CONTENTS

1. History of Diabetes **1-7**
Kamlakar Tripathi, Santosh Kumar Yadav

Diabetes Mellitus and the Islets of Langerhans *2*
Discovery of Insulin *5*

2. Epidemiology of Diabetes **8-18**
SC Mohapatra

The Global Burden *9*
Epidemiological Concept in Diabetes *11*
Prevention and Control *15*

3. Pancreas Islet Cells and Its Development **19-38**
Royana Singh

Development of the Pancreas *20*
Development of Endocrine Pancreas Cells *23*
Findings *24*
Microscopic Features *24*
Developmental Anomalies and Heterotopia *33*
Developing Pancreatic Islets *33*
Adult Pancreatic Islets *33*
Abnormalities *35*

4. Physiology of Glucose Metabolism, Biochemistry of Cotransporters and its Clinical Relevance **39-49**
Narsingh Verma

Digestion of Carbohydrates: Salivary and Pancreatic Amylase *39*
Applied Physiology *41*
Glucose-Galactose Malabsorption *43*
Glucose Transporters as Components of the Glucosensing Machinery *47*

5. Interpretation of Genetics in Diabetes Mellitus **50-60**
Ashutosh Jain, Vinay Kumar BR, Kamlakar Tripathi

Candidate Genes and Linkage Studies *50*
IDDM1 *51*
Type 2 Diabetes Mellitus *52*
PPARG *52*
KCNJ11 *53*
WFS1 *53*
HNF1B *53*
Clinical Application of Genetic Information in Diabetes *54*
Monogenic Diabetes Detected in Adolescence or Adulthood *56*

6. Classification and Diagnosis of Diabetes **61-73**
Radhika Jindal, Asim Siddiqui, Subhash Kumar Wangnoo

History of Diabetes Classification *61*
Current Classification of Diabetes *62*
Diagnosis of Diabetes *67*

7. Management of Type 1 Diabetes **74-102**
Jamal Ahmad

Epidemiology *75*
Etiology and Pathogenesis of Type 1 Diabetes *75*
Phases of Type 1 Diabetes *80*
Recommended Care *80*
Management of Type 1 Diabetes *83*
Insulin Therapy *84*
Storage Conditions *87*
Insulin Regimen and Delivery *87*
Total Daily Insulin Dosage and Distribution *89*
Insulin Administration *89*

8. Management of Type 1 Diabetes Mellitus in Children **103-114**
Bhavana Sole, Prasanna Kumar KM

Initial Management *103*
On Going Care *104*
Glycemic Control *106*
Blood Glucose Monitoring *108*
Dose of Insulin *110*
Hypoglycemia *111*
Sick-Day Rules *112*

9. Management of Type 2 Diabetes Mellitus **115-140**
Arpit Agrawal, Neeraj Agrawal

Medical Nutrition Therapy in Diabetes *116*
Oral Antidiabetic Agents *120*
Insulin Secretagogues *125*
Insulin Therapy in Type 2 Diabetes Mellitus *129*
Novel Antidiabetic Drugs *136*

10. Acute Metabolic Complications in Diabetes **141-151**
Dheeraj Kapoor

Diabetic Ketoacidosis *141*
Hyperglycemia Hyperosmolar Nonketotic State (HHNS) *146*
Hypoglycemia *148*

11. Diabetes and Its Complications—An Overview **152-163**
Rajeev Chawla

Global Burden: Fact Sheet *152*
Diabetes-Related Complications in India *153*

12. Pharmacology of Insulins **164-171**
Sanjay Kalra

Structure of Insulin *165*
Biosynthesis of Insulin *166*
Insulin Secretion *166*
Mechanism of Action of Insulin *167*
Methods of Insulin Production *168*
Pharmacokinetics of Insulin *168*
Future Developments *168*

13. Diabetic Eye Disease and Its Complications **172-182**
Prashant Bhushan, Arpit Agrawal, MK Singh, VP Singh, RP Maurya

