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Music therapy a stress reliever for diabetics

C Anjali Devi
Osmania University, India

Longitudinal study was conducted to see the effect of music therapy on 318 software professionals aged 30-40 years, randomly selected from clinics, colonies and corporate offices in Hyderabad, India. There were 178 males and 150 females. They were explained about the protocol and those who agreed to follow the said protocol were selected. They were asked to follow the prescribed medical regime consisting of medicines, diet, and exercise. The impact of music is studied by introducing 6 songs approved by music therapist. Patients were asked to listen to these songs every day at least for 40 minutes. Fasting blood glucose levels were recorded once every three months for a

period of one year. As there were no significant differences between sexes, the results are presented as a single group. Initially none of them had normal values. There is a consistent improvement seen in every quarter. The initial percentage in the normal category <100mg/dl is zero which rose 27.7 and in the range of 101-110 the percentage is 24.5 percent by the end of the year. More than 50 percent patients moved to normal and just below normal ranges, with a drastic decrease in higher ranges, giving a clear indication that music has a significant influence.

anjalimessage@gmail.com