

**LANSDOWNNE**

75, Sarat Bose Road,
Kolkata - 700 026

BEHALA

60, Diamond Harbour Rd,
Kolkata - 700 008

JAMES LONG SARANI

127D, James Long Sarani,
Kolkata - 700 008

HOWRAH SANDHYA BAZAR

107/1, GT Road (South),
Howrah - 711 101

HOWRAH AC

14/1 & 14/7, Makenzie Lane
Howrah - 711 101

SHYAMBAZAR

124 B, Bidhan Sarani,
Kolkata - 700 004

MANIKTALLA PPP MODEL

54, Bagmari Road,
Kolkata - 700 054

LANSDOWNNE OPD

96/2, Sarat Bose Road,
Kolkata - 700 026

MRI

SAFE CT

DIGITAL X-RAY

PORTABLE X-RAY

MAMMOGRAPHY

4D ULTRASOUND

ENDOSCOPY

COLONOSCOPY

COLOUR DOPPLER

2D ECHO

HOLTER

TMT

PFT

ECG

ABP MONITORING

UROFLOWMETRY

OPG

EEG

EMG

NCV

LAB SERVICES

AUDIOMETRY

PHYSIOTHERAPY

DOCTOR CHAMBERS

HEALTH PACKAGES

HOME COLLECTION

Email

pulsecal@gmail.com

Web

pulsediagnosics.comAN NABH & NABL ACCREDITED
LABORATORY

Monderate alcohol intake refers to Two standard drinks daily for men or One standard drink daily for women, One standard drink is defined as: 2/3 of a regular can of beer (220ml) A glass of wine (100 ml) A shot of spirit (30ml)

**Contact Us****+91 33 7198 1800**

Call For Info

DIABETES

Diabetes is a lifelong disease characterized by high levels of glucose (a type of sugar) in the blood. While there are a few types of diabetes.

SYMPTOMS

Common Diabetes Symptoms Include:

- ❖ Increased thirst
- ❖ Constant hunger
- ❖ Frequent urination
- ❖ Blurry vision
- ❖ Unexplained weight loss
- ❖ General weakness or tiredness
- ❖ Wounds that take longer to heal
- ❖ Darkened skin around the skin fold areas

Any chronic disease come with complications if not managed well, including that of diabetes. Any parts of the body could be affected; eyes, heart, gastrointestinal tract, sexual organs, urinary tract and many others, as blood sugar is circulated widely throughout the body via blood vessels.

Common Complications of Uncontrolled Diabetes Include:

- ❖ Stroke
- ❖ Eye damage
- ❖ Kidney damage
- ❖ Nerve damages e.g. impotency in men
- ❖ Foot conditions such as gangrene
- ❖ Gum diseases
- ❖ Diabetic ketoacidosis: build-up a substance known as ketone bodies due to the breakdown of fats.

TIPS FOR SELF-CARE

- ❖ Visit your diabetologist, eye doctor & dentist at least once a year for a complete examination.
- ❖ Proper-fitting footwear with adequate support is important to minimize injury.
- ❖ Do see a doctor immediately if you experience sudden vision changes which usually appear as blurry, hazzy or with spots.
- ❖ Brush your teeth at least twice a day, floss your teeth and rinse your mouth after every meal.
- ❖ Self-monitoring of blood glucose.
- ❖ Avoid skipping any meals especially if you are on diabetes medication.
- ❖ Keep some fast-acting sugar on hand if you are prone to low blood sugar.
- ❖ Drink alcohol in moderation & Quit Smoking.

PREVENTING COMPLICATIONS:

Controlling blood sugar levels within a target range for fasting blood glucose is important to prevent any complications, besides, any other existing health conditions, for example high blood pressure should be closely monitored as well.

