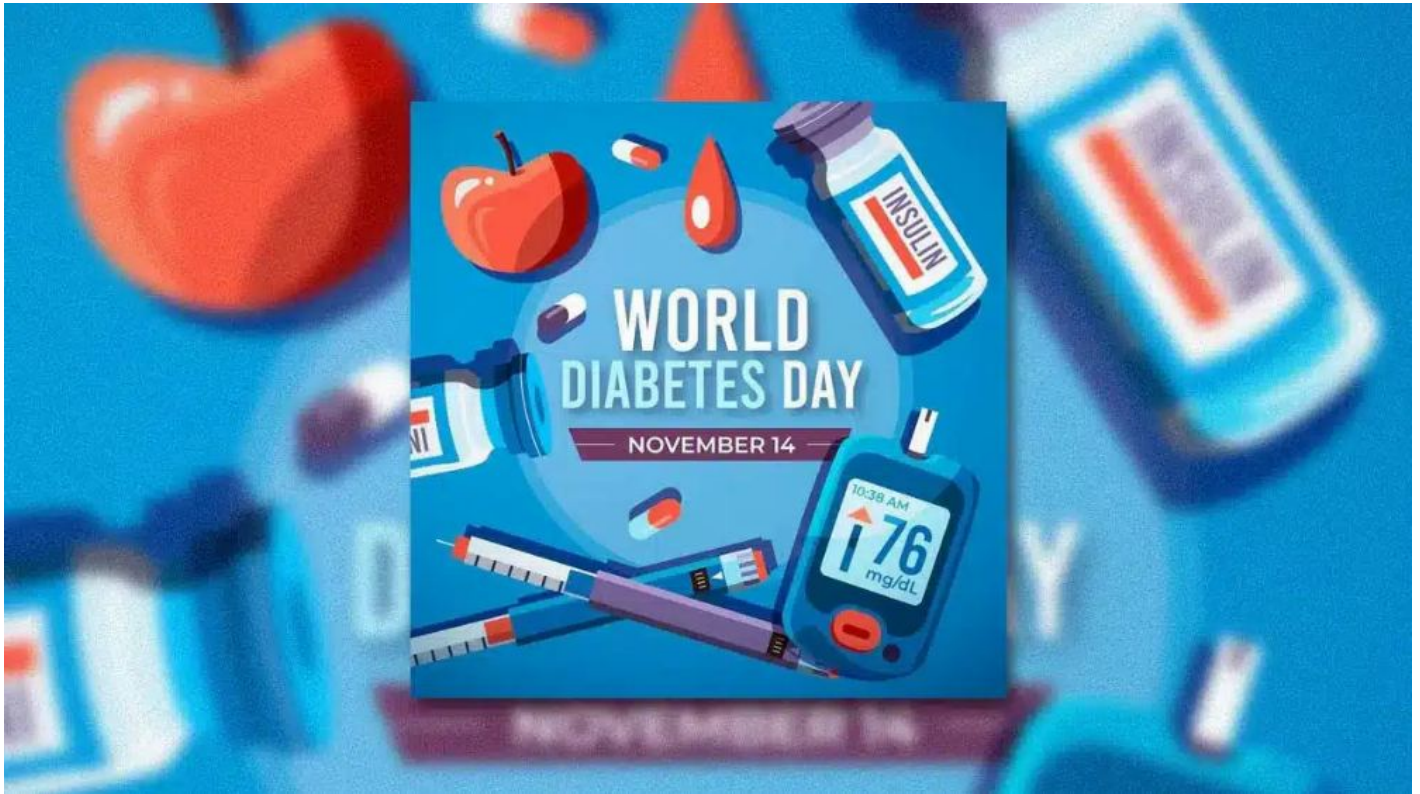


World Diabetes Day 2024

November 15, 2024 • vajiramandravi.com



About World Diabetes Day:

- It is celebrated globally on **November 14** every year.
- This date **commemorates** the **birthday of Sir Frederick Banting, who, along with Charles Best, co-discovered insulin** in 1922, a medical breakthrough that has since transformed the lives of millions living with diabetes.
- The **theme for World Diabetes Day 2024** is '**Access to Diabetes Care: Empowering Better Health for All.**'
- **History:**
 - World Diabetes Day was **first established in 1991 by the International Diabetes Federation (IDF) and the World Health Organisation (WHO)** as a response to the growing concerns around the diabetes epidemic.
 - **In 2006, the United Nations officially recognised** it, making it a global observance.
- The initiative draws attention to the challenges posed by diabetes, including the need for more accessible healthcare, and raises awareness of lifestyle changes that can mitigate the risks associated with diabetes.
- It is **marked by various events**, including **awareness campaigns, educational seminars**, health check-ups, and fundraising activities.

- **Blue Circle Monuments** are **illuminated worldwide** as a symbol of unity in the fight against diabetes, and **people** are **encouraged to wear blue** to show their support.

What is Diabetes?

- **Diabetes mellitus**, also known as diabetes, is a **metabolic disease** marked by consistently **elevated blood sugar levels**.
 - Diabetes is a **chronic illness** in which the **body either produces insufficient** amounts of **insulin or is unable to use the insulin that it does produce** efficiently.
 - The **pancreas secretes** the hormone **insulin**, which is **crucial for controlling blood sugar** levels.
 - Blood sugar levels can rise and cause issues with the heart, kidneys, feet, and eyes if insulin is not functioning properly.
-

Q1: What are pancreas?

The pancreas is an organ located in the abdomen. It plays an essential role in converting the food we eat into fuel for the body's cells. The pancreas has two main functions: an exocrine function that helps in digestion and an endocrine function that regulates blood sugar.

News: [World Diabetes Day 2024: 10 Foods That Are Secretly Increasing Your Risk Of Diabetes](#)

Source: <https://vajiramandravi.com/current-affairs/world-diabetes-day-2024/>

© Vajiram & Ravi. For personal use only.