand.

**\*\*Insulin Resistance Fact\*\***

Fat is held responsible for the development of insulin resistance, as per a few studies.

Fat—more specifically, intramyocellular lipid, the fat inside the muscle cells. Fat buildup in muscle cells creates toxins products and free radicals that block the insulin-signaling process. Due to these factors, muscles cells aren't able to effectively use insulin even body produce excess insulin.

Few studies have shown that insulin works increasingly better with lower fat (unhealthy fat) in the diet.

### **Third Stage – Insulin resistance + Pancreas Burnout**

He kept following the routine which makes the condition worse. The insulin resistance increased with passing time and unhealthy lifestyle.

With the development of insulin resistance, the need for insulin increased. To meet the rising demand, the load on his pancreas also increased.

With never-ending insulin demand, pancreas started to lose its ability to produce enough insulin. Pancreas beta cells started to worn out and lose its ability to synthesize and release enough insulin.

It's where he develops Diabetes...

The diabetes development process took time. First, it started with high blood sugar, to the development of insulin resistance, to pancreas cell damage. With the shift from healthy to an unhealthy lifestyle, he moved to the further stage of Diabetes with passing time.

## **The Rising Need For Awareness**

Like Raj, many aren't aware of the developing health issue. Early signs stay unnoticed while the health issue keeps progressing.

Millions of people are living with diagnosed or undiagnosed diabetes. While millions are at the development stage.

Diabetes is a progressive disease which is a reason it starts and can be stopped.

It develops with an unhealthy diet and an inactive lifestyle. High blood sugar and insulin resistance lead to a condition known as prediabetes.

With the consumption of excess sugar-dense food, slow damage keeps on progressing.

If someone starts with a healthy lifestyle, the diabetes development stops. Insulin sensitivity starts to increase. Insulin demand drops. The pancreas doesn't need to work hard to pump up more insulin. Body starts to heal.

## **Reason Behind The Crises**

Diabetes progresses with torture done with high sugar intake. The condition worsens with small damage which elevates with time. The problem doesn't stay to Diabetes, it keeps on damaging organs and nervous system which proves life-threatening.

In today's time, everyone knows about the word "Diabetes". Medication is available and even a day (14th November) of each year is reserved to create mass awareness. But that's not enough, for the disease that takes millions of lives every year, while millions are on the initial stage.

Very few are aware of type 2 diabetes progressive nature.

Complete awareness is the best way to tackle diabetes. It can be uprooted completely by halting the progress before it takes root.

Diabetes is spreading like an epidemic, even though it's a noncommunicable disease. Instead of mass awareness, things aren't under control.

If you're eager to know the cause and stop it in your family, then let's explore the reason behind the crises.

## ***1. Not Learning or Not Educating or Not Spreading***

Yes! It's the biggest reason.

### **First: Not Educating**

Health is the most important asset. Yet, the things that can keep us healthy aren't taught. Due to this fact, very few know the way to maintain health (especially health specialist). While others aren't aware of the impact of the decision they make, it may be a child or adult.

The gap between health and education need to be fixed. Early awareness will prepare teens to lead a better future.

### **Second: Not Learning and Not Spreading**

Apart from health specialists, everyone should be aware of their body, how it functions and its need. A little effort to learn can protect the family from life-threatening diseases.

*The strongest don't survive, the most adaptable do.*

Human species survived for a long time. The reason for the survival is the ability to adapt. Our species kept on adapting which increased the chance of survival.

The things that kept us ahead are forgotten. The race for technological development has created a gap between human and health.

During the earlier period, what kept the whole tribe safe from predators?

Awareness among tribe members was the reason behind everyone's safety. Every tribe member played their role so that predators don't harm any member. In fact, long back there was no language, still, they managed to communicate and prevent such problems.

In the present time, there are no predators but the risk is double. The alarming health issues are ruining millions of lives.

We are blessed with language that makes it easy to communicate and avoid the massacre by preventable disease.

Our tribe members are our family and friends. Be the member of your family (tribe) to spread awareness.

Take time to learn and spread awareness. Family and friends will appreciate your effort and stay protected from health problems.

Government and educational organizations should take initiative to educate students. When a generation with complete awareness comes forward to tackle diabetes, things will change at a faster rate.

## *2. No Awareness About Diabetes Progressive and Damaging Nature*

Diabetes shouldn't be addressed only when someone gets diabetes confirmation.

Everyone. Even the kid goes through damage when they consume excess sugar. Diabetes is not an age-related disease. One can boost the progress and even slow it down.

Someone doesn't need to have diabetes to cause organ damage. With every unhealthy eating routine, the body faces a minor setback. When it continues, those minor setbacks become a burden. One complication leads to another. Damage continues year after year.

A minor setback once in a while is not a big deal, but 4-5 times a day will speed up the damage.

Daily actions are responsible for the rise of Diabetes, so it can also be the solution.

More the people get aware of the cause, better the precaution they will take. They will become mindful for every action they take.

