

**A Hand Book of  
Management of  
Non Insulin Dependent  
Diabetes Mellitus (NIDDM)**

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## PREFACE

Prevalence of Diabetes mellitus is increasing rapidly in India and it has already reached an epidemic proportion in Urban India. Diabetes is associated with several long term complications due to micro vascular disease and macro vascular disease. The dreaded micro vascular complications of Diabetes can be prevented or atleast considerably postponed, if persistent, good metabolic control is maintained. In order to achieve this goal, a Family Practitioner or a General Duty Medical Officer should have a thorough working knowledge of Management of Diabetes.

Even though, there are several books on Diabetes written by Indian authors, a paucity of concise handbook on Management of NIDDM written in simple language for Family Physicians and General Duty Medical Officers, working in various organisations was felt, hence this modest effort.

I thank Mr. Amin of Pharma Art Pack who patiently beared seemingly endless rounds of proofs and corrections. Last, but not the least, I thank my wife, Dr. Vandana and my daughter Shilpa, who readily sacrificed a part of very little time that I have for them.

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Price Rs. 70/-

# 1 INTRODUCTION

Diabetes Mellitus is not a single disease but a syndrome consisting of different sub types of diabetes with hyperglycemia due to insulin deficiency, either absolute or relative, as a common factor. Its prevalence is increasing rapidly and has already reached an epidemic proportion in urban India. Hence every Family Physician and General Duty Medical Officer should be proficient in managing diabetic patients. If one's basics are strong, it is very easy to take correct decisions regarding ordering precise investigations, advising about diet and exercise and selecting appropriate Oral Hypoglycemic Agents (OHA) or Insulin in correct dosages.

The aim of this book is to provide concise information required for a Family Physician or General Duty Medical Officer, to let him confidently handle his diabetic patients on his own and manage them successfully over a period of time. It will also be useful to the General Physician and Residents in medicine. As clearly mentioned in the title, this handbook mainly deals with the management of Non Insulin Dependent Diabetic Patients (previously known as Maturity Onset Diabetics), in an out-patient/dispensary set-up. However, it may be noted that more than 96% of our diabetics are Non-Insulin Dependent.