

MULTISPECIALTY DIABETES CLINIC



DID YOU KNOW:

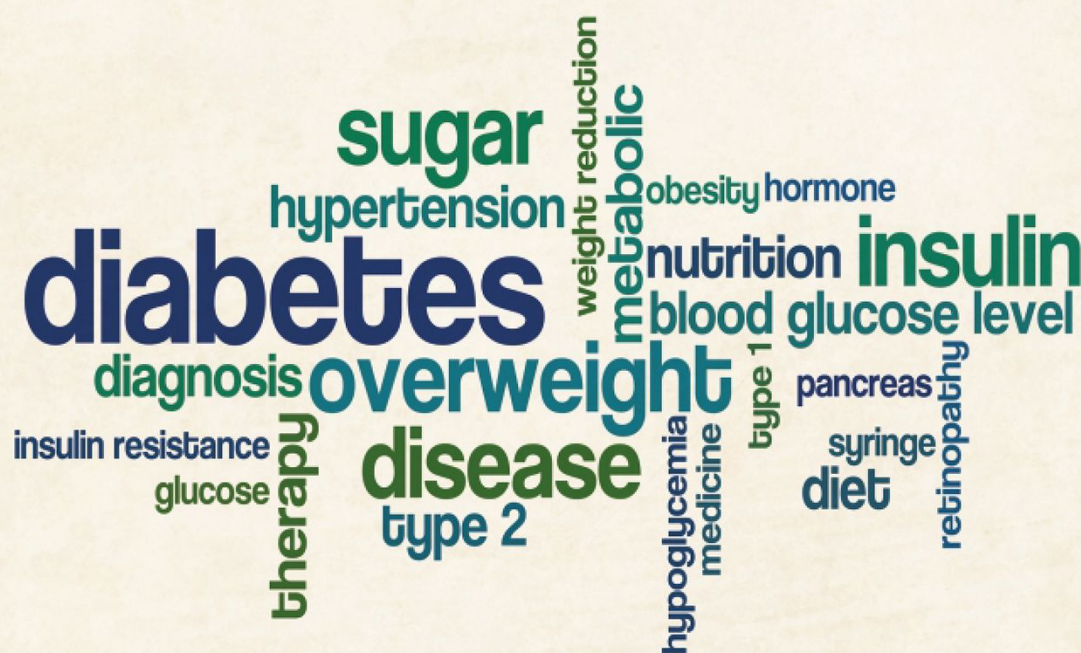
India is called as the Diabetes capital of the world. The number of people with diabetes in India is three times higher than 25 years ago! Almost one in four Indians aged over 25 years has diabetes or are on the cusp of diabetes. Many people with diabetes and most people with pre-diabetes don't know that they have it!

DO YOU OR A FAMILY MEMBER HAVE DIABETES?

The RFH Diabetes clinic can help you learn about your condition and how to successfully manage diabetes into your life.

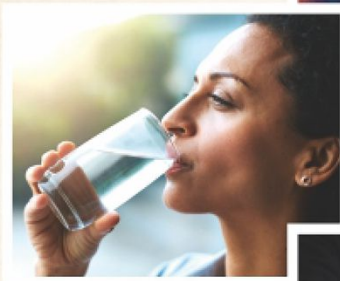
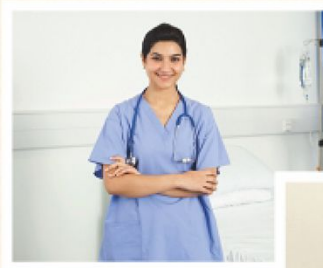
WHAT IS DIABETES?

Diabetes is a condition in which the level of glucose (a sugar) in the blood is too high. This is caused by a problem with the hormone "insulin" and its role in controlling blood glucose levels



WHO IS AT RISK OF TYPE II DIABETES?

- People over 55 years of age
- People with a family history of diabetes
- Overweight individuals
- People with high blood pressure
- People with heart disease
- Women who had pregnancy-related diabetes / PCOD
- Pre-Diabetes



WARNING SIGNS OF DIABETES:

- Irritability
- Tiredness/lack of energy
- Extreme hunger
- Blurred vision
- Excessive thirst
- Frequent urination
- Skin infections and itchiness
- Rapid and unplanned weight loss
- Acanthosis nigricans: thickening and darkening of the skin that may be related to diabetes or insulin resistance. It is usually seen in skin folds in the neck, under the arms and/or breasts. It often looks like the area is dirty.



