

# NHI Dialogue



Quarterly Health Magazine of Cardio Diabetes Research Society

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CEO, NATIONAL HEART INSTITUTE  
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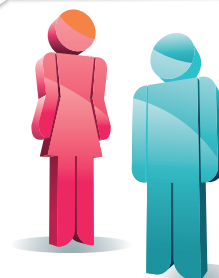
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and  
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# *Editorial Voice*

*Dear Friends !*

*Hope you must have enjoyed the summers with children, holidays and socialising. With the demand from various corners, this issue is dedicated to 'tips for living well with diabetes'. There is an article from our guest writer nutritionist about eating behaviour regulation.*

*Please continue to send in your comments, suggestions and requests.*

*Have a happy Independence Day & Rakhi*

*Yours*

*Dr. Vinod K Gujral*

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## THE ANGRY HEART

*\*A. Kundu, \*\*O.P. Yadava*

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If we consider coronary artery disease (CAD) as a much-harried old man, anger and hostility would probably be two of his spouses, apart from smoking, diabetes, high cholesterol, hypertension etc! But on a serious note, anger and hostility have been known to play a major role in the outcome of patients with CAD. Medical science has long-acknowledged this fact and yet modern medicine tends to target the other 'spouses'! But why? Perhaps because there is no specific pill that one could pop and feel the feelings of anger and hostility melt away. Or could it be the very stigma attached to getting therapy for the management of these feelings? After all, our society expects the male to be the lord and master of his clan, and the sight of him receiving therapy for anger and hostility would appear very “unmanly”. Doctors casually tell patients to “cut down on stress”, hardly realizing the futility of such advice (“see you after 2 weeks, Mr. Singh. Oh, and do bring down your stress levels and try not to get angry at trifles...”). In today's angst-ridden society, anger and hostility are very common, more so in the

younger generation. The rising incidence of shootouts over petty issues, road rage, lynching, etc. bear testimony to how much discontent and anger simmer beneath the skin of our modern society. The craze for easy money and the good life and the subsequent failure to get it further adds fuel to the fire. All this makes for a deadly cocktail of discontent, dissatisfaction & frustration, leading to anger, hostility and an increased risk of poorer outcomes from CAD. But just how does hostility cause such havoc? A study conducted in 1987 found two distinct patterns of hostility, namely **neurotic hostility** and **expressive hostility**. **Neurotic hostility** was marked by feelings of resentment, dissatisfaction and low self-esteem; **expressive hostility** by outbursts of anger, quarrels and sometimes even physical violence. It was found that an increased incidence of expressive hostility in men over 60 years of age was associated with increased incidence of CAD. Another, more recent study originating in the UK in 2008 analyzed all previous databases of studies relevant to the issue. This found that anger

and hostility were associated with increased incidence of adverse CAD events in otherwise healthy populations, and with a risk of poorer outcomes in populations with diagnosed CAD. Simply put, if you are a healthy person and anger and hostility are a part of your personality, there is 19 percent more chance of you getting an illness associated with heart and brain (like angina, heart attack, stroke, etc.), than if you were calm and content! Similarly, if you are a diagnosed case of CAD, the figure jumps to 24 percent. However, when these researchers eliminated the usual risk factors for CAD (e.g., smoking, hypertension) from analysis, the association vanished. This finding implied that anger and hostility increased risk for CAD only when superimposed on these other major risk factors. However, animal studies have also pointed to direct physiologic pathways like nervous system dysfunction, secretion of certain hormones and inflammatory factors during bouts of anger and hostility causing increased risk for CAD. Hence these researchers suggested that the use of psychological management of anger and hostility in the prevention and treatment of CAD would be warranted.

Finally without getting too technical, a few pearls of wisdom as suggested by the Mayo Clinic, USA with regard to anger management would be in order:

1. **Take a 'timeout.'** Although it may seem cliched, counting to 10 before reacting really can defuse your temper.
2. **Get some space.** Take a break from the person you're angry with until your frustrations subside a bit.
3. **Once you're calm, express your anger.** It's healthy to express your frustration in a non confrontational way. Stewing in your own flames can make the situation worse.

4. **Get some exercise.** Physical activity can provide an outlet for your emotions, especially if you're about to erupt. Go for a brisk walk or a run.
5. **Think carefully before you say anything.** Otherwise, you're likely to say something you'll regret. It can be helpful to write down what you want to say so that you can stick to the issues.
6. **Identify solutions to the situation.** Instead of focusing on what made you mad, work with the person who angered you to resolve the issue at hand.
7. **Use 'I' statements when describing the problem.** This will help you to avoid criticizing or placing blame, which can make the other person angry or resentful - and increase tension. For instance, say, "I'm upset you didn't help with the housework this evening," instead of, "You should have helped with the housework."
8. **Don't hold a grudge.** If you can forgive the other person, it will help you both. Even if other person does not deserve forgiveness, you deserve peace, so forgive him. It's unrealistic to expect everyone to behave exactly as you want.
9. **Use humor to release tensions.** Lightening up can help diffuse tension. Don't use sarcasm, though - it can hurt feelings and make things worse.
10. **Practice relaxation skills.** Learning skills to relax and de-stress can also help control your temper when it may flare up. Practice deep-breathing exercises, visualize a relaxing scene, or repeat a calming word or phrase to yourself, such as "Take it easy." Other proven ways to ease anger include listening to music, writing in a journal and gardening.



