

Self-Care New Updates from the Diabetes Care and Specialists - Dr.Mohan



Lifestyle modification is the key to prevent diabetes

- Dr V Mohan



KEEP YOUR DIABETES UNDER CONTROL



+91 89391 10000

Chennai, Jul 28, 2020 (Issuewire.com) - Due to the current pandemic, we facing many patients suffering from depression that leads to a major cause of Diabetes. One of our [Best Diabetologists in India](#), Dr. Mohan has decided to come up with plenty of Self-care tips and practices not only for Diabetic patients but also for those who suffer from mental distress during this Lockdown or quarantine.

There is nothing to worry about when your immunity level is good. Your only job is to check some signs of diabetes from diabetes specialist or diabetes care online or offline. You can book your appointment now online at drmohan.com for the best doctors for diabetes treatment.

What are those Self-care practices from Dr.Mohan Diabetic Specialist/consultant?

Learn how to control diabetes from the top 3 diabetologists in Chennai:

- **Avoid Refined Sugar or Artificial Sweetener** - Yes, this could be one of the major causes for the rise of blood sugar levels at earlier age itself. Whether you have diabetes or not, but start adding herbal and natural Low Gi sugars.
- **Work Out Regularly** - Our [Diabetes consultants](#) said, "Be it a little workout or heavier one, just add to your routine. Exercise increases the insulin sensitivity of your blood cells. So when you exercise, less insulin is necessary to make your blood sugar levels under control."
- **Avoid Sugary beverages, Instead, Include Diabetic-friendly food Products** - Sugary beverages like soda and punch have been linked to an increased risk of blood sugar level. Sticking to diabetic-friendly drinks will help you a lot, but consult your sugar specialist in Chennai.
- **Quit Smoking** - Smoking has not only been found to cause Diabetes but also cause many serious health conditions such as heart disease, emphysema, and cancers of the lung, breast, prostate, and digestive tract. Instead, consume diabetic-friendly Sweets and chewing gums once getting consulted from Diabetic consultants.
- **Eat a High-Fiber Diet** - Getting plenty of fiber is beneficial for gut health and weight management by reducing blood sugar levels. Eating diabetic-friendly foods and adopting better lifestyle behaviors will promote healthy blood sugar and insulin levels.

Note: Talk to your Best Diabetologists in Chennai, India, anything you start including into your Diabetic treatment or if you taking diabetic medicines.

"We at Dr. Mohans [Best Diabetic hospital in Chennai](#), together with help you to do it for you. Our motto has always been timely service & bringing the best of value to our patients, we also care as much about our Diabetic Patients. We value the trust and beliefs vested in us by our patients and professional contacts and provide a dedicated medical service with an honest and direct approach at Top Diabetes Hospital in India," said Dr. Mohan sugar specialist in Chennai.

About Dr. Mohans diabetes hospital in Chennai:

Dr. Mohan's diabetes consultant or Diabetes Hospital in India situated at Gopalapuram, Chennai. It was

established in 1997 with the Madras Diabetes Research Foundation. Over the years it has grown to be one of the largest referral centers for Diabetes, with more than 1200+ personnel. This diabetes center is recognized as an internationally known tertiary care center for referral of Diabetic patients requiring super-specialist is opinion and management. With our Best Diabetologists in Chennai, it has helped us to own trust from 4,80,000+ Patients. Not only this, but it also helped us to successfully open 53+ Diabetic care centers across India. Impressed? Book your appointment with Dr. Mohan best doctor for diabetes.



Media Contact

Best Diabetologist in India

Dr mohans2020@gmail.com

No.6-B, Conran Smith Road, Near Sathyam Cinemas, Gopalapuram

Source : DIABETES CENTRE IN GOPALAPURAM

[See on IssueWire](#)