Contents

1. Introduction **1**

2. Classification and Clinical Manifestations **4**

Type 1 Diabetes Mellitus: Previously Known as Insulin-dependent Diabetes Mellitus or Juvenile Diabetes *4*; Type 2 Diabetes Mellitus: Previously Known as Noninsulin-Dependent Diabetes Mellitus or Maturity Onset Diabetes Mellitus *7*; Type 2 Diabetes Mellitus in Children and Adolescents *9*; Maturity-onset Diabetes of the Young *10*; Other Specific Types of Diabetes *11*; A Note on Older Classification of Diabetes *12*; Peculiarities of Diabetics in India *14*; A New Way of Classifying Diabetes in Clusters *14*

3. Type 2 Diabetes Mellitus in Children and Adolescents **17**

Clinical Features *18*; Management of T2DM in Children *19*

4. Epidemiology of Diabetes **21**

Epidemiology of Type 1 Diabetes Mellitus *23*; Epidemiology of Type 2 Diabetes Mellitus *24*; Epidemiology of Gestational Diabetes Mellitus *27*

5. Diabesity **29**

Central Obesity *33*; How do we Become Fat? *34*; Disorders Associated with Obesity *35*; Management of Diabesity *36*

6. Metabolic Syndrome **45**

Prevalence of Metabolic Syndrome *46*; The Importance of Metabolic Syndrome *47*; Management of Metabolic Syndrome *48*; The Controversy on Metabolic Syndrome *48*

7. Diagnosis and Laboratory Investigations **49**

Criteria for Diagnosis of Diabetes *50*; Diagnosis of Gestational Diabetes Mellitus *51*; Investigations in Diabetics and Suspected Diabetics *55*; Glycosylated Hemoglobin Estimation *56*; Recommendations and Conclusions of International Committee *59*

Prelims_(7th ed).indd 13 21-03-2023 14:14:55

8. Use of Glucometer in Family Practice **62**
Equipment Required for Home Blood Glucose Monitoring *63*; Reliability of Glucometer *64*; Training the Patients Using Glucometers *65*

9. Metabolic Memory (Legacy Effect) **70**
Pathogenesis of Metabolic Memory *73*; Therapeutic Implications and Future Prospects *74*

10. Management of Diabetes **78**
Why Control Diabetes? *78*; Difference Between Onset and Progression of Microvascular and Macrovascular Complications *80*; Accord Trial *81*; Advance Trial *81*; VADT Trial *82*; Take Home Message *82*; Management of Diabetes *82*

11. Role of Exercise in the Management of Diabetes Mellitus **85**
Benefits of Exercise *86*; Other Benefits *86*; What are the Precautions to be Observed before Starting Exercise? *87*; Which Type of Exercise? *88*; How Long? *89*; How Often? *90*; Some Walking Tips *90*; Cross Training *91*; Resistance Exercise *92*; Stretching or Flexibility Exercise *93*

12. Meal Planning in Diabetes **94**
What is a Balanced Food? *95*; The Food Exchange *101*; General Guideline *104*; Some Tools Used in Meal Planning *107*

13. Oral Antidiabetic Agents and Injectable GLP_1RAs **113**
History of Development of OADs *113*; Pharmacology *115*; Sulfonylureas and Other Insulin Secretagogues *116*; Progressive β-cell Failure in T2DM *117*; Biguanides *125*; Thiazolidinediones *130*; Alpha-glucosidase Inhibitors *138*; Incretin-based Therapy *140*; Sodium-glucose Cotransporter-2 Inhibitors *152*; Criteria for Control *162*; Failure of Control *164;* Drug Interactions *165*

14. Role of Insulin in Management of Diabetes **170**
Insulin Physiology and Pathophysiology in Diabetes *171*; Insulin Pharmacology *172*; Tricks of the Trade in Difficult Situations *186*; Mistakes While Taking/Prescribing Insulin *187*

15. Combination Therapy in Diabetes **196**
Combinations of Oral Antidiabetic Medications *196*; Combinations of Insulin with Oral Antidiabetic Drugs *203*; GLP_1RAs Combinations with Insulin/Metformin/Pioglitazone/Sulfonylurea *205*

16. Management of Diabetes in Elderly **207**
Prevention of Diabetes in the Elderly *208*; Management of Diabetes *209*

17. Prescribing Antidiabetic Medications in Renal Impairment **214**
Metformin *215*; Sulfonylureas *215*; Nonsulfonylurea Insulin Secretagogues *216*; Pioglitazone *216;* Alpha-glucosidase Inhibitors *216*; Insulin *216*; DPP_4I'S and GLP_1RA'S *216*

18. Acute Metabolic Complications of Diabetes **219**
Acute Metabolic Complications *220;* Hypoglycemia *220*; Diabetic Ketoacidosis and Coma *226*; Nonketotic Hyperosmolar Hyperglycemic State *228*; Lactic Acidosis *230*

19. Chronic Complications of Diabetes **233**
Microvascular Complications *233*; Macrovascular Complications of Diabetes *237*; Nonalcoholic Fatty Liver Disease *239*; Infections in Diabetes *241*; Musculoskeletal and Rheumatologic Complications of Diabetes *245*

20. The Diabetic Foot **248**
Etiopathogenesis *249*; Prevention *249*; Management *251*

21. Hypertension in Diabetes **254**
Definition *254*; Blood Pressure Measurement *255*; Note on 8th Joint National Committee Guidelines *255*; Epidemiology *256*; Types of Hypertension in Diabetes Mellitus *256*; Management of Hypertension in Diabetics *258*; Stepwise Management of Hypertension in Diabetics *264*

22. Management of Dyslipidemia and Cardiovascular Risk in Diabetes Mellitus **268**
Investigations *272*; Management of Dyslipidemia and CV Risk *272*; Hypertriglyceridemia *277*

23. Surgery in a Diabetic Patient **280**

Metabolic Effects of Surgery and Anesthesia *281*; Anesthetic Agents and Anesthesia *281*; Preoperative Evaluation *282*; Insulin Therapy *282*; On the Day of Surgery *283*; Alternative Insulin Regimens *284*; Minor Surgical Procedures *285*; Postoperative Care *286*; Special Situations *287*

24. COVID-19 and Diabetes **288**

Antidiabetic Medications and COVID-19 *290*; Effect of COVID-19 on Glycemic Control *292*; COVID-19 Vaccination for Patients with Diabetes *293*

25. Travel and Diabetes **294**

Before Going *295*; While Traveling *299*; At the Destination *300*

26. Some of the Advances in the Management of Diabetes **301**

Continuous Glucose Monitoring Systems *301*; Insulin Delivery *305*; Future of Artificial Pancreas *309;* Embryonic Stem Cell Research *311*; Gene Therapy *311*; Newer Insulin *311*; Routes of Administration of Insulin *313*; Immunosuppression in the Management of Type 1 Diabetes Mellitus *315*; Emerging Antidiabetic Agents (Other than Insulin) *315*; Diabetes in the 21st Century *319*

27. Prevention of Diabetes **320**

Important Diabetes Primary Prevention Studies *321*; Summary *325*; Other Measures to Prevent Type 2 Diabetes Mellitus *326*; Prevention of Type 1 Diabetes Mellitus *326*

28. Instructions on Selfcare **328**

Foot Care in Diabetes *328*; Mixing Insulin *329*; Correct Technique for Self-injection *335*; Stepwise Procedure for Using Reusable Insulin Pen *337*; Tips for Painless Insulin Injection *342*; What are the Best Parts of the Body for Injection? *342*

Index **345**