

Impact of Prime Time Soap Operas on Glycemic Control

Sir,

A 56-year-old south Indian lady was seen in the diabetes clinic for a routine 3-month checkup with blood work and had no major complaints. She reportedly had been adherent to her treatment and had reported no new medication change or any recent events during the past 3 months. Her weight was stable with a BMI of 24. Her laboratory tests showed a fasting blood glucose of 110 mg/dl (100–130 mg/dl), postprandial blood glucose of 162 mg/dl (<180 mg/dl), and HbA1c of 8.5% (target <7%). All other parameters were normal. The discrepancy in the blood glucose values and the HbA1c was discussed with her. She was advised to self-monitor the glucose as she refused to consider continuous glucose sensors. She was asked to monitor the capillary blood glucose at home as fasting, 2 hours postprandial after breakfast (PBF), prelunch, 2 hours post-lunch (2 hr PL), predinner (PD), and 2 hours post-dinner (2 hr PD). She was advised to send us the home sugar values in 2 days. Her readings are documented in Table 1.

Her glucose readings were reviewed during her follow-up visit and she was engaged in a discussion regarding the levels of PD and 2 hours PD. The patient denied any high-calorie consumption during that time. Her daily routine from 6 pm to 10 pm included watching television especially Tamil soaps. She reported no activity for the period of TV watching. She also added that she used to get emotional watching those episodes. Sedentary and stress-induced increase in blood sugar was considered and she was asked to take a break from TV for 2 days which she reluctantly agreed. Her evening sugar values improved to 140–160 mg/dl.

Sedentary habits especially TV watching has been associated with an increase in blood glucose levels.^[1] Increased media time and reduced sleep have been associated with obesity and insulin resistance and increase in risk for metabolic disorders.^[2] Further emotional stress associated with television soaps can further worsen glycemic control. Taking regular breaks from sitting during the commercial break rather than prolonged sitting while watching television has shown to improve glycemic levels.^[3] This case scenario highlights the need for a detailed review of the habits of an individual including the time spent being sedentary is essential prior to making any changes in the medications while treating adults with diabetes. This case also exemplifies the need to recognize the impact of soap operas on the emotional and physical health of individuals.

Table 1: Home CBG measurements

Day	Fasting	2 h PBF	PL	2 h PL	PD	2 h PD
1	110	172	142	168	200	240
2	106	169	135	172	198	230

PBF: Postprandial after breakfast, PL: Prelunch, PD: Post-dinner

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form the patient(s) has/have given his/her/their consent for his/her/their images and other clinical information to be reported in the journal. The patients understand that their names and initials will not be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

Sruti Chandrasekaran, Shiva Prakash Srinivasan

Sree Vikas Center for Hormones and Mental Health, Chennai, Tamil Nadu, India

Address for correspondence:

Dr. Sruti Chandrasekaran,
Sree Vikas Center for Hormones and Mental Health,
11B/4, Ramagiri Nagar, Velachery, Chennai - 600 042, Tamil Nadu, India.
E-mail: sruti.chandrasekaran@gmail.com

REFERENCES

- Jackson SE, Firth J, Grabovac I, Koyanagi A, Stubbs B, Soysal P, *et al.* Sedentary behaviour and chronic stress in old age: A cross-sectional analysis of TV viewing and hair cortisol concentrations. *Psychoneuroendocrinology* 2019;109:104375.
- Sayin FK, Buyukinan M. Sleep duration and media time have a major impact on insulin resistance and metabolic risk factors in obese children and adolescents. *Child Obesity* 2016;12:272-8.
- Climie RE, Grace MS, Larsen RL, Dempsey PC, Oberoi J, Cohen ND, *et al.* Regular brief interruptions to sitting after a high-energy evening meal attenuate glycemic excursions in overweight/obese adults. *Nutr Metab Cardiovasc Dis* 2018;28:909-16.

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

Access this article online

Quick Response Code:



Website:

www.ijem.in

DOI:

10.4103/ijem.IJEM_543_19

How to cite this article: Chandrasekaran S, Srinivasan SP. Impact of prime time soap operas on glycemic control. *Indian J Endocr Metab* 2019;23:647.

© 2020 Indian Journal of Endocrinology and Metabolism | Published by Wolters Kluwer - Medknow