# Desirable Food Behaviours for Weight Control

*Dr. Manpreet Sharma, MSc (Nutrition)*

Food intake is essential to survive. When man was a nomad, food came in its basic forms. Like any other animal, he would consume plant or animal products without cooking. Fire was discovered and man started cooking-initially to soften the food. Then he cultivated tastes. Acquired tastes introduced salt and sugar to cooked food. Cooking in its own fat made food more attractive, taste wise. Extrinsic fat was added to further refine the taste. Thus cuisines have evolved over centuries. Restaurants tempt you with unusual, unique, interesting, and now fusion dishes—all very hard to resist. There is a sea change how we eat and relate to food.

Earlier on physical activity justified multiple meals. Progressively sedentary lifestyle with development of the wheel, cars, and computers means that we spend our lives sitting. If we look at the village folks—they have natural flat abs. See the typical urban dweller—children to adults, both genders—all with extra well-endowed physiques. In all likelihood the intake of the urban dweller is a fraction of his rural counterpart—yet he is overweight plus incapable of even a little physical activity.

If you have a pet at home—a pet dog—you would have realised that as he ages he eats lesser. A pup eats 4 times a day or more. An adult dog is fine with little more than a meal a day. Animals have stayed with their natural impulses. We have drifted. True, there are obese pet dogs. But these are more a result of their indulgent owners trying to make them into their own image.

**Let's take a representative example of our times.**

Rahul is a 35 year old professional with a typical workday extending from 9 am till 8pm. He is not a breakfast person. Morning is kick started with 2-3 cups of coffee and sometimes a bowl of breakfast cereal. Pre-lunch meetings add on several more cups of coffee/tea. By lunchtime his body is craving for food, the office canteen offers a sumptuous spread Rahul digs in 5-6 chapattis with relish as he squeezes in another meeting during the meal. At least the craving and acidity is gone. Not that he recalls what he ate. The stress of the day and the long gap till dinner, around 9 pm, is enough to get hunger pangs going again. He tastes the dessert first lovingly prepared by his wife. A hearty meal with family in front of TV follows. Later, munching on a boxful of chocolate cookies while watching FIFA is a regular feature.

Notice Rahul is skipping breakfast because he got out of the habit somewhere along the line; instead compensating with tea/coffee. Doesn't pay attention to what foods, how much and when he should nourish his body. When cravings set in its best relieved by sweets/ snacks; and no restrictions there. The refrigerator is well stocked all the time. Weekend socialising is another story!!

In the present times we eat more for psychological reasons than for physiological needs. The latter means eating to provide energy and nourishment to keep our body functions going and healthy. Most of our eating

happens to provide psychological comfort. We eat because-it's time for dinner, to bond with friends/family, stressed about work/relationships, can't resist our favourite foods, easy access to ready to eat food, feel one should not waste food etc. What we feel, think, experience-determines our eating or **FOOD BEHAVIOURS.**

We all know-or have heard-that the mantra to weight control is eating. What we don't consider is-How, when, how much, and why we eat.

Most weight management programs focus on Diet control, diet modification or diet restriction. The key to successful weight control lies elsewhere.

The right or desirable food behaviours are-to manage our lifestyle so as to nourish our body by consuming "The Right foods, in Right amounts, at the Right time". At first it looks like a tall order, however it's simple and easy to do.

Cultivating desirable food behaviour is the single most important factor that contributes to sensible weight control and lifelong management of it.

### **Let's examine some of these Food Behaviours.**

Behaviour is a pattern of response to cues or situations. Food behaviors are built and reinforced over years wherein it determines how we relate to food, crave for or avoid certain foods, feel happy/comforted on eating certain foods.

Certain foods trigger positive feelings and have a high satiety value. Unless we have our first cup of tea just the way we like it, it just doesn't set the mood for the day. What we like is how we have been having for a long time. It's a cultivated

behaviour. Our preference for certain foods is mostly a function of what we have been exposed to and has become a habit over a period of time.

### **Food behaviours are influenced by:**

- a. Family food habits-family cooking methods, mealtimes, preferences or avoidance of certain foods. E.g. Breakfast may be a rushed affair, desserts after meals is a regular feature.
- b. Cultural food patterns-vegetables are consumed as rich gravies than any other form.
- c. Lifestyle-fresh cooked meals replaced by easily available fast foods. Hurried eating to accommodate the pace of life.
- d. Stress-dependence on comfort foods. Eating larger portions to deal with anxiety and pressures of life.
- e. Social environment-frequent social eating, exposure to large selection of multiple course meals/buffet meals at social functions.

Desirable food behaviours need to be identified and cultivated. Keeping a diary to capture when, what time, how much, why, with whom you eat is a highly effective way. It helps to identify behaviours associated with eating.

### **You get answers to behaviour contributors such as:**

Was I really hungry?

What triggers food cravings?

How do I feel prior to and post eating?

Does eating alleviate stress for good?

Should I have polished off the entire cake?

Is there a pattern to my extra eating?



**A simple 3 step approach to achieve this is:**

- a. Be aware of your behaviour patterns around food. Each one of us relates & responds to food in a different way. What is typical about my behaviour when I see or am around food?
- b. Equipped with this self awareness set up realistic goals on how much weight loss to aim for, and the timeframe. Here take into account your present physical condition, health status etc.
- c. Set up a support system around you that keeps you motivated. Take the help of a nutrition counsellor who provides sensible & scientific guidance on food selections and behaviour alignment.

A diet chart is like a placebo, once we bring it home it is a comforting feeling that we have taken the first step towards weight control. Soon the initial enthusiasm gets lost in the buzz of life.

