Seminar to Celebrate World Diabetes Day Held at CMH Lahore Medical College November 2019

Department of Community Medicine of CMH Lahore Medical College (CMHLMC) organized a seminar to mark World Diabetes Day with a primary objective of creating awareness among youth, students and general public about “diabetes”. CMHLMC MAJ GEN(R) ABDUL KHALIQ NAVEED, HI(M), was the chief guest on the occasion wherein eminent health professionals highlighted the importance of the day and delivered lectures on diabetes prevention, gestational diabetes, diabetic foot and management of diabetes. On this occasion, Poster Exhibition, video competition and Awareness Walk and skits were also organized, in which students and faculty members enthusiastically participated.
A good number of students, faculty members and people from different walks of life attended the seminar to improve understanding of diabetes.

Speakers of the seminar included Professor Dr. Muhammad Ashraf Chaudhry, Brig (R) Javed Iqbal & Maj. Gen (R) Ahmed Khan.
Chief Guest, CMHLMC Principal Maj Gen (R) Abdul Khaliq Naveed inaugurated the poster exhibition and appreciated the hard work & talent of medical students.
Professor Dr. Muhammad Ashraf Chaudhry, Head of Community Medicine, gave detailed presentation of diabetes prevention”. Speaking on the occasion, Professor Dr. Muhammad Ashraf Chaudhry highlighted magnitude of problem, warning signs, risk factors, complications and prevention of diabetes. He said there were more than 35 million diabetics in Pakistan and diabetes kills 90,000 people every year in the country. He said that unhealthy diet (fast & processed foods), lack of physical activity, obesity, increasing trend of smoking and stress and depression were the main causes of rising trend of diabetes in the country. He said diabetes is the leading cause of heart attack, stroke, renal failure, blindness and amputations. He said that through healthy diet (more vegetable and fruits), regular physical activity of at least 30 minutes brisk walk daily and losing 5 to 10 percent weight in case of overweight, diabetes could be prevented.
Maj. Gen. (Retd). Ahmed Khan discussed diabetic foot. He said diabetes can cause damage to the nerves throughout the body and most common affected areas are extremities, in particular feet. Nerve damage in these areas can lead to loss of feeling. Loss of feeling can allow injuries to go unnoticed, leading to serious infections and possible amputations. He advised that people with diabetes should regularly examine their feet.
Brig (R) Javed Iqbal, Medical Specialist, highlighted the various aspects of diabetes management. He said it is necessary for diabetics to remain in regular contact with their doctor, regularly take the medicines, and monitor their blood glucose regularly. He said that having healthy blood glucose, cholesterol and blood pressure levels greatly reduces the chance getting the complications of diabetes
Poster competition of students on the topic ‘diabetes’ was held and first three position holders were awarded shields/certificates.

Souvenirs and certificates were distributed among speakers and poster and video competition position holders and skit actors by chief guest.
Maj Gen(R) Abdul Khaliq Naveed congratulated department of Community Medicine for organizing an informative and educative seminar.

In the end, Dr. Shireen Rafeeq thanked the guests/students for sparing time and participation in the seminar.