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Diabetes: an innovative perspective for transition of basic fundamental

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The most vital elements of the epidemiological transition are associated with changes in dietary patterns and decreased physical activity. Genetic predisposition along with lifestyle changes and associated with urbanization and globalization; all together contribute to the rapid rise of diabetes in India. Ethnicity plays a role. Socio-economic development over the last 40-50 years has resulted in a dramatic change in lifestyle from traditional to modern, leading to physical inactivity due to technological advancement, affluence leading to consumption of diets rich in fat, sugar and calories and a high level of mental stress. All these could adversely influence insulin sensitivity and lead to obesity. Lifestyle modification is the most cost-effective intervention for prevention of diabetes in high-risk groups. However, control of diabetes with diet, weight control and physical activity has been difficult and will not be sufficient for most of the patients. Moreover, the steady increase in the incidence of type 2 diabetes has significant socioeconomic implications. Healthy eating helps keep your blood sugar in your target range and can prevent the complications of the disease. By choosing nutrient-rich foods that provide the most nutrients per calorie, you can build a healthier life and start down a path of health and wellness. Good health depends on eating a variety of foods that contain the right amounts of carbohydrates, protein and healthy fats, as well as vitamins, minerals, fiber and water. Small steps can help you create healthy habits that will benefit your health now and for the rest of your life.

Biography

Kirti Bhati has completed her PhD from Bharati Vidyapeeth Deemed to be University, Pune, Maharashtra, India. She is Associate Professor, Dept. of Swasthavritta and Yoga Bharati Vidyapeeth Deemed to be University, College of Ayurved, Pune, Maharashtra, India. She has published more than 25 papers in reputed journals and has been serving as an editorial board member of reputed. Dr Poorti Bhati has completed her MBBS from RCSI, Govt. Medical College, Kolhapur, Maharashtra, India.

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