### *3. The Focus is on Treating Not Preventing*

Diabetes is a ticking time-bomb worst than any lethal bomb made by a human. It's destroying millions of lives every year. Instead of its mass massacre, the focus is on treating not preventing.

Diabetes deepens its claw due to lack of awareness and effort on prevention.

Children aren't aware of the blood sugar or other stuff. They keep eating whatever they get, it may be healthy or unhealthy. They carry those habit when they turn teens, and in adulthood. The unhealthy habits continue so the damage and the diabetes risk.



An early measure like inculcating healthy eating habits and active lifestyle will lower the risk. When those habits are carried forwards, it will keep on protecting them.

Learning the exact cause and keeping an eye on every slight change in one's health, habits, or unusual sign will help to prevent Diabetes in the whole family and future generation.

#### *4. Pleasure First*

Whenever we choose food or lifestyle, we looked for pleasure.

Food – The food that tastes great, rich in flavor and excites every taste buds are widely accepted.

Lifestyle – A lifestyle that keeps us comfortable lures us. Relax and enjoy the life, that's we wish for.

All our food and lifestyle revolves around the pleasure they provide. It provides the pleasure we want and we keep on following it without giving a second thought.

Anything in excess isn't good.

Health should be the first priority because nothing is more pleasurable than perfect health.

### **The Solution: Lifestyle Choice**

Type 2 diabetes is almost always preventable, often treatable, and sometimes even reversible through lifestyle changes.

Lifestyle changes are the solution to all the health problems. It's the most overlooked solution but the effective one.

There is no need for complex changes. The simple solution mentioned ahead can protect from diabetes.

## *1. Eat Whole Foods*

Take care of what you eat and it will handle the rest. Whole food should be a major part of your weekly food intake.

80% of your weekly food should be whole food or home-cooked meals. Bigger the number better will be your health.

## *2. Mind Over The Serving*

The second thing to care while eating food is to mind over the serving. You might be eating whole food, but it doesn't mean to overstuff yourself.

Eat to feed your hunger, not your craving.

## *3. Eat a Balanced Meal*

The final thing to take care while eating healthy—eat a nutritionally balanced meal.

A balanced meal contains protein, fiber, complex carbs, fat, and micronutrients. If your meal contains each of these nutrients in balanced amount—you will eat less with least effort and maintain the blood sugar.

## *4. Get Physically Active*

An active lifestyle will keep you away from major of health problems. Overweight or not, one should have an active lifestyle. An active lifestyle with a healthy eating routine will double the benefits. You don't need to dedicate hours in the gym. Active choices during the day and 2-3 hours of weekly exercise (25-30 minutes each day) will be enough to reap total health.

## 5. Stress

Stress — Long-term stress is the biggest curse of the Modern World. Long-Term stress leads to major health issues. The two factors responsible for the rise of crises due to stress are.

1. People under stress may not take good care of themselves. They may drink more alcohol or exercise less. They may forget, or not have time, to check their glucose levels or plan good meals.
2. Stress hormones may also alter blood glucose levels directly.

Fight stress and you will lower the diabetes risk. You will be mindful over every decision, and take care of every action.

## 6. Regular Checkup

People with prediabetes are at risk of developing type 2 diabetes in 10 years or less, according to MayoClinic. No one can say who's on prediabetic stage before going through checkup. To cut the risk of development of type 2 diabetes, you can go for a routine checkup every six months or yearly. It will warn before the condition gets worse.

While people with type 2 diabetes should consult their doctor. They should go for a routine checkup every 3 months.

[Tip: Type 2 diabetes is reversible, so I will present you with the best solution to reverse it in the upcoming article.]

## Diabetes Is Coming #DiabetesIsComing

Yes! Diabetes—especially Type 2 Diabetes is preventable with your's small effort. A generation with the lowest risk of Diabetes can be brought with the contribution of spreading awareness among family members and friends, which will spread among society.

Diabetes may be on the way but we can tackle with small efforts.

Keep your family and friends safe and it will lead to a massive drop in estimated diabetes statistics.

*P.S*

If you found the article helpful, please help to spread the message among your families and friends so they can be made aware of the rising crises.

Share the article with people who have diabetes or may not, have healthy weight or gaining unhealthy weight, have a healthy lifestyle or follows a sedentary lifestyle.

The focus of the article is to spread a mass awareness of crises humankind is facing, which can be solved only through everyone's personal initiative to keep people nearby them safe. Your small initiative can make a huge difference in society.

If something is stopping you from spreading the idea, please mention it in the comment. A thoughtful recommendation will be helpful in shaping the initiative I took to cut the health risk's those from preventable diseases.

# Where To Go Next

You've come to the end of this book, but this might just be the start of your journey.

That depends on you.

Will you nod your head at this book and say “interesting ideas” and then go on with your life as before?

Or will you make a commitment to take action to prevent the spread of diabetes? The issue is not only with diabetes, its even with other health problem a unhealthy lifestyle brings.

Take charge to bring right changes at least within you and your family.

Thanks for reading this, my friends. Enjoy the journey.

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[you can signup to stay in touch]