

WORLD DIABETES DAY



Every year 14th November is celebrated as World Diabetes Day (WDD). International Diabetes Federation and the World Health Organization (WHO) created World Diabetes Day in 1991 in response to growing health threat of diabetes.

On December 20, 2006 United Nation (UN) passed a resolution to designate Nov 14 as World Diabetes Day. In 2007 according to United Nation resolution 61/225 World Diabetes Day became an official United Nation Day. World Diabetes Day was first commemorated on November 14, 2007, and is observed annually. The WDD aimed to raise awareness of diabetes, its prevention and complication and the care diabetic people needed. Government, NGO and private sectors are encouraged to increase the awareness of the disease. The WDD campaign draws attention to issues of paramount importance to diabetes world and focused the issue for the public. International Diabetes Federation chooses a new theme every year based on issues faced by World Diabetes community. Theme campaign is last for whole year but the 14th November is celebrated as the day to mark the birth day of Frederick Banting who, along with Charles Best, first conceived the idea which led to the discovery of insulin in 1922. **“Diabetes Education and Prevention”** is the World Diabetes Day theme for the period 2009-2013. 200 member associations of the International Diabetes Federation in more than 160 countries and territories, all member states of the United Nations, as well as by other associations and organizations, companies, healthcare professionals and people living with diabetes and their families observe WDD.

The World Diabetes Day logo is the blue circle - adopted in 2007 to mark the passage of the United Nations World Diabetes Day Resolution. The circle symbolizes life and health. The colour blue reflects the sky that unites all nations and is the colour of the United Nations flag. The blue circle signifies the unity of the global diabetes community in response to the diabetes pandemic.

Inspired from the life of Banting following researches are going on to transform peoples life and support the current generation of researchers.

- **The artificial pancreas:** a technology that monitors blood glucose levels and adjusts the amount of insulin being administered by an insulin pump to ensure the person is always getting the right amount. For the first time, adults with Type 1 diabetes are using it in the home environment.
- **Type 1 vaccine:** to better understand the role of the immune system in the development of Type 1 diabetes, in the hope that this will help lead towards a vaccine for this type of diabetes.
- **Low-calorie diet:** trying to find out whether a low-calorie diet should be offered as a treatment option to put Type 2 diabetes into remission.

Diabetes is the common name of a range of conditions including diabetes mellitus type one and type two, diabetes insipidus and gestational diabetes. These are all conditions, which affect how the pancreas secretes insulin or how the body reacts to this hormone. Depending on the type and severity, diabetes is controlled by dietary measures, weight loss, oral medication or injected or inhaled insulin. There is a wide range of short and long-term complications of diabetes including foot and eye problems and vascular diseases. It is estimated that one in three residents of the United States will develop diabetes at some point in their life.

In the society the influence of diabetes is enormous. Every day new population are included in diabetic family and surprisingly a good number of patients are children and young adult. Physiatrists are also a responsible member of this society and everyday they are facing the influence of diabetes among the disable patient which makes the problem more complex. Awareness of unaffected people, patient and doctors are the key element of this movement and physiatrist should not left behind to play there vital role to make this world habitable and beautiful for the disabled.