

LANSDOWNE

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Kolkata - 700 026

BEHALA

60, Diamond Harbour Rd,
Kolkata - 700 008

**JAMES LONG
SARANI**

127D, James Long Sarani,
Kolkata - 700 008

**HOWRAH
SANDHYA BAZAR**

107/1, GT Road (South),
Howrah - 711 101

EKBALPUR

2, Mayurbhanj Road,
Kolkata - 700 023

SHYAMBAZAR

124 B, Bidhan Sarani,
Kolkata - 700 004

MANIKTALLA PPP MODEL

54, Bagmari Road,
Kolkata - 700 054

LANSDOWNE OPD

96/2, Sarat Bose Road,
Kolkata - 700 026

MRI

SAFE CT

DIGITAL X-RAY

PORTABLE X-RAY

MAMMOGRAPHY

4D ULTRASOUND

ENDOSCOPY

COLONOSCOPY

COLOUR DOPPLER

2D ECHO

HOLTER

TMT

PFT

ECG

ABP MONITORING

UROFLOWMETRY

OPG

EEG

EMG

NCV

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HbA1c

Urea

Creatinine

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Urine for Micro Albumin

Creatinine Ratio

ECC

Physician Checkup

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AN NABH & NABL ACCREDITED
LABORATORY

DIABETES

Diabetes is a lifelong disease characterized by high levels of glucose (a type of sugar) in the blood. While there are a few types of diabetes.

SYMPTOMS

Common Diabetes Symptoms Include:

- ❖ Increased thirst
- ❖ Constant hunger
- ❖ Frequent urination
- ❖ Blurry vision
- ❖ Unexplained weight loss
- ❖ General weakness or tiredness
- ❖ Wounds that take longer to heal
- ❖ Darkened skin around the skin fold areas

Any chronic disease come with complications if not managed well, including that of diabetes. Any parts of the body could be affected; eyes, heart, gastrointestinal tract, sexual organs, urinary tract and many others, as blood sugar is circulated widely throughout the body via blood vessels.

Common Complications of Uncontrolled Diabetes Include:

- ❖ Stroke
- ❖ Eye damage
- ❖ Kidney damage
- ❖ Nerve damages e.g. impotency in men
- ❖ Foot conditions such as gangrene
- ❖ Gum diseases
- ❖ Diabetic ketoacidosis: build-up a substance known as ketone bodies due to the breakdown of fats.

TIPS FOR SELF-CARE

- ❖ Visit your diabetologist, eye doctor & dentist at least once a year for a complete examination.
- ❖ Proper-fitting footwear with adequate support is important to minimize injury.
- ❖ Do see a doctor immediately if you experience sudden vision changes which usually appear as blurry, hazy or with spots.
- ❖ Brush your teeth at least twice a day, floss your teeth and rinse your mouth after every meal.
- ❖ Self-monitoring of blood glucose.
- ❖ Avoid skipping any meals especially if you are on diabetes medication.
- ❖ Keep some fast-acting sugar on hand if you are prone to low blood sugar.
- ❖ Drink alcohol in moderation & Quit Smoking.

PREVENTING COMPLICATIONS:

Controlling blood sugar levels within a target range for fasting blood glucose is important to prevent any complications, besides, any other existing health conditions, for example high blood pressure should be closely monitored as well.

