



In the Community

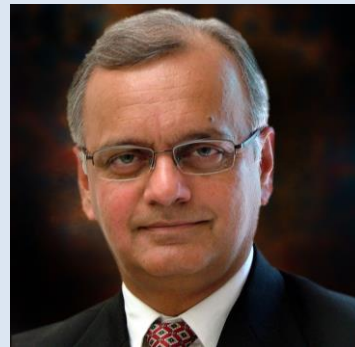
January has seen Intermed continue to spread its message to local Resident Welfare Associations. Intermed is committed to being a contributing member of its community, a task it carries forward by hosting health camps at local apartments, offering discounted services, free consultations, and low priced lab tests to local residents and providing home services in the area. In 2014, Intermed plans to expand its reach even further to additional communities. Look for Intermed in your neighbourhood soon! Keep up Intermed at <https://www.facebook.com/IntermedHealthcare>.



Above: Intermed banners at Gaur Green Vista Apartments.
Below: Intermed banner at Supertech Icon Apartments



A message from CMO Dr. Rohit Jaswal



A new year has started and I take this opportunity to convey my best wishes for a happy and healthy 2014 for all our well-wishers! Health and Wellness are going to be two main focus areas this year from Intermed and we propose a number of activities around them.

As we are experiencing one of the most severe winters in recent times, we have brought forward a relevant winter care health package programme which will continue during this period. Winter also aggravates any problems with bones and muscles. In order to help our neighbourhood in the diagnosis and treatment of such disorders, Intermed organized a Bone Health Camp on Sunday 19th January. It was well attended and a number of free tests were availed. Dr. Gaurav Rathore and Dr Ajay Lal, our experienced orthopaedicians, were present and gave free consultations to attendees.

I look forward to providing exemplary services to help create a healthy neighbourhood and Wellness all around. Jai Hind and Best Wishes for Republic Day!

- Dr. Rohit Jaswal

Diabetes FAQ from Dr. Madhur Rastogi



How do I know if I have Diabetes?

We use simple blood tests to detect Diabetes and pre diabetes. A fasting plasma glucose test that requires a person to fast overnight and blood glucose is measured first thing in the morning before eating.

What are the risk factors for developing Diabetes?

The most important risk factor is being overweight. Other risks include old age, lack of exercise, family history, race, high blood pressure and cholesterol.

Who should get tested for Diabetes?

People who are overweight, people over age 45, people with other risk factors including high blood pressure, family history of diabetes, history of gestational diabetes, people belonging to an ethnic or minority group at high risk of diabetes (Southeast Asian).

What are some ways to prevent Diabetes?

The best way is to maintain a healthy weight through exercise. Eating nutritious foods low in fat and sugar is also helpful.



Edited by Byron Dawson

In the News

[Simple Ways to Treat Diabetes](#)

“Sedentary lifestyle featuring long working hours, lack of exercise and stressful job profile go a long way in ruining your health.”

[Ending Polio in India gives us Hope that we can Cure Other Vicious Diseases](#)

“Just five years ago, health experts never thought the crippling disease could be overcome in such a densely populated country rife with poor sanitation. But India's accomplishment in eradicating polio is now giving health advocates across the globe confidence that an end can be reached for many more preventable diseases.”

**Myths and Facts about Diabetes
From Wellmed Coordinator Garima Arora**



Myth: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you're not taking care of your diabetes properly.

Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

Myth: Eating too much sugar causes diabetes.

Fact: Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes.