

Index

Abbreviations

DPP-IV	dipeptidyl peptidase IV
DREAM	Diabetes REDuction Assessment with ramipril and rosiglitazone Medication
GAD	glutamic acid decarboxylase
GLP-1	glucagon-like peptide 1
NPH	neutral protamine Hagedorn
STOP-NIDDM	Study To Prevent Non-Insulin-Dependent Diabetes Mellitus
TRIPOD	Troglitazone in the Prevention of Diabetes

Note: Page number in *italics* refer to figures.

A1C levels *see* hemoglobin A1C levels

ABCs of diabetes 9, 53

acarbose 5, 19, 25

acetohepamide 23

adherence, insulin therapy 37, 37

adverse effects

insulin therapy 34–35

non-insulin antihyperglycemic agents 22

AGIs (α -glucosidase inhibitors) 19, 22, 25, 26

cost of therapy 23

mechanism of action 21, 25

albumin excretion, abnormal

macroalbuminuria 44, 45, 46

microalbuminuria *see* microalbuminuria

American Association of Clinical

Endocrinologists (AACE) 11, 70

American Diabetes Association (ADA) 19,

44, 67, 70

amitriptyline 50

amputation 1, 41, 42, 51, 52

amylin 22, 26

amylin analogs 19, 21, 22, 26, 23

angiotensin-converting enzyme (ACE)

inhibitors 44, 45, 53, 54, 55

angiotensin receptor blockers (ARBs) 44,

45, 53, 54

ankle-brachial index (ABI) 51, 52

anticonvulsants 51

anti-GAD 4, 5

antihyperglycemic drugs *see* non-insulin

antihyperglycemic agents

antihypertensive drugs 45, 53–54

antiplatelet agents 55

aspirin therapy 55

assessment guidelines 10

atherosclerosis, insulin resistance and

42–43, 43

autoimmune disease 3, 4

autonomic neuropathy 41, 42, 50, 50, 51

β -cell deterioration 4, 21, 28

beta-blockers 45, 53, 55

- biguanides 19, 21, 22, 23, 23
 - see also metformin
- blood glucose see glucose, blood
- blood pressure control 9, 10, 15, 44, 53–54
- brain diseases 42
- calcium-channel blockers 45, 53
- cardiac stress test 56
- cardiovascular disease (CVD) 3, 42, 52–53, 55
 - hypertension and 53–54
 - lipid levels and 54–55
- care
 - multidisciplinary 11–12, 13
 - self see self-management
- chlorpropamide 23
- cholesterol levels 3, 6, 9, 42, 71
 - exercise and 15
 - goal/target 10, 54
- Chronic Care Model 11, 11
- chronic kidney disease (CKD) 45, 45, 46
- clopidogrel 55
- cognitive impairment 42
- combination therapy 20, 27, 28, 36
- compliance, insulin therapy 37, 37
- complications of diabetes 9, 41–57
 - macrovascular 42, 42, 43, 43, 44
 - mechanisms 42
 - microvascular 41, 41–42, 43, 43, 44
 - risk reduction 43, 44
 - see also specific complications
- congestive heart failure (CHF) 42, 55
- coronary artery disease (CAD) 42, 55, 55, 55–56
- costs
 - non-insulin therapies 23
 - type 2 diabetes 1
- depression 10, 72
- diabetes, types 4
 - see also type 1 diabetes; type 2 diabetes
- Diabetes Control and Complications Trial (DCCT) 43, 69
- Diabetes Prevention Program (DPP) 5, 5
- diabetic emergencies see emergencies
- diabetic ketoacidosis (DKA)
 - clinical presentation 59
 - complications 66
 - history 3, 5
 - laboratory evaluation/findings 60, 60
 - management 60–61, 62–63
 - precipitating factors 59
- diagnosis 1–4, 2, 4, 5
- diet
 - Food Pyramid 14
 - healthy eating 12, 14–15
 - see also weight loss
- distal symmetric polyneuropathy (DPN), 48, 49
 - symptomatic treatments 48, 50, 50–52
- diuretics 53, 54
- DPP-IV 21, 25, 26
 - inhibitors see gliptins
- DREAM study 5, 5–6
- duloxetine 50, 51
- education, patient see patient education
- electrocardiogram (ECG) 56, 60
- electrolyte replacement 60–61, 62–63, 64
- emergencies 59–66
 - hyperglycemic crisis 59–61, 62–65, 66, 66
 - hypoglycemia 59, 66
- end-stage renal disease (ESRD) 44
- erectile dysfunction 50, 50
- exenatide 19, 25, 26, 28
- exercise
 - calories burned 16
 - diabetes management 15–16
 - diabetes prevention 5, 5, 6
 - lipid profile and 54, 55
- eye complications see retinopathy
- family history, type 1 vs. type 2 diabetes 3, 5
- fasting plasma glucose (FPG) 1, 2, 2, 7
- financial costs
 - non-insulin therapies 23
 - type 2 diabetes 1
- Finnish Diabetes Prevention Study 5
- fluid therapy 60–61, 62, 64
- Food Pyramid 14
- foot care 13, 16, 48, 49, 51–52
- foot ulcers 41, 47, 49, 51, 52
- gabapentin 50, 51
- gastroparesis 22, 50, 50, 51
- gemfibrozil 55
- gestational diabetes mellitus 3, 4, 4
- glimepiride 19, 23
- glinides 19, 22, 24, 26
 - cost of therapy 23
 - mechanism of action 21, 24
- glipizide 19, 23
- gliptins 19, 22, 22, 25–26, 27
 - cost of therapy 23
 - mechanism of action 21, 25–26
- glitazones see thiazolidinediones