The next time we see it lying around we feel a twinge of guilt. The day I am going for a party I don't even want to look at it. Is it going to work in the long run... chances are-no way.

So, to be successful at weight control there are two things to be looked at-one is FOOD and second even more important than the first is BEHAVIOUR. Certain changes in our food habits, how we relate to food, lifestyle alignment; and need to adopt a sensible approach to managing self with respect to eating. Short term weight loss can be achieved with diets, however sustaining the right body weight requires the above mentioned two pronged approach.

When it all began, we ate to live. Somewhere down the line we converted to the philosophy: We live to eat!

**Desirable Food Behaviours** work amazingly to create a healthier, fitter YOU. And you owe it to yourself.

*With best compliments from*



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# Summer Foods

## Watermelon

*Refreshing, tasty, and hydrating, watermelon needs no dressing up to provide the nutrition and flavours we crave. Summertime is when watermelons are best in quality and price. Watermelons come in all shapes and sizes, and they have thick green rinds that are spotted or striped.*

The inflammation-fighting antioxidants in watermelon may reduce risk of complications of diabetes, cardiovascular disease, cancer, and arthritis. Watermelon is also high in vitamins C and A (in the form of beta-carotene) and the antioxidant lycopene, known for reducing risk of macular degeneration and prostate cancer. Potassium, which helps muscle and nerve function, regulation of the body's electrolyte and acid-base balance, and reduction of high blood pressure risk, is also a benefit from eating watermelon.

With about 92 percent of weight coming from water, watermelon also contributes to fluid intake—especially important during warm weather. Even with its sweet taste, **watermelon fits into a diabetic meal plan.**

One cup of watermelon has 45 calories and 12 grams of carb.

## Cucumbers

**Keep cool as a cucumber** and include these versatile vegetables into your summer cuisine. One cup of sliced cucumbers has only 16 calories and 4 grams of carb. Health benefits of cucumbers are numerous. The skins and seeds of cucumbers are rich in nutrients and higher than the flesh, so consuming the whole fruit is desirable.

Both conventional and organic cucumbers are often waxed. The only waxes used on organic cucumbers are non synthetic waxes, which must be free of chemical contaminants that are prohibited under organic regulations. Conventionally grown cucumbers may have synthetic waxes that

contain chemicals. It is often recommended to leave the skin of organically grown cucumbers intact regardless of whether the cucumber has been waxed. Cucumbers contain a phyto nutrient, lignin, known to provide anti-cancer benefits by promoting a protective role of bacteria in the digestive tract.

## Eggplant (Brinjal)

Add Mediterranean flair as well as fiber and antioxidants to meals with this beautiful purple vegetable. The unique flavor and texture of eggplant lends itself to a variety of cooking methods. Try roasting or grilling with a light coating of olive oil for a wonderful main dish or side; use leftovers in a salad the next day.

The Mediterranean diet includes nuts, seeds, and olive oil, and generous servings of fruits and vegetables. An excellent source of dietary fiber and manganese, eggplant is also a good source of molybdenum and potassium. Eggplant is also rich in vitamin K, magnesium, copper, vitamin C, vitamin B6, folate, and niacin.

Researchers at the Department of Agriculture found chlorogenic acid, a dominant antioxidant, in eggplant, which can also lower LDL (bad) cholesterol.

One cup of cooked eggplant has only 35 calories, 9 grams of carb., and 2 grams of fiber.

## Tomatoes

With a variety of shapes and sizes, summer tomatoes make a nutritious and delicious addition to any meal. Available year-round across the world, fresh tomatoes are most flavourful from July through September (those planted in late spring or early summer).

***Six things you might not know about tomatoes!***

The tomato in any variety or form provides multiple health benefits—especially for reducing risks of complications of diabetes



and cardiovascular disease. A study by Brigham and Women's Hospital in Boston and the Harvard School of Public Health analyzed tomato-product consumption patterns and prostate cancer risk, and it concluded that frequent consumption of tomato products is associated with a reduced risk. Low in calories (1 cup has only 32 calories and 7 grams of carb.), tomatoes are a superior source of vitamin C and vitamin A as well as vitamin K—important for bone health. Other vital nutrients in tomatoes include lycopene, potassium, vitamin B6, folate, dietary fiber, manganese, magnesium, niacin, and vitamin E. As in other nutrient-rich foods, these substances work together to promote good health. Remember, pills don't grow on trees!

### **Red Snapper Fish**

Red snapper is a healthy, low-calorie option for summer grilling. Red snapper has a subtly sweet flavour, with a firm texture. Pair red snapper with bold flavours, such as red pepper and basil, and grilled sweet vegetables, such as cherry tomatoes. Avoid overcooking this firm yet delicate fish.

### ***Five reasons to incorporate fish into your diabetic diet.***

Red snapper is a great source of heart-healthy omega-3 fatty acids, which boasts more than 100 mg in just one ounce. The American Heart Association recommends consuming omega-3's such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) to help lower triglyceride levels. Even though red snapper is loaded with fats, it's still a lean choice compared to most meats—a three-ounce portion is just 90 calories. Plus, it makes for a high-protein addition to any meal, providing 6 grams of protein per ounce. Red snapper is also high in vitamin B12, which helps maintain a healthy nervous system. It's also essential for avoiding anemia, which can cause a person to feel sluggish.

### **Green Beans**

You might not think about green beans as a power food, but with antioxidants such as lutein and beta-carotene, their nutritional value is comparable to other bright-color vegetables.

