

# **13<sup>th</sup> Euro Obesity and Endocrinology Congress**

and

# **16<sup>th</sup> World Congress on Nutrition and Food Chemistry**

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## **Diabetes Awareness**

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I will aim to educate the audience through the provision of information on diabetes. This disease is far too prevalent in our society, and unfortunately there is no cure! What is currently practiced is an attempt to control one's blood sugar with medications which themselves have adverse effects on the body. It is for this reason that I believe that the only effective way to treat diabetes is by its prevention. I will therefore focus on attempts at preventing this disease. Among the various attempts at prevention are (A) healthy lifestyle (b) weight management and (C) physical activity. I hope to make a Global difference in individual lives through speaking. Having observed the devastation caused by the disease, affected individuals suffer from head to toe. The brain is affected with increased incidence of Alzheimer and Dementia among individuals who suffer with the disease, there is an increased incidence of visual disturbances which may lead to blindness. The circulatory disturbances leading to foot ulcers, the diabetic foot and worst amputations. Renal damage, with persons needing dialysis to merely stay alive. There is an increased incidence of heart disease, myocardial infarction and strokes among diabetes. And men there is an increased incidence of impotence among diabetes which has its effects on family life and the man's self-esteem. Every 17 seconds someone in the World is diagnosed with diabetes. Researchers argues more than 371 million people across the Globe have Diabetes. This figure is predicted to rise over 550 million by 2030. Ladies and gentleman there is an urgent need to address this disease. After this devastating information, the good news is the condition is preventable. So the next time you are tempted to overindulge in the foods we love, remember you may be eating yourself into a disease state for which there is no cure.

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