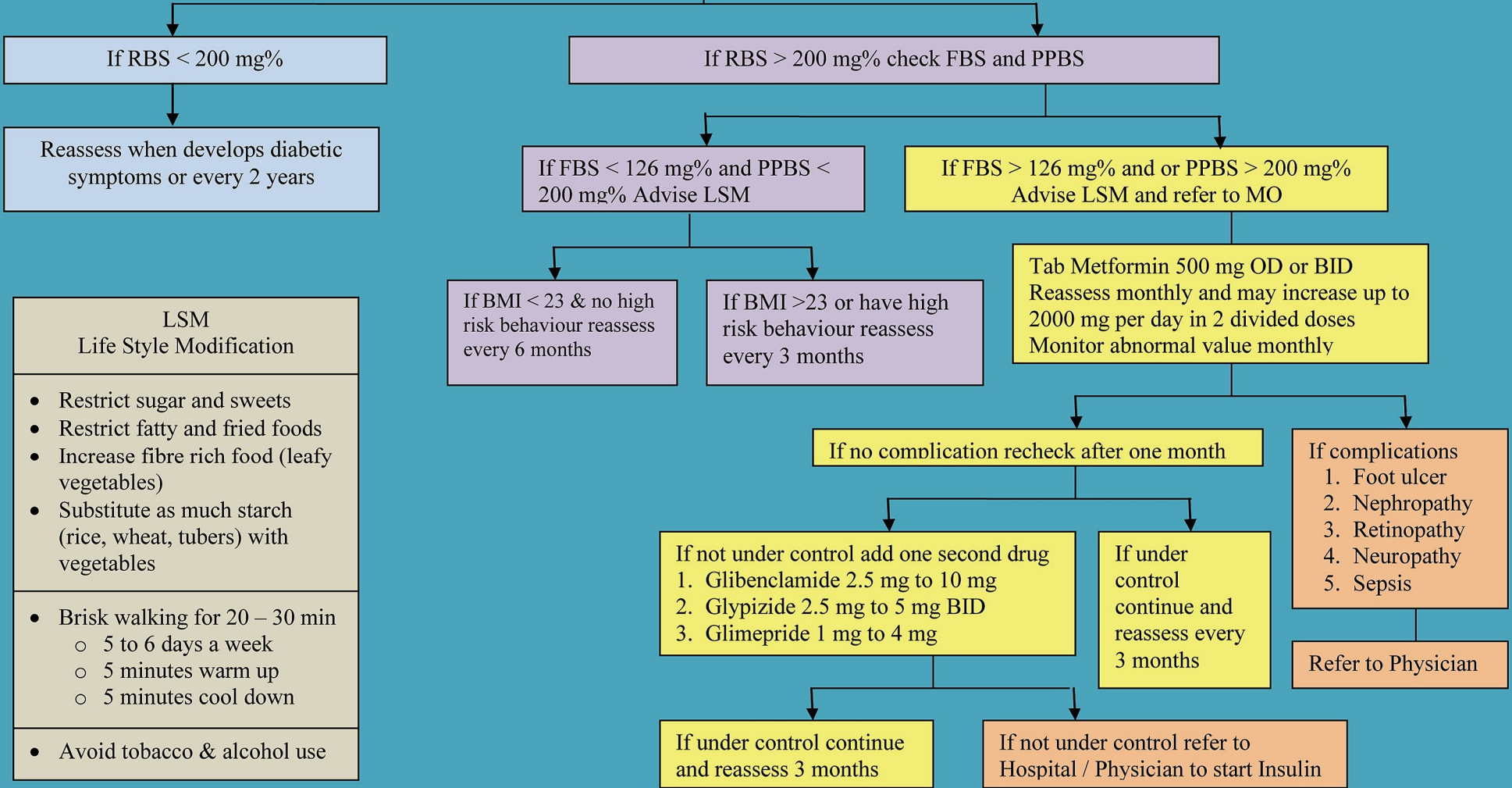


Treatment Protocol for Diabetes Mellitus

Screen all individuals of age above 30 years

- Assess habits – Tobacco use, Alcohol use, Diet and Exercise
- Check height, weight and calculate BMI
- Check BP and RBS

BMI
18.5-22.9: Normal
23.0-24.9: Overweight
>25.0: Obese



LSM
Life Style Modification

- Restrict sugar and sweets
- Restrict fatty and fried foods
- Increase fibre rich food (leafy vegetables)
- Substitute as much starch (rice, wheat, tubers) with vegetables
- Brisk walking for 20 – 30 min
 - 5 to 6 days a week
 - 5 minutes warm up
 - 5 minutes cool down
- Avoid tobacco & alcohol use