Green beans are an excellent source of vitamin C and vitamin A, as well as bone-building vitamin K. Mild in flavour, they make a wonderful low-calorie addition to any meal, whether stir-fried, steamed, or in salads. One cup of green beans has only 44 calories and 10 grams of carb., and also provides about 4 grams of fiber—important for digestion and glucose management.

As delicious as fresh green beans are, you can still get many valuable nutrients from green beans that have been frozen or canned. When first frozen and then cooked, retention of some B vitamins in green beans can be as high as 90 percent

### **Peppers**

Sweet, crisp peppers are a beautiful addition to any meal. Peppers are packed with nutrients and are a terrific source of vitamin C, thiamine, vitamin B6, beta-carotene, and folic acid. Sweet peppers contain a large amount of phytochemicals that have exceptional antioxidant activity. Red sweet peppers also contain lycopene, which helps protect against cancer and heart disease. One cup of sliced fresh peppers has about 28 calories and 6 grams of carb., easily fitting into any diabetes or weight management plan.

### **Which peppers are best for you?**

While the red sweet pepper is usually thought of as more nutrient-rich, the green sweet pepper is a top source of luteolin—also found in celery, carrots, and some herbs—which provides anti-inflammatory, anti-cancer, and antimicrobial effects. A study from the University of Reading found that high doses of luteolin reduced one marker of inflammation by up to 90 percent.

Peppers are available throughout the year, but they are most abundant during the summer and early fall.

# Should You Take B12 Supplements if You Take Metformin?



*Metformin is the most widely prescribed medication to treat diabetes (usually type 2 diabetes) in the world. Its effectiveness equals or exceeds many of the other oral medications available and has an excellent safety profile for most individuals. However, for the last ten to fifteen years there has been a question as to whether metformin causes B12 deficiency in those who take the drug for long periods of time.*

Several studies and clinical cases have noted suboptimal blood levels of B12 in those who have taken metformin for extended periods. The National Nutrition and Health Examination reviewed the blood work on 1,621 people with diabetes, more than a third of whom were taking metformin, and demonstrated a reduction in serum B12 levels in people who took metformin compared to those who did not.

But just because these people taking metformin had lower levels of B12 in their bloodstream doesn't necessarily mean the B12 that's there isn't getting the job done. New measurements of B12 activity have indicated that although metformin does seem to reduce blood levels of B12, this may not reduce the vitamin's effectiveness in carrying out its

functions in the body. When B12 doesn't work the way it's supposed to, levels of something called total plasma homocysteine (tHcy) go up. But newer studies looking at the levels of tHcy in people who take metformin have found that they have not been elevated.

According to an article published this year in *Diabetes Care*, "low serum B12 alone without disturbances in the metabolic markers has no diagnostic value." From a practical standpoint, this means that if a B12 deficiency is suspected from a serum B12 test, further testing should be undertaken before assuming the patient is B12 deficient.

B12 is one of the B-family of vitamins that is important for the healthy development of blood cells, DNA and the nervous system. Although it is known as a water soluble vitamin, we can store vitamin B12 in the liver for up to one year. B12 is widely distributed in the diets of those who eat any animal products; although those following a vegan diet will need to consume a B12 supplement or B12 enriched tofu or yeast to obtain adequate amounts of the vitamin.

B12 deficiency can lead to megaloblastic anemia, a type of anemia in which the red blood cells are significantly larger than normal. People with mild B12 deficiency may feel weak or tired, bleed easily, experience tingling in the hands and feet and swelling of the tongue. Severe B12 deficiency can have serious effects such as memory loss, delusions, loss of taste and smell.

## The Impact of Type 2 Diabetes Medications on Weight

- Medications like glyburide and glipizide are effective in lowering blood glucose but they generally cause weight gain. If you must take them, using the extended-release versions (glipizide XL or glimepiride) is preferable.
- Although Actos (pioglitazone) and Avandia (rosiglitazone) increase insulin action, they generally cause significant weight gain.
- Insulin is the strongest diabetes medication. Its use, in general also causes significant weight gain. In the Why WAIT program, we used certain types of insulin and novel techniques to minimize the impact of insulin on body weight. This method is described in details in “The Diabetes Breakthrough.”
- SLGT-2 inhibitors are the newest oral diabetes medication and are known to cause weight loss. Examples of SGLT2 inhibitors are Invokana and Farxiga, with many more being created. These medications are also expensive.
- Byetta, Victoza, Bydureon, and Symlin are the only injectable diabetes medications that can help you to lose weight and can be combined with metformin for maximum effect in people with type 2 diabetes. Symlin can be also used for type 1 patients who are overweight or obese. All these injectable diabetes medications are very expensive and may not be covered by insurance.

### Medications with no effect on body weight or that aid in weight-loss:

- Metformin doesn't raise or lower your body weight, but can help keep your morning blood glucose levels in check.
- DPP-4 inhibitors are newer diabetes medications that also don't affect weight. Examples are DPP-4 inhibitors (Januvia, Galvus, Onglyza, Tradjenta, and Nisena). These medications are expensive.

Reducing the number and doses of the first group of medications can help you lose weight and better control your diabetes. If you're taking any of these medications, I recommend speaking to your doctor or healthcare team about medications that will not cause weight-gain.

Making sure you have the right medications and following The Why WAIT approach will help you control your diabetes while also teaching you to both lose weight and keep it off.





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# शारीरिक गतिविधियों (व्यायाम) के लिए कुछ सुझाव

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## शारीरिक गतिविधियां किसे कहते हैं?

