

Annual Report

2009 – 10



Cuttack Diabetes Research Foundation (CDRF)
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GENESIS**OF CUTTACK DIABETES RESEARCH FOUNDATION:**

*CUTTACK DIABETES RESEARCH FOUNDATION). IS A GOODHEARTED CHARITABLE TRUST WORKING IN THE FIELD OF HEALTH, AWARENESS AND SOCIAL WELFARE PROGRAMS IN THE STATE OF ORISSA. BY CONCENTRATING ON VARIOUS PUBLIC ORIENTED AWARENESS PROGRAMMES, **CUTTACK DIABETES RESEARCH FOUNDATION** HAS ACQUIRED FAME AND HIGH REPUTE FROM VARIOUS CORNERS. DURING THIS FINANCIAL YEAR, THE ORGANIZATION HAS CONDUCTED SOME REMARKABLE PROGRAMMES GIVING A MILD TOUCH WITH THE CURRENT ISSUES. THE ORGANIZATION STRIVES HARD TO CHANGE THE SOCIETY BY HELPING THE REPRESSED AND THE UNDERPRIVILEGED IN GENERAL AND TO PROVIDE FREE SERVICES TO THE POOR AND NEEDY DIABETES PATIENTS. THE MEMBERS OF THE ORGANIZATION BELIEVE TO GATHER EXPERIENCE FROM THE KNOWLEDGEABLE AND EDUCATE THE VOICELESS IN THE SOCIAL SECTOR. THE STAFF MEMBERS STRIVE TO UNDERSTAND THE PROBLEM OF THE BENEFICIARIES AND WEAKER SECTIONS OF THE COUNTRYSIDE AND LOOK AFTER THEIR BALANCED GROWTH TO RESCUE THEM FROM SUCH DREADED DISEASE IN THE WAKE OF CIVILIZATION. **CUTTACK DIABETES RESEARCH FOUNDATION** GOT IT'S ORIGINAL SHAPE AT THE BEGINNING OF THE YEAR 2000 BY SOME BENEVOLENT PERSONALITIES WITH A VOW AND POTENTIAL SOCIAL SERVICES IN THE STATE. BEING REGISTERED UNDER INDIAN TRUST AC ON 1ST APRIL'2003, **CUTTACK DIABETES RESEARCH FOUNDATION** AS A CHARITABLE TRUST HAS BEEN EXTENDING UNSTINTED EFFORT FOR PROVIDING TRULY WORLD CLASS HEALTH CARE TO DIABETES PATIENTS AT NOMINAL CHARGES. THE OFFICE OF THE ORGANIZATION HAS BEEN FUNCTIONING AT CHANDI CHHAK, CUTTACK-753001 FOR LAST ONE DECADE. IN ORDER TO ACQUIRE STRENGTH AND GOOD SPHERE OF APPROVED SOCIAL WORK, THE ORGANIZATION HAS BEEN REGISTERED UNDER SECTION 12 A(B) OF INCOME TAX ACT-1961 AND PROCESSING THE REGISTRATION PROCESS UNDER FOREIGN CONTRIBUTION REGULATION ACT-1976, SECTION 80G OF INCOME TAX ACT ETC. WITHIN THE SPAN OF LAST FEW YEARS, THE ORGANIZATION HAS BEEN WORKING IN VARIOUS SECTORS BEING A LEADING SOCIAL AND HEALTH SERVICE GROUP IN THE STATE.*

FOUNDER MEMBER

The Managing Director Speaks:

People assume many strategies to help the needy in the arena of social service. A group having a unique strategy sometimes gathers dignified idiosyncrasy and bestow enthusiasm to the social activist for certain issues and services. A community free from all miseries and disasters is a place of seventh heaven and can be defined as delight. Men and women, older and children all live happily in a beautiful environment is no doubt a gift of almighty. Governance and hypocrisy has no space in that wonderful world. No discrimination of class and caste and a common utterance of all are human beings are the best incantations for all living beings. Family with no violence and full of love and affection is really a paradise. People having no health hazards and complicacies are out of blessings that might be an example of historical kingdoms. Poverty has no meaning at all and all are having adequate potentiality and are able to fulfill their requirements. Keeping social service and universal peace and solidarity in mind, **CUTTACK DIABETES RESEARCH FOUNDATION** a leading diabetes prevention health action group has been working in the state of Orissa since 2003 for the interest of all communities and vulnerable by assuming many intricacies and stumbling blocks.

