

EVERCARE HOSPITAL DHAKA

# Committed to providing quality diabetes care

Evercare Hospital Dhaka is the only JCI-accredited 425-bed super-specialty hospital in Bangladesh. It is one of the best multi-specialty hospitals in the country for providing round-the-clock patient management, specialist doctor consultation and the highest quality healthcare in any type of medical care.

The Department of Diabetology and Endocrinology at Evercare Hospital Dhaka is a major center for clinical endocrinology in Dhaka. This department provides diagnosis and management of hormones and metabolism related disorders. It is one of the leading institutes in the field of hormonal and metabolic diagnosis, led by experienced consultants. The Evercare Lab Medicine department provides extensive biochemical research and hormonal assessment.

Diabetes is one of the major health problems in the world. Its prevalence in our country is gradually increasing due to change in eating habits, inclination towards urban life, aversion to labor and more. Since diabetes is a chronic disease and the patients themselves play a key role in its treatment, it is very important to have a general idea about the disease. This awareness

serves as the main weapon for preventing the complications of the disease and leading a healthy life.

**What is diabetes?**

The main component of our diet is carbohydrates. Starch is digested inside the body and converted to sugar and eventually glucose, which provides energy. Other key components such as proteins and fats, are converted into amino acids and fatty acids, respectively.

After digestion, glucose enters the cells in the bloodstream with the help of a hormone called insulin. Insulin works like a bridge through which glucose enters the cell and breaks down into energy. Thus, energy cannot be generated without insulin.

If there is a lack of insulin, or if insulin does not work properly, glucose remains in the blood. The condition that is caused by an excess of glucose in the blood is called diabetes. Moreover, when blood glucose exceeds a certain level, it begins to flow into the urine through the kidneys.

There are four main types of diabetes.

**1. Insulin-dependent diabetes**

The disease occurs at a young age (under 30). The patient's body does not produce insulin, so they have to take insulin injections to survive. These patients lose weight fast. The incidence of this type of diabetes is low in our country.

**2. Non-insulin-dependent diabetes**

Often the body produces less insulin than required, or it does not work properly. Infected patients are usually over 30 years of age and are obese. In the initial stage, it is possible to treat them through food control and oral medication. However, insulin may be needed in special cases. Our country has the highest number of such diabetics.

3. Other specific causes of diabetes include any disease of pancreas such as stones, inflammation, cancer, etc. Use of drugs such as steroids. If there is any special hormone such as growth hormone, cortisol, thyroid hormone etc.

**4. Gestational diabetes**

Although not having diabetes before, women may be diagnosed with diabetes during pregnancy, which usually heals after delivery. Treatment of both the mother and the fetus may require insulin in addition to proper diet.



They are more likely to develop diabetes in the future.

**Common symptoms**

Unexplained fatigue, frequent urination, increased thirst and appetite, not drying easily when cut, frequent sores, blurred vision, numbness of legs, weight loss, etc. are symptoms of diabetes. However, symptoms don't appear in most cases. Rather, it is caught after a blood test.

**Diabetes Diagnosis Test**

It is very important to know the level of sugar in the blood if you have passed a certain age (such as 40 years). Blood glucose levels are measured in four ways:

1. On an empty stomach: Check blood sugar on an empty stomach. It is important to stay hungry for at least 8 hours before that.
2. Determine the sugar level 2 hours after eating: This can be tested 2 hours after breakfast. The norm is to dilute 75 g of glucose in 1 glass (250 ml) of water, 2 hours after ingestion.
3. Diabetes can be diagnosed in many cases by checking the blood sugar level at any time of the day.
4. Measuring the level of glucose attached to the hemoglobin of the blood cell, called the hemoglobin A1c or HbA1c test, can detect diabetes as well as the rate of diabetes in the

previous weeks.

**Who can get diabetes?**

1. Those who are overweight, or have a larger belly than normal.
2. Those who have diabetes in their family.
3. Those who eat more of fatty foods, fast-food, sweets, etc.
4. Those who do less physical work.
5. Those who have been taking steroids for a long time.

