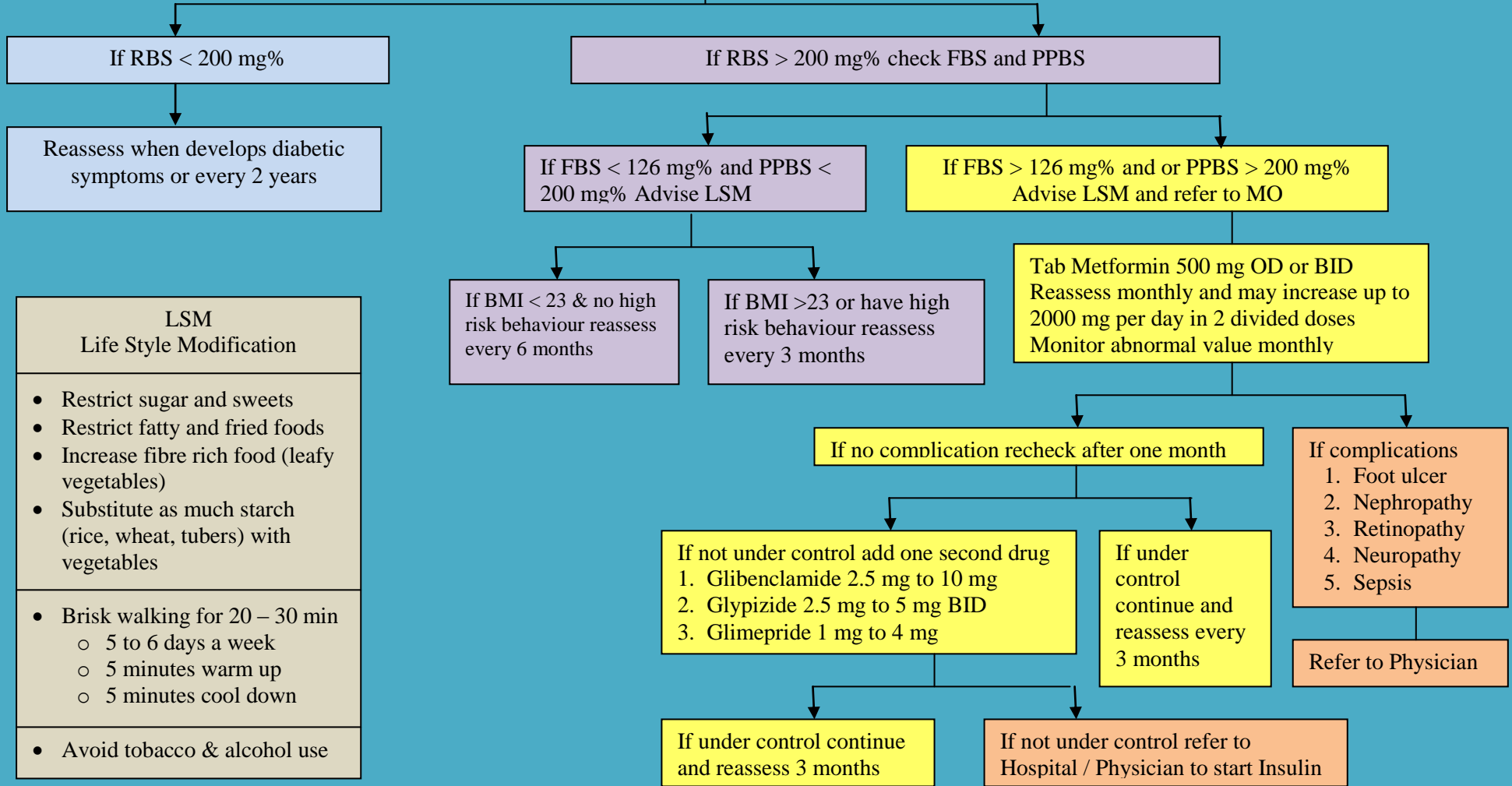


# Treatment Protocol for Diabetes Mellitus

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
<ul style="list-style-type: none"> <li>• Restrict sugar and sweets</li> <li>• Restrict fatty and fried foods</li> <li>• Increase fibre rich food (leafy vegetables)</li> <li>• Substitute as much starch (rice, wheat, tubers) with vegetables</li> </ul>
<ul style="list-style-type: none"> <li>• Brisk walking for 20 – 30 min               <ul style="list-style-type: none"> <li>○ 5 to 6 days a week</li> <li>○ 5 minutes warm up</li> <li>○ 5 minutes cool down</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• Avoid tobacco &amp; alcohol use</li> </ul>