The members of **CUTTACK DIABETES RESEARCH FOUNDATION** dreaming up that community where there is no discrimination and no trace of exploitation, ignorance and pauperizations. The prevalence of Diabetes is growing in epidemic proportions all over the world. It is seen that India is having highest number of diabetics in the world even higher than China and USA. Orissa is also including the above panic and epidemic. The magnitude of type-1 and type-2 diabetics are around 20 lakhs in our state. This annual activity report is a comprehensive structure of whole stories of **CUTTACK DIABETES RESEARCH FOUNDATION** for the year 2009-10.

During this year, we have stepped forward to conduct free Diabetes Detection and Treatment Camps across the state to combat the spread of diabetes. Lack of awareness has contributed a lot for growth of diabetes in our state. The organization has been deeply involved for mass awareness on prevention of diabetes during the year. We believe a healthy nation having healthy citizens because a healthy mind is found alive in a healthy body. The organization is striving hard to ensure healthy bodies and minds of fellow citizens by endeavoring for quality services and adoption of quality technology.

Motivation and awareness being the key modus operandi in the long run, **CUTTACK DIABETES RESEARCH FOUNDATION** has been able to popularize the basic concepts of growth of diabetes among the rural as well as urban people and has amalgamated splendor within a few golden years.

Dr. Alok Kanungo, Chairman & MD

FEW SUCCESS INDICATORS:

- **PEOPLE'S SUPPORT IN THE FIELD.**
- **MASS AWARENESS ON PREVENTION OF DIABETES**
- **AWARENESS GENERATION AND FREE DETECTION/TREATMENT CAMPS.**
- **HEALTH AND DIET EXHIBITIONS**
- **RESEARCH AND EDUCATION ON PREVENTION OF DIABETES AND IT'S COMPLICATIONS.**

LEGAL STATUS:

CUTTACK DIABETES RESEARCH FOUNDATION is a registered organization having been registered under Indian Trust Act.

Objectives of **CUTTACK DIABETES RESEARCH FOUNDATION** in brief:

- To aim at achieving zero errors
- To upgrade technology in an incessant manner.
- Constant effort for quality improvement.
- CME programme for Doctors
- Motivation, training and skill development of staff
- Promote education on diabetes among the people
- To Develop effective quality systems complying with international standards.

MISSION STATEMENT:

To pursuit of excellence in diabetes care, cure, prevention, education and research with full dedication and confidence. To reach out to all in need at affordable costs and give solace to the poor mass, develop their potential; improve their health and adaptability. To contrive innovative resources with perceptible attempts for prevention of diabetes and sort out the complications in assuring healthy life to innumerable victimized beneficiaries.

A BLINK ON OUR VISION:

CUTTACK DIABETES RESEARCH FOUNDATION intends to provide world class health care to diabetes patients at nominal charges, to provide free services to the poor and needy/victims of Diabetes, to carry out research on diabetes and related

LETS WORK TOGETHER TO COMBAT WITH THE PANIC OF DIABETES

complications so as to improve the quality of treatment of diabetes patients, to determine strategies to prevent diabetes and its complications and to spread education and awareness across the state on Diabetes and extend moral support to the deprived and depressed. To show right path to all deprived people of society that is just and participatory and free from discriminations.

CORE STRENGTH:

CUTTACK DIABETES RESEARCH FOUNDATION's key strength lies in the familiarity and extensive knowledge of its professionals in the field of social work and the confidence of the people in the area who have reposed their unstinted support and faith in the Organization. Besides, the organization's core strength lies in its very nature. We boast of being a grass roots level Organization having its roots firmly put in place in the society for whom it works.