प्रत्येक शारीरिक गतिविधि एक तरह का व्यायाम है। शारीरिक गतिविधियों की योजनाएं भी बनाई जा सकती हैं, जैसे :

पैदल चलना, दौड़ना, बास्केटबाल अथवा अन्य खेल खेलना। घर के रोजमर्रा के कामकाज जैसे कुत्ता घुमाना आदि भी शारीरिक गतिविधियां हैं। बच्चों को सप्ताह के अधिकांश दिनों में कम से कम 60 मिनट और वयस्कों को 30 मिनट सामान्य शारीरिक गतिविधियां करनी चाहिए। सामान्य शारीरिक श्रम ऐसी गतिविधि है जिसमें 30 मिनट में दो मील पैदल चलने जितनी ऊर्जा खर्च होती है।

**प्रतिदिन शारीरिक गतिविधियां करने के क्या लाभ हैं। इससे:**

- पूरे शरीर में रक्त के बेहतर संचार के कारण हृदय रोगों का खतरा कम होता है।
- शरीर का वजन नियंत्रित रहता है।

- शरीर के कोलोस्ट्रॉल स्तर में सुधार होता है।
- उच्च रक्तचाप की रोकथाम और उचित प्रबंधन होता है।
- हड्डियों के क्षरण में कमी होती है।
- शरीर में ऊर्जा का स्तर बढ़ता है।
- दबाव कम होने से तनाव में कमी आती है।
- जिज्ञासा व निराशा कम होती है और उत्साह व आशा का संचार होता है।
- जल्दी और अच्छी नींद आती है।
- खुद में अच्छाईयां नजर आने लगती है।
- मांसपेशियां शक्तिशाली बनती हैं जिससे अन्य शारीरिक गतिविधियां करने का मन करता है।
- परिवार के साथ अपने विचार व दिनचर्या बांटने को मार्ग खुलता है।
- बच्चों में स्वस्थ हृदय व शरीर के लिए अच्छी आदतें डालने और उन्हें मोटापा, उच्च रक्तचाप,

बुरे कोलोस्ट्रोल स्तर और ऐसी गंदी आदतें जिनके चलते भविष्य में दिल का दौरा पड़ने की संभावना हो सकती है को दूर रखने की प्रवृत्ति पैदा होती है

- बड़ी आयु के लोगों में आयु से जुड़े गंभीर रोगों को दूर रखने और लंबे समय तक बिना किसी की सहायता गुणवत्तापूर्ण जीवन जीने के अवसर मिलते हैं

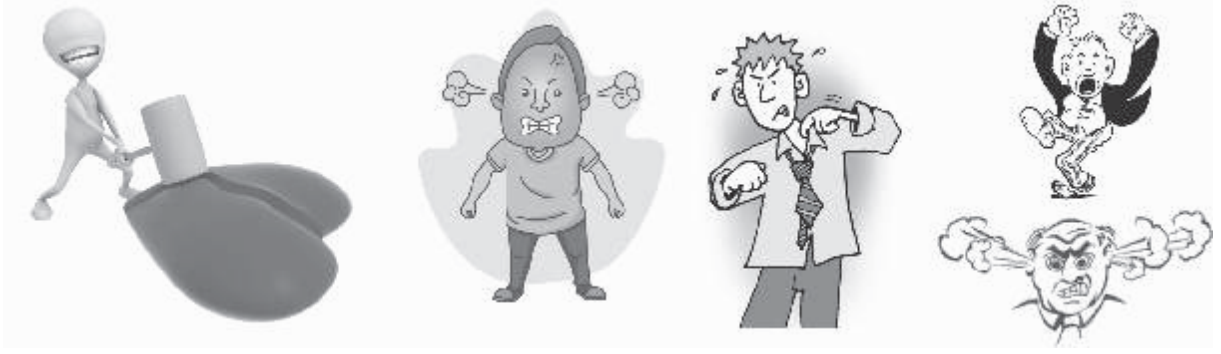
### **शारीरिक गतिविधियों (व्यायाम) के लिए कुछ सुझाव व दिशानिर्देश :**

- तय करें कि कौन सी और कितनी शारीरिक गतिविधि आपके लिए उचित है।
- गतिविधियों की शुरुआत धीरे से करें। बाद में उन्हें बढ़ाकर दिन में 30 से 45 मिनट के लक्ष्य तक पहुंचाएं। इससे आपके शरीर का वजन नियंत्रित रहेगा और स्वास्थ्य में सुधार होगा।
- लक्ष्य तय करें। पहले छोटे लक्ष्यों पर काम करें। उन्हें सफलतापूर्वक करने के बाद नये लक्ष्य बनायें। हर उपलब्धि का जश्न मनायें।
- उन्नति पर नजर बनाये रखें। बेहतर होगा यदि आप अपनी गतिविधियों की उन्नति का रिकॉर्ड रखें। आपने कब, कौन सी शारीरिक गतिविधि की, कितने समय की और उन्हें करते हुए आपके क्या अनुभव रहें, सब लिखें।
- विविधता बनाये रखें। ऐसी गतिविधियों का चुनाव करें जो आपके लक्ष्य की पूर्ति करे और ऊबाव न हो। अपने शरीर और मस्तिष्क को करने की चुनौतियां दें।