**Complications of diabetes**

Chronic, uncontrolled diabetes increases the risk of long-term illnesses, disabilities, paralysis and even death, usually caused by changes in the walls of the blood vessels. High blood pressure, smoking, and high blood fats increase the risk of complications.

1. Heart attack: People with diabetes are two to three times more likely to have a heart attack than normal people.
2. Stroke: Blood flow to the brain is disrupted, causing stroke, and therefore any part of the body may become numb.
3. Foot disease: Damage to nerves can lead to a loss of feeling in the feet. As the blood circulation declines, sores often start and can lead to putrefaction or gangrene. In this condition, there is no way but to amputate the affected leg.
4. Eye problems: Diabetes affects the retina

and blood vessels of the eye. As a result, vision is reduced due to various complications. In addition, cataracts, infections, frequent power changes happen more often.

5. Nerve problems: If nerves become infected, there is a decrease in the sensation of hands and feet, relaxation and pain among other symptoms. Difficulty in controlling urine, and various diseases of the esophagus can also occur.

6. Kidney problems: The main cause of kidney failure is diabetes. In the early stages, the body loses protein through the affected kidneys, and so the ability to purify blood gradually decreases. In the latter case, there is no alternative than dialysis.

7. Stomach problems: As a result of reduced contractility of esophagus, stomach and intestines, various problems are created. In long-term diabetes, this complication is caused by the nerves of the digestive system being affected.

8. Liver problems: Accumulation of fat in the liver reduces performance. The main causes of excess fat accumulation are overweight and uncontrolled diabetes.

9. Skin problems: Uncontrolled sugar increases the risk of skin infection. Frequent boils, fungal attacks or dry sores, itching are recurring problems.

10. Sexual problems: Blood circulation and nerve conduction in the penis is disrupted, resulting in reluctance, lack of firmness and disability. Smoking, high blood pressure, and high blood fats make the problem more complicated. Similar problems are seen in women.

**Treatment of diabetes**

The main treatment for diabetes is to keep blood glucose levels within the normal range and to prevent symptoms of the disease. Complete eradication is not possible, but under controlled conditions, the diabetic patient is able to lead a healthy life and control the complexity of vital organs.

The keys to controlling diabetes are:

1. Discipline and education
2. Correct body weight
3. Right food
4. Exercise and physical activity
5. Medicine



**PROF. DR. ABDUL MANNAN SARKER**  
MBBS, DEM (DU), MD (Endocrinology & Metabolism)  
Senior Consultant & Coordinator – Diabetology & Endocrinology



**ASSOC. PROF. DR. AHSANUL HAQ AMIN**  
MBBS, MD (Endocrinology & Metabolism)  
Senior Consultant – Diabetology & Endocrinology



**DR. NAZMUL ISLAM**  
MBBS, Diploma in Internal Medicine (UK), MRCP (UK)  
Senior Consultant – Diabetology & Endocrinology



**DR. FAHMIDA ZABEEN**  
MBBS, MD (Paediatrics)  
Consultant- Paediatrics & Neonatology (Special interest in Endocrinology)

## TRANSFORMING HEALTHCARE IN BANGLADESH

Centre of Excellence for Diabetes Care & Endocrine Diseases



**Comprehensive Management of**

- Diabetes
- Hyperglycemia & hypoglycemia
- Thyroid disorders
- Cholesterol disorders
- Hypertension and hypotension
- Pituitary diseases
- Growth disorders (short and tall stature)
- Disorders of sexual development and function
- Disorders of calcium and bone metabolism
- Hirsutism
- Gynaecomastia
- Adrenal diseases
- Obesity
- Infertility
- Osteoporosis

**Our Services**

- Comprehensive diagnosis and management for a wide range of hormonal and metabolic disorders
- Expert and experienced physicians for Diabetology, Metabolic Syndrome, Thyroid & Hormone Disorders, etc.
- A fully equipped Department of Nuclear Medicine carrying out radioisotope studies for all major endocrine glands
- Medications and hormone therapy



At your service, Bangladesh  
**24/7**