

Late H. A. Bellan



Sivakumar Bellan

WELCOME TO BELLAN DIABETES

VISION

To educate and support every person with diabetes and those with strong family history of diabetes; who will have the necessary knowledge and skills to optimally self-manage their disease.

OUR PURPOSE

Helping all people live healthy lives.

OUR MOTTO

"The First Wealth Is Health"

ABOUT US

We founded the HA Bellan Diabetes & Heart Foundation Trust in my Father's memory, to ensure that medical awareness and well being is extended to all, in a timely manner.

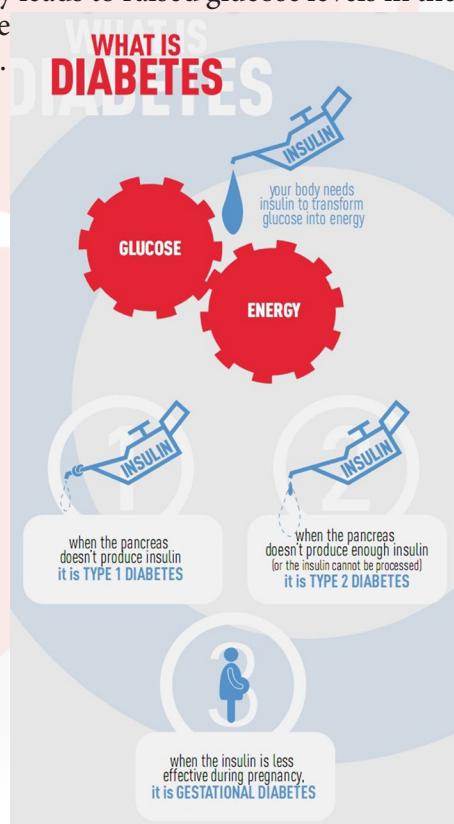
The **late Mr HA Bellan** died of diabetes in 07Jan2003. The main objective of the trust is to create awareness about diabetes & heart disease in rural India. The trust will be conducting diabetes detection camps in villages which lack medical facility. The patients detected with diabetes & hypertension will be given patient education related to the same and referred to the nearest specialist doctors in the town / city. It has been observed that many premature deaths happen in rural areas due to ignorance of the disease / disorder and lack of medical facilities. We have adopted Nilgiris district in Tamilnadu as our first project of the trust addressing more than 300 villages.

WHAT IS DIABETES

Diabetes mellitus, or simply diabetes, is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Insulin is a hormone made by the pancreas, that acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells. Not being able to produce insulin or use it effectively leads to raised glucose levels in the blood (known as hyperglycaemia). Over the long-term high glucose levels are associated with damage to the body and failure of various organs and tissues.

Type 1 diabetes used to be called juvenile-onset diabetes. It is usually caused by an auto-immune reaction where the body's defence system attacks the cells that produce insulin. The reason this occurs is not fully understood. People with type 1 diabetes produce very little or no insulin. The disease may affect people of any age, but usually develops in children or young adults. People with this form of diabetes need injections of insulin every day in order to control the levels of glucose in their blood. If people with type 1 diabetes do not have access to insulin, they will die.

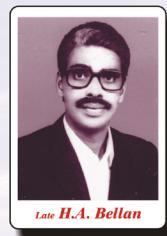
Type 2 diabetes used to be called non-insulin dependent diabetes or adult-onset diabetes, and accounts for at least 90% of all cases of diabetes. It is characterised by insulin resistance and relative insulin deficiency, either or both of which may be present at the time diabetes is diagnosed. The diagnosis of type 2 diabetes can occur at any age. Type 2 diabetes may remain undetected for many years and the diagnosis is often made when a complication appears or a routine blood or urine glucose test is done. It is often, but not always, associated with overweight or obesity, which itself can cause insulin resistance and lead to high blood glucose levels. People with type 2 diabetes can often initially manage their condition through exercise and diet. However, over time most people will require oral drugs and/or insulin.





H.A. Bellan Diabetes & Heart Foundation

Life is Beautiful. Live it!