- आरामदेह स्थितियों में रहें। गतिविधियों के अनुरूप कपड़े और जूते पहने।
- शरीर की आवाज सुने। यदि शारीरिक गतिविधियां करने के दौरान आप बैचेनी, दर्द, चक्कर आना, तेज सिरदर्द और किन्हीं अन्य असामान्य लक्षणों का अनुभव करें तो फौरन गतिविधि को रोक दें। यदि उस पर भी दर्द ठीक नहीं होता तो तत्काल किसी डॉक्टर से संपर्क करें। यदि आप थके और बीमार होने का अनुभव कर रहे हों तो गतिविधियां रोक कर आराम करें। स्वस्थ होने पर आप फिर से अपनी गतिविधियां प्रारंभ कर सकते हैं।
- पौष्टिकता प्राप्त करने के लिए प्रतिदिन के लिए विभिन्न स्वास्थ्यदायक आहार चुने। ध्यान रहे आपका स्वास्थ्य व वजन आपके भोजन और शारीरिक गतिविधियों के चुनाव पर निर्भर रहता है
- परिवार से स्नेह प्राप्त करें। इस बात का प्रयत्न करें कि आपके परिवारीजन व मित्र आपकी गतिविधियों में शामिल हों। साथियों के साथ पैदल चलने वाले दल बनायें, अपने बच्चों के साथ घर से बाहर खेले अथवा अपने मित्रों के साथ कोई नृत्य सीखें।
- नियमित शारीरिक गतिविधियों द्वारा और अच्छा और बेहतर अनुभव करेंगे। यदि आपका उद्देश्य स्वस्थ रखना और शरीर के वजन को न बढ़ने देना है तो निश्चय ही शारीरिक गतिविधियां आपको इस लक्ष्य तक पहुंचा देंगी।

**शारीरिक गतिविधियों के स्वास्थ्य लाभों को देखते हुए इन्हें अपनी जीवन शैली का अंग बनायें।**





## क्रोधित हृदय

\*ए. कुंडु, \*\*ओ.पी. यादव

\*कंसल्टेंट कार्डिएक सर्जन, \*\*सी.ओ.पी. एण्ड चीफ कार्डिएक सर्जन  
नेशनल हार्ट इंस्टीट्यूट, नई दिल्ली

यदि हम हृदय धमनी रोगों (सी.ए.डी.) को एक परेशान बूढ़े इंसान के रूप में कल्पित करें तो धूम्रपान, मधुमेह, उच्च कोलोस्ट्रॉल, उच्च रक्तचाप के साथ क्रोध एवं बैर शायद हमें उसके जीवनसाथी जैसे नजर आएंगे। यह सिर्फ एक मजाक था। गंभीरता से देखें तो हम पाते हैं कि क्रोध और बैर दोनों हृदय धमनी रोगों के लिए बहुत हद तक जिम्मेदार तत्व हैं। चिकित्सा विज्ञान ने तो काफी पहले इस सच्चाई को स्वीकार लिया था। अब आधुनिक विज्ञान उनके अन्य संगी साथियों की समीक्षा करने में जुटा है! ऐसा क्यों? क्योंकि अभी तक कोई ऐसी दवा नहीं बनी है जिसके प्रयोग करने से क्रोध और बैर की भावनाएं तिरोहित हो जाएं। शायद इसलिए भी कि इन भावनाओं के उपचार के साथ ये बात कलंक के रूप में जुड़ी हुई है? हमारा समाज मानता है कि पुरुष अपने परिवार का मुखिया होता है। क्रोध और बैर के शमन के लिए पुरुष के उपचार करने में कहीं उसके पौरुषविहीन होने की गंध आती है। लगभग सभी चिकित्सक दी जाने वाली सलाह की अनउपयोगिता को समझते हुए भी अकसर लोगों को तनाव कम करने का परामर्श देते रहते हैं। जैसे (मिस्टर सिंह अब दो सप्ताह बाद मिलेंगे तब तक मैं उम्मीद करता हूं कि आप तनाव कम करने का प्रयास करेंगे और क्रोध तो बिल्कुल ही नहीं करेंगे)। क्रोध पर सवारी करते हुए आज के समाज में हमें क्रोध और बैर चारों ओर दिखाई देते हैं। आज की नौजवान पीढ़ी इसकी कुछ ज्यादा ही शिकार है। छोटी-छोटी

बात पर झगड़ा, मारपीट और गोली मारने की बढ़ती घटनाएं इस बात का प्रत्यक्ष प्रमाण है कि आज की आधुनिक पीढ़ी गुस्से और बदले की भावना से उबल रही है। जल्द अमीर बनने या खूब पैसा कमाने और वैभवपूर्ण जीवन जीने की कामना के साथ कदम-कदम पर मिलने वाली असफलताओं ने इस आग में घी डालने का काम किया है। असंतोष, अतृप्ति और कुंठाओं ने क्रोध और बैर की भावना का इतना विकसित कर दिया है कि अब ये लोगों के जीवन में हृदय धमनी रोग (सी.ए.डी.) के कारण के रूप में नजर आने लगा है। बैर भावना के परिणाम इतने भयानक क्यों हैं? 1987 में न्यूरोटिक हॉस्टिलिटी (तंत्रिका रोग) और एक्सप्रेसिव हॉस्टिलिटी (व्यंजक रोग) जैसी दो विशिष्ट धाराओं पर अध्ययन किए गए। न्यूरोटिक हॉस्टिलिटी में नाराजगी, असंतोष, और हीन भावना तथा एक्सप्रेसिव हॉस्टिलिटी में क्रोध प्रदर्शन, झगड़ा और कई बार शारीरिक हिंसा जैसी भावनाएं चिन्हित की गईं। यह पाया गया कि 60 वर्ष से अधिक आयु वाले लोगों में एक्सप्रेसिव हॉस्टिलिटी ने हृदय धमनी रोगों का रूप धारण कर लिया है। अभी हाल में, 2008 में यू.के. में हुए एक अन्य अध्ययन में इस विषय के पिछले सभी आंकड़ों की समीक्षा की गई। इससे निष्कर्ष निकला कि अपेक्षाकृत सी.ए.डी. ग्रस्त समाजों के साथ-साथ स्वस्थ समाजों में भी क्रोध और बैर का हृदय धमनी रोगों से गहरा रिश्ता बन गया है। सरल भाषा में कहें तो यह कि यदि आप स्वस्थ हैं लेकिन