COMPLICATIONS OF DIABETES:

Over time, untreated high blood glucose levels may cause:

- Increased risk of heart attack or stroke
- Blood vessel and nerve damage
- Eye disease or blindness
- Kidney disease
- Poor circulation (sometimes requiring limb amputations)
- Foot problems
- Poor wound healing
- Impotence in men

HOW IS DIABETES TREATED:

Treatments are available for diabetes but prevention is preferred to avoid long-term complications by:

1. Managing your weight through a healthy diet and exercise.
2. Regularly monitoring your blood glucose and blood cholesterol levels.
3. Having frequent blood pressure checks.

Type I diabetes is treated with insulin replacement injections, usually several times a day. For Type II diabetes, medications and eventually insulin injections may be needed as the disease progresses and the pancreas produces less insulin.



ABOUT THE CLINIC:

We are a team of nurse educators, dietitians, exercise physiologists, and endocrinologists/diabetologists. We provide tools and education to support people in managing their diabetes. We offer a variety of programs to help educate and support people living with diabetes. Our programs are made up of group classes and individual appointments as noted below. Our classes are taught by a nurse and a dietitian. Our education programs are interactive and supportive. A family member is welcome to attend with you. More details are available on our web site.

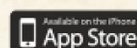


Our goal is to prepare people living with diabetes for a lifetime of healthy living!

Diabetic Clinic Timings: Monday and Thursdays - 4:00 pm to 6:00 pm.

For Booking Appointments:

- 1) Call - 1800 22 11 66
 - 2) You can also do an online booking through the website: www.rfhospital.org
 - 3) You may also download the RFHAPP
(Google Play store - Android & IOS version available)
- and take appointment through the APP.



DIABETES PACKAGES:

Programs offered by the RFH Diabetes Centre

1. Package: RFH Diabetes Risk Assessment

Test: FBS, PPBS, HbA1c, Creatinine, AST & ALT, Potassium, Exercise Physiologist and Consultation with diabetes educator

Amount: 1000/-

Suggested for: Anyone diagnosed with diabetes or pre diabetes or risk of diabetes

Description: This program provides education and resources to help patients self-manage their diabetes or prevent diabetes. It provides a good opportunity for people to learn

2. RFH Diabetes Second Opinion

Test: FBS, PPBS, HbA1c, Lipid Profile (Mini), Creatinine, AST & ALT, Urine Alb/cr ratio, Consultation with Diabetologist, Consultation with Dietician, Consultation with diabetes educator and Exercise Physiologist

Amount: 1800/-

Suggested for: People with diabetes who want to know if they are getting the very best treatment options available

Description: Learn how to self-manage with individualized support from the diabetes team in a single visit

3. RFH Standard Diabetes Care Protocol

Test: FBS, PPBS, HbA1c, Lipid Profile(Mini), Creatinine, Liver profile, Urine Alb/cr ratio, ESR, ECG, Vitamin D (25-OH), Vitamin B12, 3 Point Doppler, Stress test/ECHO, Consultation with Diabetologist, Consultation with Dietician, Consultation with diabetes educator, Exercise Physiologist and Ophthalmology Consultation

Amount: 5500/-

Suggested for: Anyone with diabetes complications, on steroid treatment, pregnancy with diabetes, those with frequent sugar fluctuations

Description: Comprehensive care to help patients self-manage their diabetes. Our health care professionals will provide support tailored to your individual needs and concerns.

4. Comprehensive Diabetes Package (EHC)

Test: FBS, PPBS, HbA1c, Creatinine, Liver profile, Lipid Profile(Mini), ECG, Stress test/ECHO, Urine Routine, Urine Alb/cr ratio, Carotid Doppler Studies, Retina Screening, Dental Screening, 3 Point Doppler, Nutrition Counselling, Exercise Physiologist and Consultation with Diabetologist

Amount: 4100/-

Suggested for: For any Diabetic who needs a holistic health status to start improving his diabetic care

Description: Comprehensive health check package designed to help you improve your

health and self-manage your diabetes care, with the main focus being on early detection of complications, weight loss through diet and exercise.

5. RFH Diabetes -Quarterly Care

Test: FBS, PPBS, HbA1c, Lipid Profile(Mini), Creatinine, Urine Alb/cr ratio, ECG, 3 point Doppler, Stress test/Echo, Consultation with Diabetologist, Dietician, Footcare, Nurse Diabetes Educator and Exercise Physiologist Ophthalmology (Retinal screening)

Amount: 4200/-

Suggested for: Anyone with diabetes looking for “long term “guidance and support

Description: Individualized coaching on how to manage your health with long-term support from the diabetes team



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RESPECT FOR LIFE



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