TARGET GROUP:

The Organization works for every section of the society. However, for obvious reasons it makes a positive concentration in favour of the of people who get a preference in all the developmental activities of the Organization and laymen who are vulnerable to diabetes and living with risk and panic of this epidemic.

AREA OF OPERATION:

At present the Organization works in different districts of the state. In the state, the Organization has concentrated its activities in Cuttack and Khurda Districts. More than 10 lakh people have been benefited directly or indirectly from the programmes of the Organization.

OUR DREAM:

To go beyond the perception of the needy people by rendering services without hypocrisy and counterfeit till their optimum satisfaction.

RESEARCH:

CDRF has proved that diabetes is increasing in a frightening share across the districts of coastal region. Immediately after devastated Super Cyclone in the state, CDRF had published the estimation which comes for 15 lakhs diabetics living under stress and strain. A press not was released by the then Health Minister, Orissa on the basis of data of CDRF and the number of diabetics would be approximately 20 lakhs.

LETS WORK TOGETHER TO COMBAT WITH THE PANIC OF DIABETES

A bird eye view on our Research Projects:

- Co-investigator ICMR Project for Urban and Rural survey on prevalence of Diabetes in Orissa,1990.
- Cuttack-Stockholm collaborative studies in IDDM, MRDM and NIDDM.
- Non-Insulin Dependent Diabetes in young, characterization and family studies.
- Effect of Glipzide on Beta cell function- a three years follow up study.
- Role of fasting during Ramadan on Blood sugar control – A multi-centric study

Milieu of Research undertaken:

- Immunology of Malnutrition Modulated Diabetes Mellitus(MMDM)
- Genetics of MMDM
- Immunology of Latent Autoimmune Diabetes in Adults(LADA)
- Genetics of LADA
- Immunology of Type 1 Diabetes Mellitus(T1DM)
- Genetics of T1DM
- Genetics of Type 2 Diabetes Mellitus
- Epidemiology of Diabetes Mellitus in Orissa.
- Markers associated with predication of Type 1 Diabetes in the first degree relatives of patients with T1DM and other risk groups.

ACTIVITIES DURING 2009-2010

FREE DIABETES DETECTION AND TREATMENT CAMPS:

Deliberate endeavor for conduct of health camps in different places of the state is the routine work of the Organization. Health services are being provided to the deprived sector by the organization to help people for early detection of disease in the course of on the spot blood sugar examination. Counseling on prevention of Diabetes is also continuing in the state by the active supervision of the organization. In order to serve people on health issues related to

Diabetes, regular Treatment camps are being undertaken in various districts of our state(Orissa) by the effort of the **CUTTACK DIABETES RESEARCH FOUNDATION**. This year a series of health Camps have been organized in various districts of Orissa in which people of the concerned places as well as from the adjacent Block areas were benefited. Spectacular gathering from the targeted communities have been witnessed by the service providers and Doctors. Free medicines were administered. Printed materials and the recent publications were distributed in the said camp. Apart from that the organization has been associated

with the Government and Non-Government initiatives in order to work in the rural and remote areas of the district on different health related issues and to curb the predicaments and fright of diabetes of rural inhabitants. The organization is attempting to engage more volunteers for organization of health camps in rural and remote villages where health services are not properly reached.

AWARENESS DRIVE AND FREE DIABETES CAMP:

The organization has taken steps for mass awareness among the general public and people at high risk of diabetes and the focus has been laid on raising awareness on diabetes and disseminating tools for the prevention of diabetes. For people living with diabetes, the emphasis has been made for disseminating tools to improve knowledge of diabetes in order to understand the condition better and prevent complications. **Cuttack Diabetes Research Foundation** has sincerely strived on advocacy aimed at communicating the cost-effective implications of diabetes prevention strategies and promoting diabetes education as a core component of diabetes management and treatment. The key messages of the campaign, developed for different target groups, are: Know the signs and symptoms of diabetes. Early

diagnosis saves lives. Diabetes prevention and treatment is simple and cost-effective. Your child could be affected. Know the warning signs. See your doctor to measure the risk. Enjoy an active life and prevent complications.

