

# RSSDI

*Research Society for the Study of Diabetes in India*

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Dr. C. Munichoodappa	Bengaluru
Dr. Ashok K.Das	Puducherry
Dr. Binode K. Sahay	Hyderabad
Dr. O.P. Gupta	Ahmedabad
Dr. V. Seshiah	Chennai

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## **RSSDI STATEMENT REGARDING TYPE 1 DIABETES**

The Research Society for the Study of Diabetes in India (RSSDI), is the largest body of diabetes specialists in India, and one of the largest in the world. RSSDI would like to make the following statements about type 1 diabetes in the interest of public safety.

- There are different forms of diabetes mellitus of which type 2 diabetes is the commonest, followed by type 1 diabetes
- Type 2 diabetes can be controlled by diet, exercise and usually by oral medications. These medications can vary from allopathic medicines to various complementary systems of medicine like Ayurveda, Siddha and others.
- On the other hand, type 1 diabetes (which is also called as insulin dependent diabetes) is a form of diabetes characterized by absolute insulin deficiency. In this type of diabetes, since the body does not produce any insulin, the only recognized treatment which has been scientifically proven to work is insulin. Currently insulin has to be given only by injections. Insulin can be delivered either through syringes, or insulin pens or an insulin pump. If insulin is not given to those affected with type 1 diabetes, it can lead to severe uncontrolled diabetes, diabetic coma and even death. Hence denying insulin to any person with type 1 diabetes is like giving them a death sentence.
- Unfortunately the majority (over 60-70%) of those affected with type 1 diabetes are children and adolescents.

## **RSSDI Secretariat :**

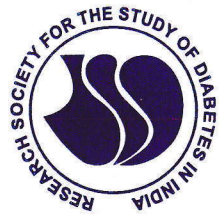
### **Dr.Sanjay Agarwal's Aegle Clinic for Diabetes Care**

A-11, Narsimha Housing Society 194, Boat Club Road, Pune - 411001(India)

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Website:www.rssdi.in



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- There have been recent reports in the social media claiming to cure type 1 diabetes by alternate methods like yoga and Ayurveda. RSSDI strongly refutes these claims as they are unscientific, unproven and dangerous. If children (or even adults) affected by type 1 diabetes are lured away from their regular insulin injections and offered unscientific treatments, it could potentially lead to severe illness and even death.
- Insulin was discovered in the year 1921 and until that time, the lifespan of persons affected with type 1 diabetes (including children) varied from a few months to a maximum of 2 - 3 years. Even to keep them alive for 1 or 2 years, meant that they have to be put on near starvation diets to prolong life. Thus, children with type 1 diabetes who were born over a 100 years ago, simply wasted away until they became comatose and finally died horrible deaths.
- During the last 100 years, i.e., after the epoch making discovery of insulin, people with type 1 diabetes have managed to live their full span of life, some of them even beyond 90 years of age with good health and without any complications. Thus insulin is truly one of the greatest miracles of modern medicine.
- For the discovery of insulin, the Nobel Prize was awarded in the year 1923 and it was for the first time in history that the Nobel Prize was awarded within a year or two of an important discovery. Indeed, the discovery of insulin is considered, one of the greatest advances and miracles of modern medicine.
- Insulin has saved the lives of hundreds of millions of people with diabetes. It is therefore very unfortunate, if a retrograde step such as advocating of stopping of insulin to those with type 1 diabetes is done in our country. This can bring great shame to the nation. There could also be medico-legal consequences. It is equivalent of denying oxygen to somebody who is gasping for breath in an ICU.

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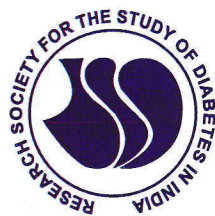
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- RSSDI appeals to the Hon'ble Prime Minister of India, to the Ministry of Health, Government of India, to the Indian Council of Medical Research to help us to educate Indian population in seeking early medical help for patients with Type 1 Diabetes. We must help those affected with type 1 diabetes to continue scientifically proven insulin therapy.
- The world over all scientific bodies recommend insulin for treatment of Type 1 Diabetes as a standard practice .
- Government of India, State Governments, RSSDI and the Pharmaceutical Industry , through their initiatives are working hard to make available insulin free to the needy patients so that no Type 1 Diabetic patient should die due to non availability of insulin.
- All non-scientific claims should be strongly condemned and education of public should be done on the consequences of stopping insulin.

We also appeal to various scientific bodies like the Association of Physicians of India, Indian Medical Association, Diabetes Association of India, Indian Chapters of the American College of Physicians, International Diabetes Federation, Juvenile Diabetes Research Federation and other Foundations of people with type 1 diabetes, to support us in this noble cause and help to save the lives of our children, adolescents and young adults with type 1 diabetes.

We thank you for your cooperation.

*Banshi*

*Agarwal*

Dr Banshi Saboo  
President, RSSDI

Dr Sanjay Agarwal  
Secretary, RSSDI

RSSDI National Executive Committee Members

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