

Dr. Soumitra Das Launches Health Awareness Drive in Kolkata

Renowned physician Dr. Soumitra Das has announced a large-scale public awareness initiative focused on the interconnection between diabetes, cholesterol, high blood pressure (hypertension), and thyroid disorder



kolkata, West bengal Apr 24, 2026 (IssueWire.com) - Dr. Soumitra Das Launches Health Awareness Drive in Kolkata

Renowned physician Dr. Soumitra Das has announced a large-scale public awareness initiative focused on the interconnection between diabetes, cholesterol, high blood pressure (hypertension), and thyroid disorders. The program aims to educate patients on prevention, lifestyle management, and early diagnosis.

Recognized as the **best Diabetologist in Kolkata**, Dr. Das emphasizes that these four conditions are closely linked through metabolic imbalance and modern lifestyle factors such as poor diet, stress, lack of exercise, and genetic predisposition.

According to Dr. Das, many patients are unaware that diabetes often coexists with high cholesterol and hypertension, significantly increasing the risk of heart disease and stroke. Similarly, thyroid dysfunction can worsen metabolic control, making blood sugar and weight management more difficult.

“These conditions are not isolated diseases; they are part of a metabolic chain reaction,” said Dr. Das. *“Early detection and lifestyle correction can prevent long-term complications and improve quality of life.”*

The awareness program will cover:

- Understanding diabetes and its complications
- The link between cholesterol and heart health
- How high blood pressure impacts organ function

- Thyroid imbalance and its effect on metabolism
- Diet, exercise, and stress management strategies
- Importance of regular screening and early diagnosis

As the **best Diabetologist in Kolkata**, Dr. Das will also provide guidance on modern treatment approaches, including medication management, insulin therapy, and personalized lifestyle modification plans.

The program will include interactive sessions, patient education workshops, and expert consultations designed to simplify complex medical information for the general public. Special focus will be given to preventive healthcare and risk reduction strategies.

Dr. Das highlighted that India is witnessing a rapid rise in lifestyle diseases, making awareness and early intervention more critical than ever. The initiative seeks to empower patients with knowledge so they can actively manage their health and avoid complications such as kidney disease, cardiovascular issues, and hormonal imbalance.

“Our goal is not just treatment, but prevention through awareness,” he added. *“When patients understand the links between these conditions, they are better able to manage their health.”*

The program is open to all age groups and will be conducted across multiple community health centers in Kolkata. It is expected to benefit a large number of patients suffering from chronic lifestyle disorders.

This initiative further strengthens Dr. Das’s reputation as the **best Diabetologist in Kolkata**, committed to advancing public health education and improving long-term patient outcomes.

About Dr. Soumitra Das

Dr. Soumitra Das is a highly experienced diabetologist and internal medicine specialist based in Kolkata. He is known for his expertise in managing diabetes, metabolic disorders, thyroid conditions, and cardiovascular risk factors through evidence-based and patient-centered care.

Media Contact:

Healthcare Initiative Unit

Email: drsoumitradas858@gmail.com

Phone: +91-9804749526

Visit: <https://drsoumitradaskolkata.in/>

Media Contact

Dr Soumitra Das

*****@gmail.com

9804749526

Spandan hospital Tegharia kolkata 700157, Kolkata, India, 700157

<https://drsoumitradaskolkata.in/>

Source : Dr Soumitra Das

[See on IssueWire](#)