Late H.A. Bellan

Symptoms

- ➡ Increased Thirst
- ➡ Increased Hunger
- ➡ Excessive Urination
- ➡ Weight loss
- ➡ Weakness and Tiredness
- ➡ Delayed wound Healing
- ➡ Numbness in hands and feet
- ➡ Blurred Vision

Risk Factors

- ➡ Family history of Diabetes
- ➡ Over weight / Obesity
- ➡ High Blood Pressure
- ➡ Hyperlipidemia
- ➡ Those with previous bad obstetric history
- ➡ Mental Stress
- ➡ Physically inactive people (Sedentary Lifestyle)

Complications

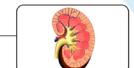
- ➡ Diabetic Retinopathy



- ➡ Heart Attack



- ➡ Kidney Failure

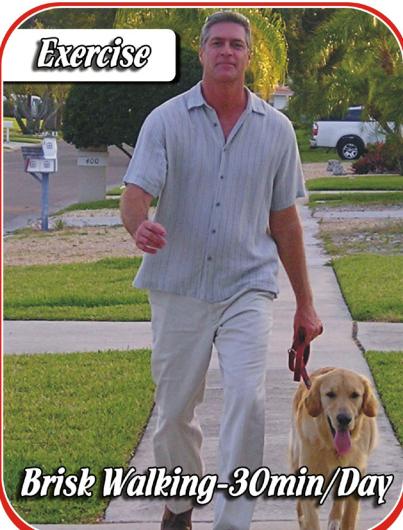


- ➡ Diabetic Neuropathy



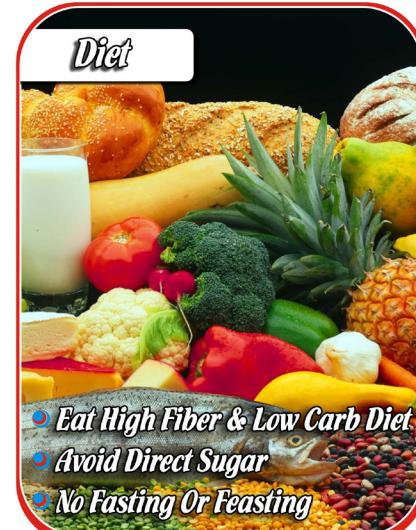
Winning Over Diabetes

Exercise



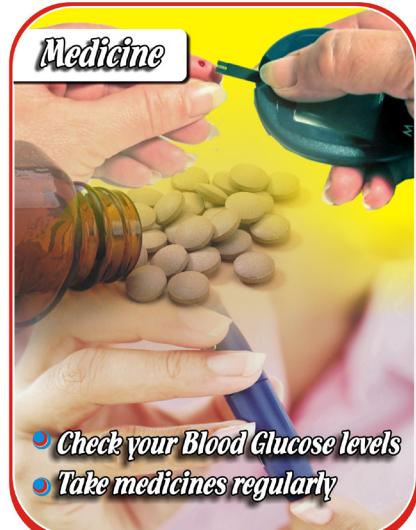
Brisk Walking-30min/Day

Diet



- ➡ Eat High Fiber & Low Carb Diet
- ➡ Avoid Direct Sugar
- ➡ No Fasting Or Feasting

Medicine



- ➡ Check your Blood Glucose levels
- ➡ Take medicines regularly



To lend your helping hands please contact :

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DIET & DIABETES



BASIC GUIDELINES FOR DIET CONTROL OF BLOOD GLUCOSE

- Eat three meals a day and snacks spaced in long spans.
- Do not skip meals.
- Eat your meals and planned snacks about the same time every day, just as you take your medication
- Eat a consistent amount of carbohydrates at each meal and snack, and distribute carbohydrates evenly throughout the day.
- It is important to be mindful of what you eat, and the effect it has on your blood glucose by testing before and after meals.

DIABETES & EXERCISE

Moderate exercise is great for people with diabetes. It helps you to control your blood sugar levels, watch your body weight and fight fatigue. And walking is a great way to get more active - especially if you're starting from scratch. You can take it easy to begin with and build up slowly as you get better.



BRISK WALKING

All walking is good for you, but brisk is best - especially for your heart and lungs. Brisk walking makes your heart beat faster, makes your breathing deeper and gives you a warm glow.

Lots of people start slowly and build up to a brisk pace as they go. Then they slow down towards the end and finish off with a gentle pace. Try taking the 'Talk Test' - you should still be able to have a conversation while you're walking. If you can't, then slow down.



Tadasana



inhale
arms up

Uttanasana



exhale
bend
forward

Chaturanga
Dandasana



inhale
look up
exhale
jump back &
bend elbows

Urdhva Mukha
Svanasana



inhale
push up
chest
exhale
step or jump back
stay 5 breaths

Adho Mukha
Svanasana



Uttanasana



inhale
step or jump
forward
exhale
bend
forward

Tadasana



inhale
arms up
exhale
arms down

BELLAN DIABETES CAMPS



@Horasholai, The Nilgiris



@T.manihatty, The Nilgiris



@Melseemay, Erode



@Life Help Centre, Chennai



*“Do not wait for leaders;
do it alone, person to person”*

**“Not all of us can do great things.
But we can do small things
with great love.”**

Mother Teresa