क्रोध और बैर की भावना से लैस है तब आप शांत और संतोषी व्यक्ति की तुलना में दिल और दिमाग की बीमारियों (एन्जाइना, दिल का दौरा, मस्तिष्काघात) के 19 प्रतिशत अधिक जोखिम में हैं। इसी तरह यदि आप सी.ए.डी से ग्रस्त हैं तो यह जोखिम बढ़कर 24 प्रतिशत जाएगा। इन शोधार्थियों ने सी.ए.डी. के परंपरागत जोखिमों जैसे धूम्रपान और उच्च रक्तचाप को समीक्षा से निकाल दिया जिससे पहले संबंध समाप्त हो गए। हां, इस अध्ययन से यह बात निकल कर आई कि अन्य प्रमुख जोखिमों के साथ जब क्रोध और बैर भी जुड़ जाते हैं तो सी.ए.डी. का खतरा और बढ़ जाता है। जानवरों पर हुए अध्ययन भी इसी तथ्य की पुष्टि करते हैं। जानवरों के आपसी द्वंद के दौरान उनका दैहिक पथ जैसे तंत्रिका प्रणाली की दुष्क्रिया, कुछ हारमोंस के स्त्रावरण और उत्तेजना उन्हें सी.ए.डी. रोगों की ओर अग्रसर करती है। इसी कारण इन शोधार्थियों ने सी.ए.डी. के उपचार में क्रोध और बैर मनोभावों के मनोवैज्ञानिक प्रबंधन बड़ा जरूरी माना है।

अंत में इस विषय के तकनीकी पहलुओं में न जाकर मेयो क्लीनिक यू.एस.ए. ने क्रोध प्रबंधन के लिए कुछ अच्छे उपाय बताये हैं जो इस प्रकार हैं :

1. **थोड़ा समय लें** : हालांकि यह उपाय कुछ घिसा-पिटा लगा है पर कारगर है। अपनी प्रतिक्रिया देने से पहले 10 तक गिने। आशा करते हैं गुस्सा शांत हो जाएगा।
2. **थोड़ी दूरी बनायें** : जिस व्यक्ति के साथ आप गुस्सा कर रहे हैं, उससे तब तक के लिए दूरी बना लें जब तक आप का गुस्सा शांत नहीं हो जाता।
3. **एक बार जब आपका मन शांत हो जाए तो अपने गुस्से का इजहार करें** : बेहतर हो कि आप अपने गुस्से का इजहार उत्तेजना रहित माहौल में करें। अपनी ही आग में खुद जलते रहना हालात को और खराब कर सकता है।
4. **कुछ व्यायाम करें** : शारीरिक गतिविधियों से भावनाओं को तिरोहित होने में मदद मिलती है खासतौर पर तब जब आप की भावनाओं फटने वाली हों। ऐसे में तेज-तेज पैदल चलें या दौड़ें।
5. **कुछ भी कहने से पहले जो कहना चाह रहें हैं उसे मन ही मन तौल लें** : अन्यथा आप कुछ ऐसा कह बैठेंगे जिसे कहने के बाद को पछतावा होगा। बेहतर हो आप जो कहना चाह रहें हैं लिख लें ताकि आप इधर-उधर की न कह कर अपने मुद्दे पर जमे रहें।
6. **स्थितियों के समाधान को रेखांकित करें** : यह सोचने के बजाए कि किस बात ने आपको पागल बना दिया है, आप उस व्यक्ति के साथ मिल कर मुद्दे को सुलझाने का प्रयास करें जिसके कारण आप क्रोधित हुए थे।
7. **समस्या का ब्यौरा देते समय सरल वाक्यों का प्रयोग करें** : दूसरों की ऐसी आलोचना और दोषारोपण से बचें जिससे आलोच्य व्यक्ति नाराज या तनावग्रस्त हो सकता हो। उदाहरण के लिए यह कहने के बजाए कि आपको घर का काम करना चाहिए था आपको कहना चाहिए, मुझे बुरा लगा जब आपने शाम को घर के काम में मेरा हाथ नहीं बटाया।
8. **दुर्भावनाग्रस्त न हों** : यदि आप दूसरे व्यक्ति को क्षमा कर सकते हैं तो इससे आप दोनों का भला होगा। यदि दूसरा व्यक्ति क्षमा के योग्य नहीं हैं, पर आप को तो शांति चाहिए इसलिए उसे क्षमा कीजिए। दूसरों से अपने जैसे व्यवहार की अपेक्षा करना अस्वाभाविक मांग है।
9. **तनाव कम करने के लिए हंसी मजाक करें** : ऐसा करने से तनाव में कमी आ सकती है। व्यंग्य बाण न मारें इससे दूसरे के दिल पर चोट लगती है और कई बार स्थितियां पहले से भी विषम हो सकती हैं।
10. **तनावमुक्ति के तरीके अपनाएं** : जब क्रोध अपने आपसे बाहर निकलने को हो तो तनावमुक्ति कसरतें, जैसे गहरी लंबी सांस लेने का व्यायाम, किसी आनंददायक दृश्य की याद करना, या अपने आपसे चिंता की कोई बात नहीं आदि जैसे शब्द बोलना आदि करें। इसके अतिरिक्त संगीत सुनना, लेख लिखना और बागवानी करना कुछ ऐसे अन्य कार्य हैं जिनकी उपयोगिता कई बार सिद्ध हो चुकी है।

