

PUTTING YOU IN THE PICTURE

Lifestyle tips for diabetics

DIABETICS, their caregivers and people with higher risk of diabetes learnt more about the condition at a seminar held at the Arab Asian Business and Exhibition Centre in Segaiya yesterday.

The seminar was conducted by India-based Dr Nandita Shah and focussed on how to manage diabetes and reverse the disease through diet and lifestyle management.



■ Participants at the seminar. Left, Dr Shah speaks at the seminar

Dr Shah spoke about American author and clinical researcher Dr Neal Barnard's programme for reversing diabetes.

She advised participants on the essential changes to lifestyle and diet which will help reduce blood

sugar and cholesterol levels in the long term and reduce the risk of diabetic complications such as kidney problems, eye problems and painful neuropathy.

The seminar was part of a series of health events managed by Arab Asian Business and Exhibition Centre.