Programme Highlights:

Cuttack Diabetes Research Foundation

and its sister organization viz. Kanungo Institute of Diabetes Specialties (KIDS) have conducted various health care activities during this year which are elaborated below:

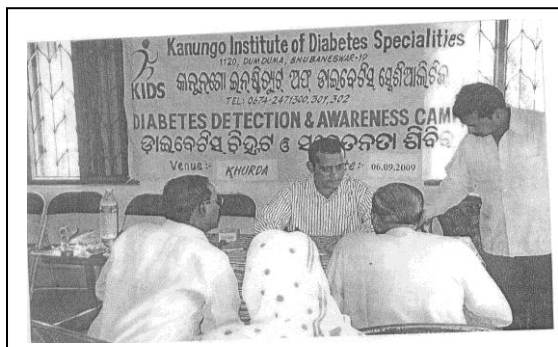
Free Diabetes Detection Camp:

During the year 2009-10, the Foundation has rushed to various vulnerable places for organization of free diabetes detection camps for welfare of common people. People are sensitized on different types of diabetes likewise in type 1, the pancreas stop producing insulin due to autoimmune response or possibly viral attack on pancreas. In absence of insulin, body cells don't get the required glucose for producing ATP (Adenosin Triphosphate) units which results into primary symptom in the form of nausea and vomiting. In later stage, which leads to ketoacidosis, the body starts breaking down the muscle tissue and fat for producing energy hence, causing fast weight loss. Dehydration is also usually observed due to electrolyte

disturbance. In advanced stages, coma and death is witnessed. Similarly the major other symptoms like fatigue, feeling of thirsty, Irritability, infection and poor wound healing, large water excretion, increased hunger etc. concerning to type-2 diabetes are vividly discussed in the free health camps.

Programme on 06.09.2009 at Khurda Rotary Club:

One free diabetes detection camp has been undertaken by the staff members of CDRF and KIDS at Khurda Rotary Club on 06.09.2009. In the said camp 120 patients got free treatment privileges and Doctor's advice on diet and precautions, exercise, pills and insulin etc. The patients could also be able to know the root of complications of diabetes and methods of future treatment as per advice of the Doctors. People checked up their blood sugar level and acquired knowledge on the disease from the Doctors in the said camp.



Programme on 03.12.2009:

CDRF and KIDS have conducted a mega health camp on diabetes detection and free

treatment at Baramunda, Bhubaneswar on 03.12.2009. People could be able to check up their blood sugar level and consulted with the diabetologist. In the said camp 124 patients were attended and undergone treatments. Dr. Alok Kanungo, Dr. Apurba Jena, Dr. Hariballav Mohapatra and others rendered their free treatment services to the people.



Programme on 19.02.2009:

One awareness program on Diabetes detection initiative was conducted on 19.02.2009 at Balakati, Bhubaneswar. Total 61 patients were attended and they have undergone treatment by the Doctors. The major activities of the camp were check up of Blood sugar level and mass sensitization on the common symptoms of diabetes among the general public.

Programme On 06.03.2010:

One mega health camp on detection and awareness program has been conducted in Officer's Club, Paradeep on 06.03.2010 in which 129 patients attended for consultation and treatment. The patients were made aware of the facts like diet

exhibition. They were covered under free check up of blood sugar level for early detection of diabetes. The associated Doctors and local level distinguished dignitaries graced the program.



Programme on 09.03.2010:

One mega health camp has been organized at NALCO Community Centre on 09.03.2010. More than 60 patients attended in the camp for free blood sugar level check up and consultation with Doctors, specialists and case studies were presented before them. By the effort, the early detection of the disease could be done for care and control of the bad repercussions of the Diabetes. Diet control counseling was made among the participants and general public.

