

DIALOG

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FEED BACK



Covid vaccine? It's safe for T1s

BY DR ASPI IRANI

Have you been wondering if the Covid vaccine is safe for people with type 1 diabetes? The answer is: Yes, it is safe to take the vaccine. There is absolutely no reason to believe rumours floating around about its safety and efficacy.

In view of the high risk of the disease, and in the wake of the fact that currently there is no curative treatment for Covid, it makes eminent sense to prevent this dangerous and

potentially fatal disease.

Data shows that people having type 2 as well as type 1 diabetes have a four-fold higher risk of developing severe form of the disease that needs hospitalization as compared to age- and sex-matched individuals who do not have diabetes.

In India we are fortunate to have two vaccines at our disposal: Covaxin from Bharat Biotech and Covishield from Serum Institute of India. Both vaccines have been shown to have excellent safety and efficacy in the short-term. Long-



term data will take years to come in, but can we wait that long? Experience tells us that if short-term safety is good, there is virtually no likelihood of long-term risk.

After one takes the vaccine,

a person might develop some fever and have pain for a couple of days that may cause a little rise in blood glucose levels. So monitoring blood sugars closely for a couple of days after taking the vaccine is important. The rise in sugar levels can be managed by taking a little extra insulin till the fever subsides.

Unfortunately, due to lack of sufficient data the vaccines have not yet been licensed for those below 18 years of age and for pregnant or lactating women. So they will have to wait a little longer.

Two doses separated by a minimum gap of 28 days are needed to get immunity with the vaccine. The immunity kicks in two weeks after the second dose. As any vaccine cannot guarantee 100% immunity, one must continue to observe basic precautions like wearing a mask and maintaining physical distancing even after the vaccination to be doubly sure.

But you should go ahead when the vaccine is offered to you. Remember, prevention is better than cure. More so, when there is no cure!

10-yr-old develops game with diabetes

Srishti Mahitha is a master of the game.

The 10-year-old from Hyderabad has developed a virtual game revolving around diabetes. The class 5 student says that the game is such that the little girl in the game has type 1 diabetes and the person using the game is tasked with keeping the girl's blood sugar levels in control while working on certain parameters that control the sugar levels.

"The girl's sugar levels keep fluctuating. The goals is to juggle certain variable factors in such a manner that her blood



For details, WhatsApp 99897 61375

since a few years now. "I keep my sugars in good control with help from my mother," says Srishti.

Her mother Sirisha, who is actively involved with parents of other type 1 kids in rustling up low-carb recipes, says Srishti is "independent" when it comes to diabetes management.

So, when she used to be at school until before the lockdown, she used to manage her occasional high sugars or low sugars. "My girl takes her own insulin shot and also does her own blood test too," Sirisha adds with a hint of pride.

The idea of developing the game occurred to Srishti due to her daily challenge of handling her blood glucose. "I got a bit of help to develop this game... There are small bugs in it which still need to be removed," she says. A link to the game is already available on code.org, but Srishti is waiting for the minor glitches to be ironed out. Srishti, who wants to become a digital artist when she grows up, also enjoys coding. "But I also love to write stories," she says. "I want to become an author someday."

BUREAU REPORT
HYDERABAD

Bouncy little lad plays with virtual gaming



Contact 8593831041 on WhatsApp

A 6-year-old boy who has type 1 diabetes since he was two proudly wears the tag of being a "little game developer" from Whitehat Jr. The KG class student, **Ihsan Ul Haq** from Thiruvananthapuram, learnt to develop the bounce ball game with other kids recently. Ihsan's father Shihab said the boy listened with rapt attention as he sat through 24 classes held online for kids of all ages.

In the initial days after the child was diagnosed with diabetes, it was a tough time for Ihsan's parents to manage his blood sugar levels. "Today, my wife and I manage his sugars well," says Shihab. Ihsan loves online car games and can identify car makes from their logs. He also enjoys football. Their home often turns into a football field as Ihsan kicks around with mom and dad as co-players.

BUREAU REPORT THIRUVANANTHAPURAM

T1 flexes muscle with diabetes edu portal

Slated For Inauguration On Sunday, January 31

It promises to be a unique website with its focus on diabetes education. Slated for a launch at the end of this month, this website with complete education on diabetes fitness and sports.

It will be launched by a New Delhi resident, Sahil Madan (30) who has had diabetes for almost a decade. An electronics engineer with the healthcare department of an international company, Sa-

GET FIT

What: Website on diabetes fitness

Launching: Jan 31
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hil now plans to branch out into fitness and sports for people living with type 1 diabetes.

"The website, which will be a coaching platform for diabetes, will be launched on

January 31," Sahil told DIALOG.

"It will be a platform for education on diabetes, with a focus on physical activity. But other aspects like healthy nutrition, carbohydrate counting will also be included," he added.

The whole idea of the program will be to manage diabetes well by being physically active. The website will cater not only to people having type 1 diabetes, but also

It will be a platform... with a focus on physical activity. But other aspects like healthy nutrition, carbohydrate counting will also be included
SAHIL MADAN
Fitness Trainer

those with other types of diabetes. Also, those who do not have diabetes can gain from it by learning about fitness regimen and carb-counting, for instance.

BUREAU REPORT NEW DELHI

