

## Bitter sweet ?

India with its 51 million diabetics is called diabetes capital of the world. Type-2 diabetes occurs in genetically predisposed individuals who are exposed to certain environmental influences. The ongoing epidemic is the result of modern day life, i.e. consumption of processed food, sedentary life style, and mental stress.

The world's second most populous nation has lagged behind China as the fastest growing major economy. However, India has the largest population group of young citizens who give impetus to the overall economic growth of the country.

Diabetes and its complications are striking just as India has gone on a tear. India's health system is sagging under the pressure. The country is still grappling with Malaria and other infectious diseases. The diabetes scourge is knocking down the Indians just as they are beginning to enjoy the jobs and education that have raised millions out of poverty. Young people who are drivers of the Indian economy and also the protectors of their family are vulnerable and going to be lost. It is not just a health warning. It is a major health catastrophe that India is facing. If we do not wake up, this disease will knock down generations.

The oral health professionals have achieved great success in exploring, identifying the interdependence of certain diseases, and are becoming the first line of defense for many systemic diseases including diabetes. They have been instrumental in discovering befitting remedies for their treatment. Plethora of research indicates that link exists between diabetes and periodontal diseases.



The studies reveal that two diseases have a symbiotic relationship and neither can be solved without addressing the other.

Dental surgeons are in a unique position to serve as the unsung hero in early diagnosis. Most patients have the opportunity to visit a dentist regularly and dental surgeons can pay closer attention to oral manifestations of diabetes and advise them to seek medical interventions for overall well-being of citizens.



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