Programme on 21.03.2010:

With the active support and endeavour of CUTTACK DIABETES RESEARCH FOUNDATION, one mega health camp on detection and treatment of diabetes has been conducted at Gita Bhawan, Khurda on 21st March'2010. The reputed doctors and dignitaries of CDRF & KIDS adorned

the chair for extending care and moral support to the diabetes patients. Free health check up pertaining to blood sugar level testing and diet information was made. Total 170 patients attended the camp and undergone treatment. The focus of the program was to provide affordable treatment to the people and render humanitarian services to the diabetes patients.

Program on 28.03.2010:

During this financial year, one free detection and treatment mega health camp was organized at Brajendra High School, Nayagarh District with the endeavor of CDRF and KIDS. 117 patients had undergone free treatment and counseling on diet specifications. Dr. Alok Kanungo advised them to take indigenous food for control of the panic of diabetes. Other Doctors and dignitaries disseminated message on prevention of diabetes among the participants. The symptoms of diabetes was communicated orally and through reading materials, pamphlets and brochures. The publications of CDRF were also distributed among the people of Nayagarh District.

Program on 04.04.2010:

The program on free health check up pertaining to diabetes has also been extended to other districts like

Jagatsinghpur, Kendrapara, Puri, Ganjam Districts during this financial year. Such camps have been organized in Jagatsinghpur District in the month of March and April during this month. One camp was conducted at Krishnanandapur, Jagatsinghpur on 04.04.2010 in which 144 patients undergone free treatment and diet counseling. The dignified Doctors and social activists of CDRF and KIDS have rendered health services to the participants. Blood sugar level testing and counseling services on symptoms of diabetes had been imparted.



Diabetes Awareness programme:

The general symptoms of diabetes are discussed in the awareness program for mass sensitization. The Doctors of the organization disseminate the message on the common symptoms such as fatigue, feeling of thirsty, Irritability, infection and poor wound healing , large amount of water is excreted out of the body, increased hunger etc.: Due to inefficiency of the cell to metabolize glucose, reserve

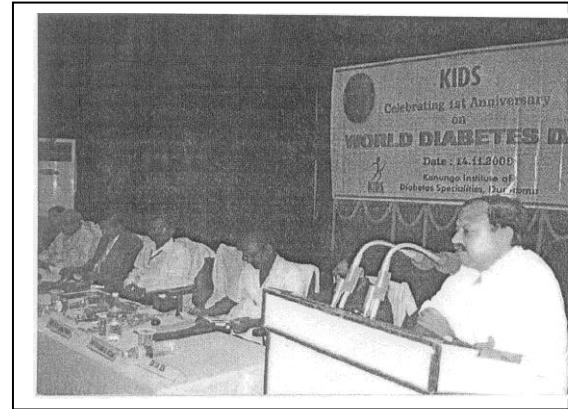
fat of body is metabolized to gain energy. When fat is broken down in the body, it uses more energy as compared to glucose, hence body goes in negative calorie effect, which results in fatigue. Similarly people were sensitized upon various other things likewise: As the concentration of glucose increases in the blood, brain receives signal for diluting it and, in its counteraction we feel thirsty. Increase in urine production is due to excess glucose present in body. Body gets rid of the extra sugar in the blood by excreting it through urine. This leads to dehydration because along with the sugar, a large amount of water is excreted out of the body. The hormone insulin is also responsible for stimulating hunger. In order to cope up with high sugar levels in blood, body produces **insulin** which leads to increased hunger. Factors like loss of water (polyuria), glucosuria , metabolism of body fat and protein may lead to weight loss. Few cases may show weight gain due to increased appetite. Hyperosmolar hyperglycemia nonketotic syndrome is the condition when body fluid is pulled out of tissues including lenses of the eye, which affects its ability to focus, resulting blurry vision. A sign of high blood sugar is detected because of the inefficient glucose supply to the brain and other body organs, which makes us feel tired and uneasy. The body gives few signals whenever there is

fluctuation in blood sugar (due to suppression of immune system) by frequent skin infections like fungal or bacterial or UTI (urinary tract infection). High blood sugar resists the flourishing of WBC, (white blood cell) which is responsible for body immune system. When these cells do not function accordingly, wound healing is not at good pace. Secondly, long standing diabetes leads to thickening of blood vessels which affect proper circulation of blood in different body parts. All the above symptoms were elaborated among the participants.

