

**SHREE NARANJIBHAI LALBHAI PATEL COLLEGE OF PHARMACY,
UMRAKH**

Guest Lecture Report

Date: 22-02-2018

Topic: Diabetes Management in Young Ones

Guest Speaker: Dr. Darshak R. Shah

Number of Participants: 45

Summary of Lecture:

S.N.L.P. College of Pharmacy has arranged expert talk lecture on “**Diabetes Management in Young Ones**” for B. Pharm students on 22nd February 2018. The increasing prevalence of diabetes among adolescents and young adults below 20 years of age is, perhaps, the most worrisome aspect of the global epidemic of diabetes. Sir has explained that biggest concern with diabetes is cardiovascular risk such as; Heart attack, Stroke, Heart Failure, Atrial Fibrillation, and Peripheral artery disease. There are four main things sir has recommend to avoid diabetes in adolescents and their families do: 1) Get regular exercise 2) Maintain a healthy diet 3) Maintain a healthy weight and 4) Know your numbers. At-risk teens need to be aware of their blood pressure and cholesterol levels and manage them with healthy lifestyle changes and medication. The teaching faculties of SNLPCP and 45 students of B. Pharm attended the session. Sir, has shared detailed with various examples for the same. This lecture will enlightening for the students to know the causes and contribution factors of diabetes. Timely and accurate diagnosis, combined with regular follow-up and maintenance of optimal glycemic and risk factor control by judicious use of the available therapies will ensure that these young people enjoy a long, fruitful, and complication-free life in spite of diabetes.