# Physical Activity Exercise Tips

Dr. Vinod K. Gujral, Sr. Cardio Diabetologist



## \*What is physical activity?

Physical activity is defined as any form of exercise or movement. Physical activity may include a planned activity such as :

walking, running, basketball, or other sports. Physical activity may also include other daily activities such as household work, walking the dog, etc. It is recommended that adults get at least 30 minutes and children get at least 60 minutes of moderate physical activity most days of the week. Moderate physical activity is any activity that requires about as much energy as walking two miles in 30 minutes.

## \*What are some benefits of daily physical activity ?

\*Reduces the risk of heart disease by improving blood circulation throughout the body

\*Keeps weight under control

\*Improves blood cholesterol levels

\*Prevents and manages high blood pressure

\*Prevents bone loss

\*Boosts energy levels

\*Manage stress by releasing tension

\*Counters anxiety and depression and increases enthusiasm and optimism

\*Improves the ability to fall asleep quickly and sleep well

\*Improves self-image

\*Increases muscle strength, improving the ability to do other physical activities

\*Provides a way to share an activity with family and friends

\*Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc) that can lead to heart attack and stroke later in life

\*In older people, helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence for a longer period of time

## Physical Activity Exercise Tips & Guidelines :

\*Ascertain what type/amount of physical activity is right for you.

\*Start slowly. Incorporate more physical activity into your daily routine and gradually work up to the 30-45 minute daily goal to improve health and manage your weight.

Set goals. Set short-and long-term goals that you can live with and celebrate every success.

\*Track progress. Keep an activity log to track your progress. Note when you worked out, what activity you did, how long you did the activity, and how you felt during your workout.



\*Think variety. Choose an array of physical activities to help you meet your goals, prevent boredom, and keep your mind and body challenged.

\*Be comfortable. Wear shoes and clothes that are appropriate to the activity you will be doing.

\*Listen to your body. Stop exercising and consult your healthcare provider if you experience chest discomfort or pain, dizziness, severe headache, or other unusual symptoms while performing an activity. If pain does not go away, seek medical help immediately. If you are feeling fatigued or sick, take time off from your routine to rest. You can ease back into your program when you feel better.

\*Eat nutritious foods. Choose a variety of healthy foods every day. Remember that your health and weight depend on both your eating plan and physical activity level.

\*Get support. Encourage your family and friends to join you in your activity. Form walking groups with co workers, play with your children outside, or take a dance class with friends.

\*Regular physical activity will help you feel, move, and look better. Whether your goal is to achieve and maintain a healthy weight or improve your health, becoming physically active is a step in the right direction.

*Take advantage of the health benefits of physical activity and make it a part of your lifestyle.*

The advertisement features the Biocon logo at the top right. The main title is "INSUPen<sup>®</sup> Insulin with ease", with "INSUPen" in large blue letters and "Insulin with ease" in smaller blue and orange letters. Below the title is a blue insulin pen. A list of features includes: "New reusable insulin device from Biocon", "First German technology pen offering the best user friendly features", "First to offer needles complimentary with every Refil", and "First to offer choice of 3 colors". Below this, a banner says "Compatible only with" and shows two boxes of insulin refills: "Basalog Refil<sup>™</sup>" and "Insugen Refil<sup>™</sup>". Each box contains two boxes of insulin and two boxes of needles. A note at the bottom of the refil boxes says "2 Complimentary needles with every Refil". At the bottom of the advertisement, there is a blue banner with contact information: "For more information, call: Biocon (Willingdell) Diabetes Toll Free no. 1800-425-7667 (9 am to 10 pm) SMS CALL BACK TO: 9538870067". There is also a logo for "ease" with the words "efficient", "accurate", "safe", and "economical" next to it.

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## Metafort-G<sup>851/852/853</sup>

Metformin 850 mg SR + Glimepiride 1 mg / 2 mg / 3 mg Tablets

## Metafort<sup>500/1000</sup>

Metformin 500 mg / 1000 mg SR Tablets

## Tayo 60K

Cholecalciferol 60,000 IU Tablets

## Tayo

Cholecalciferol 1000 IU +  
Elemental Calcium 500 mg Tablets

## Tayo 60K FP

Cholecalciferol 60,000 I.U.

## Revlin<sup>M</sup> SR<sup>75/150</sup>

Pregabalin SR 75 mg / 150 mg + Mecobalamin 1500 mcg

## Revlin<sup>75</sup> | <sup>M</sup>

Pregabalin 75 mg  
Pregabalin 75 mg + Methylcobalamin 750 mcg

## Glitaris<sup>7.5/15/30</sup> | <sup>M</sup>

Pioglitazone 7.5 mg / 15 mg / 30 mg Tablets  
Pioglitazone 7.5 mg / 15 mg / 30 + Metformin 500 mg SR Tablets

## Glitaris<sup>M</sup> 7.5 FORTE

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