



DR. AGRAWAL

LOTUS HEALTHCARE & ADVANCED DIABETES CENTER

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DR. NITIN AGRAWAL

MBBS, MD (Medicine), FCCP (USA),
CCEBDM (Diabetes), CPD (Diabetes UK)



Don't let diabetes take control of your life



Dr Nitin Agrawal
Reliance Hospital, Koperkhairane, MPCT Hospital, Sanpada and Fortis Hospital, Vashi. He has a special interest in treating lifestyle disorders such as diabetes, high blood pressure, high cholesterol, thyroid and its complications.
He says, "Amidst the pandemic, health has become the topmost priority. Your body stays with you till the end – it is the permanent address where you live, so it is important to maintain a healthy lifestyle. Be fit for yourself. We can be fit by following a healthy diet and choosing healthy eating habits, exercising at least five days a week for 30 to 45 minutes, learning how to effectively deal with stress, resting enough and getting adequate sleep daily. It is also important to be positive and cut down on bad habits like smoking, alcohol and tobacco consumption. Diabetes cannot be cured, but it can be managed. One part of managing your diabetes is knowing

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your numbers." He adds, "We are soon coming up with a diabetic center at the end of the year at Raikar Bhavan, Vashi. Make sure you check with your doctor, before making lifestyle changes or trying a new supplement."

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DIABETES GUIDE
Diabetic: After 2 hours of meal 200mg/dl or above fasting 126 mg/dl or above
HbA1c: 6.5% or above.
Pre-Diabetic: After 2 hours of meal 140-199mg/dl or above fasting 100-125 mg/dl or above
HbA1c: 5.7-6.4% or above
Normal: After 2 hours of meal 139mg/dl or below fasting 99 mg/dl or below
HbA1c: 5.7% or below

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Bombay Times

INNOVATION IN HEALTHCARE

Treating diabetes in a holistic way

Dr. Nitin Agrawal, a specialist in diabetes, emphasizes a holistic approach to treatment. He states that diabetes is a chronic condition that requires a combination of lifestyle changes, medication, and regular medical supervision. He highlights the importance of maintaining a healthy diet, regular exercise, and stress management in managing the condition. Dr. Agrawal also mentions that early diagnosis and intervention can significantly reduce the risk of complications associated with diabetes.

Key points from the article:

- Diabetes is a chronic condition that requires a holistic approach to treatment.
- Regular medical supervision and medication are essential for managing diabetes.
- Lifestyle changes, including a healthy diet and regular exercise, play a crucial role in diabetes management.
- Stress management is also important for maintaining blood sugar levels.
- Early diagnosis and intervention can help prevent complications.

हॅलो मुंबई

मेटाबोलिक सिंड्रोम : तुम्हाला धोका आहे का ?

मेटाबोलिक सिंड्रोम (MS) हा एक सामान्य आजार आहे, जो उच्च रक्तचाप, उच्च रक्तशर्करा, उच्च तेलरक्तचाप, उच्च वजन आणि उच्च तेलरक्तचाप यांचे एक संयोजन आहे. हे आजार अनेक वर्षांपासून असू शकतो आणि अनेक वर्षांनंतर उच्च रक्तचाप, उच्च रक्तशर्करा, उच्च तेलरक्तचाप, उच्च वजन आणि उच्च तेलरक्तचाप यांचे एक संयोजन म्हणून ओळखला जातो. हे आजार अनेक वर्षांपासून असू शकतो आणि अनेक वर्षांनंतर उच्च रक्तचाप, उच्च रक्तशर्करा, उच्च तेलरक्तचाप, उच्च वजन आणि उच्च तेलरक्तचाप यांचे एक संयोजन म्हणून ओळखला जातो.

हे आजार अनेक वर्षांपासून असू शकतो आणि अनेक वर्षांनंतर उच्च रक्तचाप, उच्च रक्तशर्करा, उच्च तेलरक्तचाप, उच्च वजन आणि उच्च तेलरक्तचाप यांचे एक संयोजन म्हणून ओळखला जातो.



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