Pathogenesis of Proliferative and Nonproliferative Diabetic Retinopathy *173*
Clinical Features of Diabetic Retinopathy *175*
Diabetic Macular Edema *177*
Diabetes Related Complication in Anterior Chamber *178*
Diabetes Related Complication in Posterior Segment *178*
Treatment Options *179*
Medical Management *179*
Laser Treatment *179*
Surgical Treatment *180*
Modern Treatment Options *180*
Screening *181*

14. Management of Diabetic Neuropathy **183-194**
SK Singh, S Singh, RK Singh

Clinical Manifestations *184*
Focal Neuropathy *184*
Diffuse Neuropathy *184*
Autonomic Neuropathy *185*
Painful Diabetic Neuropathy *185*
Acute Painful Neuropathy *185*
Chronic Painful Neuropathy *185*
Small-Fiber Neuropathy *186*
Large-Fiber Neuropathy *186*
Diagnosis *186*
Management *187*
Pharmacological Therapy *187*
Management of Small-Fiber Neuropathies *191*
Management of Large-Fiber Neuropathies *191*

15. Management of Cardiovascular Disorders in Diabetes **195-205**
Anuj Maheshwari

Hypertension *196*
Lifestyle Modifications *196*
Pharmacological Interventions *197*

Pregnancy and Antihypertensive Medications *197*
Dyslipidemia/Lipid Management *198*
Antiplatelet Agents *199*
Coronary Heart Disease *199*

16. Oral Complications of Diabetes Mellitus and Their Management **206-212**
Richik Tripathi

Oral Candidiasis *206*
Periodontitis *209*
Xerostomia *210*
Dental Implant Failure *211*
Nonhealing Oral Wounds *211*
Dental Caries *211*

17. Imaging of Macrovascular Complications and Comorbid Conditions in Diabetic Patients **213-224**
Amit Nandan Dwivedi, Shivi Jain

Macrovascular Complications and Need for Imaging *213*
Imaging in Cardiovascular Disease: Coronary Artery Disease *214*
Imaging in Cerebrovascular Disease *217*
Imaging in Lower-Extremity Arterial Disease *218*
Special Imaging Concerns in Diabetics *221*

18. Dermatological Manifestations of Diabetes Mellitus **225-238**
Satvik Khaddar, Amit Kumar Singh, Niti Singh, SS Pandey

Classification of Skin Manifestations *226*
Lesions Associated with but not Specific for Diabetes Mellitus *226*
Lesions due to Diabetic Complications *230*
Lesions Associated with Neurovascular Complications *234*
Dermatological Manifestations due to Treatment of Diabetes *235*
Endocrine Syndromes with Skin Alterations and Diabetes Mellitus *235*
Dermatosis Reported to be More Common in Diabetics than Nondiabetics *236*

19. Oral Hypoglycemic Agents: Drug Interaction and Toxicity **239-243**
Banshi Saboo

Metformin *240*
Sulfonylureas *240*
Thiazolidinediones *241*
Dipeptidyl Peptidase-4 Inhibitors *241*
Alpha-Glucosidase Inhibitors *242*
Sodium-Glucose Cotransporter 2 Inhibitors *242*

20. Chronic Kidney Disease and Diabetes **244-257**
Vinay Kumar BR, Dheeraj Kishore, Amita Diwaker, Madhukar Rai

Clinical Definition *244*
Pathological Findings *245*

Pathophysiology *246*
Approach to Manage Diabetes in CKD *250*
Diagnosis of Chronic Kidney Disease *250*
Goals of Treatment *251*
Pharmacological Treatment of Hyperglycemia *252*
Other Aspects of Treating Diabetic Kidney Disease *254*
Hypertension *255*
Hyperlipidemia *255*

21. Metabolic Syndrome: Pathophysiological Lessons for the Diabetes Practitioner **258-267**
DK Hazra, Padmamalika Khanna-Hazra, Nandita Hazra

