



Diabetic Foot Amputation Prevention in Community (DAPIC)

Foot Care is one of the most ignored aspects of diabetes care in India, especially among the lower economic strata. Due to social, religious, economic and illiterate compulsions, many people walk barefoot or use inappropriate footwear. This may later lead to diabetic foot complications and later end up in foot amputations.

To address these aspects, DRC has adopted six villages near Chennai city. Our doctors have screened all the patients with diabetes and concentrated on the people with foot problems. More than 5000 such patients have been counselled and educated on foot care and are being followed up on regular basis. With constant follow up it has been observed that, the existing foot ulcers healed faster and made sure that new foot ulcers do not arise.

A donation of one Lac will help us to cover four villages and an amount of 5 Lacs will enable us help the people of 20 villages to prevent foot complications and amputations. For this we seek your help in taking up this program to those remote villages who are in need of proper diabetes care.

All donations to Diabetes Research Centre are eligible for a weighted reduction of 175% of the donation under section 35(1)(ii) of the Income Tax Act.

DIABETES RESEARCH CENTRE

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Prof. M. VISWANATHAN DIABETES RESEARCH CENTRE

(WHO Collaborating Centre for Research, Education and Training in Diabetes)



DIABETES RESEARCH CENTRE



established in 1972, by Late Prof. M Viswanathan, is a World Health Organization (WHO) Collaborating Centre for Research, Education and Training in Diabetes. It is also recognized as a research institute in diabetes by the Indian Council of Medical Research and the Department of Science & Technology, Government of India, New Delhi. The Centre has been in the forefront of clinical and basic research in diabetes and its complications.



Diabetes Mellitus has become a major health challenge worldwide. The unprecedented economic development and rapid urbanization, particularly in India has led to the increase of non-communicable diseases with diabetes and cardiovascular diseases leading the list.

The Diabetes Research Centre has conducted epidemiological studies in both urban and rural area for the past three decades and these studies have shown that the prevalence of Type 2 diabetes has increased dramatically over the years. The prevalence of pre diabetic conditions such as Impaired Glucose Tolerance (IGT) and Impaired Fasting Glucose are high among Indian population. Life style modification including change in diet and enhanced physical activity helps in delay or prevent the conversion of IGT into diabetes.

DRC is working towards:

- Prevention of Diabetes, its complications, control and management.
- Creating awareness among high risk groups and general population about diabetes.
- Conducting diabetes detection camps with various stake holders
- Conducting training programmes for doctors and paramedics from all over South East Asia.



Overweight and obesity are increasing at an alarming rate in the modern world. Even among children it has become a big concern. Due to urbanization and modernization the lifestyle of people in urban areas has changed drastically. The consumption of calorie dense food, reduced physical activity and spending leisure time in front of Television and Computers are probable causes that lead to overweight and obesity among the younger generation.

With a view to reduce obesity among school children, the Diabetes Research Centre has launched a Slim & Fit Campaign. Initially it had taken up 3 schools for a pilot study and screened all the overweight children. The children and their parents have been advised about healthy lifestyle, dietary modification and psychological counselling is given to assist them in reduction of weight. The DRC staff visit these schools periodically for monitoring the physical health of the students, counselling, etc.

The approximate cost for this campaign to cover FIVE schools for ONE Year is estimated to be Rs. 1 Lac. A donation of Rs 5 Lacs will enable us to cover 25 schools.

We seek your generous help to take this initiative to more and more schools and make our children fit and confident to face their future.



M. V . Hospital for Diabetes (P) LTD.

Donation Cheque or Demand Draft can be sent in favour of
Prof. M. Viswanathan Diabetes Research Centre and the same
be forwarded to the following address:

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Managing Director

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