Observation of World Diabetes Day:

CUTTACK DIABETES RESEARCH FOUNDATION has celebrated World Diabetes Day during this year alike previous years on 14th November. CDRF and KIDS celebrated World Diabetes Day at Jaydev Bhawan, Bhubaneswar on 14th November'2009. A free diabetes health check up camp and diet exhibition have been organized by the organization. About 500 people attended the camp. On this occasion, a public meeting was arranged and Hon'ble Justice B.P. Das presided over the meeting. Hon'ble Minister, Tourism, Mr. Devi Prasad Mishra graced the program and inaugurated the free health check up camp. The participants

were covered under check up of blood sugar level by the renowned Doctors associated with CDRF and KIDS. The effort of the organization has been appreciated at higher level.



CME PROGRAMME FOR DOCTORS:

Continuing Medical Education (CME) Programme for practising doctors:

CUTTACK DIABETES RESEARCH FOUNDATION has been able to conduct continuing Medical Education(CME) program in association with KIDS for Doctors on 14th November, 2009. Mrs. Anu Garg, IAS, Commissioner-Cum-Secretary to Govt. of Orissa, Health and Family welfare Dept. inaugurated the program. About 150 doctors all over the state attended the programme and shared their views and experiences.

The purpose of the programme was to encourage practising doctors to keep themselves up-to-date on current developments in medical practice so as to maintain a high professional standard for

servicing the diabetes patients. Practising doctors are advised to note whether a particular CME activity has been vetted and awarded points and certificates.



CDRF with KIDS have organized another CME program from 15.02.2010 where Prof.& Dr. P. K. Das, Director, Medical Education and Training addressed the doctors who undergone the CME.



Publication of Diabetes News journals for the interest of Diabetes Patients and general public:

CUTTACK DIABETES RESEARCH FOUNDATION has been publishing journals on Diabetes for the welfare of general public. The recent publications are “The Diabetes News”- Technical English

Journal, Ajira Dniyare Diabetes- a Non technical Oriya Quarterly, Ekalavya a Diabetes Journal along with literatures are being published in order to educate people on diabetes and have a look on it’s repercussions and remedial measures. The Diabetes News has enriched the public and doctors with outstanding information on different aspects of diabetes. The Doctors across the country have revealed wonderful interest on the publication. Even some Doctors and health outfits from our neighboring countries like Bangla Desh, Srilanka and Pakistan have revealed their keen interest on this journal



OUR FUTURE SKETCH:

The organization is dreaming up day and night to establish certain mandate to combat diabetes in our country. Mostly the following steps are to be taken by CDRF in future.

Comprehensive Total Diabetes Care will be offered at the centre at three levels such as Primary, Secondary and Tertiary. (1)So far as primary level is concerned, anyone

with diabetic relatives or indeed any one who suspects he may have developed diabetes can undergo a comprehensive screening programme to detect or rule out diabetes.(2)In case of Secondary level, treatment is to be given to all known diabetic patients with the target of preventing the fright of complication of diabetes.

(3)Similarly in case of Tertiary level, if one has already developed diabetic complications, therapy for relief of suffering from any of the diabetes related complications is also available at this centre. The centre will be one of the few of it's kind in Asia to offer such a comprehensive diabetes treatment programme.

SOME MORE HUMANITARIAN ACTIVITIES:

To realize our vision, we have rendered our unstinted effort to create the most advanced state of the art diabetes care research and education system at Dumduma, Bhubaneswar which was inaugurated on 14th November,2008 by Shri Naveen Patnaik, Hon'ble Chief Minister,Orissa. This centre has been well equipped to provide diabetes care to all diabetes of Eastern India, training to Diabetes Care givers and education to diabetes patients and general public in a large scale. The institute viz. KIDS which is having a capacity of 100 bedded Super

Specialties Hospital. CDRF is striving hard to render world class treatment measures to the general public right now and hopes to uproot the panic from the minds of innumerable patients of our state.

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