Immediate and Long-Term Benefits of Tight Control of Hyperglycemia *259*
Oxidative Stress in Diabetes *260*
Pathogenesis of Diabetic Retinopathy *260*
Role of the Renin-Angiotensin-Aldosterone System in DR *261*
Practical Management Implications *262*

22. Diabetic Foot and Its Complications **268-274**
Mumtaz Ahmad Ansari, Vivek Srivastava, Rajgopal Acharya

Pathophysiology of Diabetic Foot *268*
Complications of Diabetic Foot *269*
Ulceration *269*
Management of Diabetic Foot and its Complications *271*
Treatment Goals for Adults with DM *272*
Nutritional Recommendations for Adults with DM *272*
Prevention of Diabetic Foot *273*
Treatment of Diabetic Foot *273*

23. Psychiatric Evaluation in Patient with Insulin Resistance **275-282**
Vipul Garg, Pankaj Kanaujia, Suchi Dwivedi

Depression *275*
Schizophrenia *277*
Bipolar Disorder *278*
Antipsychotic Drugs Associated with Insulin Resistance *278*
Novel Drugs for Diabetes *281*

24. Diabetes in Pregnancy **283-312**
V Balaji

Diagnostic Criteria and Screening of Gestational Diabetes Mellitus *284*
Physiology of Pregnancy and Glucose Metabolism and Insulin Resistance in GDM *287*
Pathogenesis of Glucose Intolerance Developing during Pregnancy *290*
GDM and Its Prevention *291*
Management of Diabetes in Pregnancy *297*
Obstetric Considerations *299*

Fetal Evaluation *300*
Intrapartum Diabetic Management *301*
Preexisting Metabolic Disorders and Diabetes in Planning of Pregnancy and its Management *302*
Neonatal Complications *305*
Consequences of Diabetes on the Pregnant Mother *307*

25. Continuous Glucose Monitoring and Its Role in Management of Diabetes 313-327
Sunil M Jain

What is CGMS? *314*
How CGMS is Performed? *314*
Where to Insert Sensor? *316*
Which Glucose is Measured by CGMS? *317*
How CGMS Sensor Works? *319*
Types of CGMS *320*
Available Options in India *322*
Need of SMPG during CGMS: Concept of Calibration *322*
Clinically Useful Information from CGMS *322*
Role of CGMS in Diabetes Therapeutic Decision Making *323*
CGMS as Education Tool *325*
CGMS during Emergencies and Hospitalized Patients *325*
CGMS Technology in India Versus Developed Countries *326*

26. Management of Diabetes in Geriatric Population 328-341
Murlidhar S Rao

Epidemiology *329*
Etiopathogenesis of Diabetes in Older Adults *329*
Clinical Presentation of Elderly Patients with Diabetes *330*
Diagnosis of Diabetes in the Elderly *331*
Screening for Diabetes *332*
Comorbidity Burden *332*
Treatment of Diabetes in Older Adults and the Comorbidities *332*
Management *333*

27. Diabetes Education as a Pillar of Prevention and Care 342-348
Sarita Bajaj, Tanushree Chawla

Present Status of Diabetes in India *342*
Role of Diabetes Education in Management of Diabetes *342*
Diabetes Education in India: Essential Components *347*

28. Future Research and Newer Advancement in Diabetes 349-356
Samar Banerjee

More Hope for Future Advances *350*
Gene Research Tool in Type 2 Diabetes *350*
Innovative Insulin Patch-Pen *351*

Artificial Pancreatic Tissue for Islet Cell Transplants *351*
Implantable Glucose Sensor *351*
Glucose Sensing Tattoo to Monitor Glucose *351*
Cell Reproduction by Implanted Cell Pouch *351*
Research on Vaccinations *351*
Artificial Pancreas Research *352*
Newer Antidiabetic Drugs *352*

Index *357-362*