- glomerular filtration rate (GFR) 45, 45, 46
- GLP-1 21, 21
- GLP-1 analogs 19, 21–22, 22, 25, 27
 cost of therapy 23
 mechanism of action 21
- glucose, blood
 abnormal levels *see* hyperglycemia;
 hyperglycemic crisis; hypoglycemia
 control *see* glycemic control
 fasting plasma glucose (FPG) 1, 2, 2, 7
 patient self-monitoring *see* self-monitored
 blood glucose
 postprandial 3, 10, 20, 70
 preprandial 10, 20, 70
- α -glucosidase inhibitors (AGIs) 19, 22, 25, 26
 cost of therapy 23
 mechanism of action 21, 25
- glyburide 19, 23
- glycemic control
 goals/targets 9, 10, 20, 70
 patient education 11, 69–70
- healthcare providers
 multidisciplinary approach 11–12, 13
 patient education *see* patient education
- healthy eating and weight control 12, 14–15
- heart disease
 congestive heart failure 42, 55
 coronary artery disease 42, 55, 55, 55–56
see also cardiovascular disease (CVD)
- hemoglobin A1C levels
 effectiveness of non-insulin agents 19
 exercise and 15
 goal for glycemic control 9, 10, 20, 69, 70
 impact of control on complications 43, 43
 weight loss and 14
- hydroxymethylglutaryl (HMG)-CoA reductase
 inhibitors 54–55
- hyperglycemia
 microvascular complications 41, 41–42,
 43, 43, 44
 type 2 diabetes 19, 19–20, 20–22
- hyperglycemic crisis 59–61, 62–65, 66
- hyperosmolar hyperglycemic syndrome (HHS)
 clinical features 59
 laboratory evaluation/findings 60, 60
 management 60–61, 64
 precipitating factors 59
- hypertension 3, 4, 6, 53–54
 insulin resistance and 42, 43
 retinopathy and 46
 type 1 diabetes 45
 type 2 diabetes 45
- hypoglycemia
 diabetic ketoacidosis complication 66
 with glinide therapy 22, 24
 with insulin therapy 27, 31, 34, 35
 nocturnal 23, 34
 patient education 72
 severe (crisis) 66
 with sulfonylurea therapy 22, 23, 27
 type 1 vs. type 2 diabetes 5
- hypoglycemic drugs *see* non-insulin
 antihyperglycemic agents
- hypotension, orthostatic 50, 50
- imipramine 50
- impaired fasting glucose (IFG) 2, 2, 4, 6
- impaired glucose tolerance (IGT) 2, 2, 4, 6
- inhaled insulin 35, 72
 profile 32–33, 33, 33, 34
- insulin
 long-acting 33, 33, 34, 34
 normal secretion and action 31–32, 32
 rapid-acting *see* rapid-acting insulin
 short-acting 33, 33, 34, 56
see also individual types of insulin
- insulin aspart 32, 33, 34, 38
- insulin detemir 35, 36, 38
 profile 33, 33, 34, 34
- insulin glargine 35, 36, 37, 38
 profile 33, 33, 34, 34
- insulin glulisine 32, 33, 34, 38
- insulin lispro 32, 33, 34, 38
- insulin pens 37, 37
- insulin resistance 4, 20, 21, 36
 atherosclerosis and 42–43, 43
- insulin therapy, hyperglycemic crisis 61,
 62, 64
- insulin therapy, type 2 diabetes 20, 31–40
 adverse effects 34–35
 combination with non-insulin
 antihyperglycemic agents 27, 28, 36
 glucose monitoring 37
 indications 31
 initiation and adjustment 36, 36, 38, 38
 patient adherence, improvement of 37
 preparation types 32–34, 33, 34
 regimens, general principles 35–37, 36
 vs. type 1 diabetes 5
- ketoacidosis *see* diabetic ketoacidosis (DKA)
- kidney complications *see* nephropathy
- lifestyle changes 5, 6, 7
 lipid profile and 54, 55

- see also* exercise; weight loss
- lipid levels 3
- diabetes complications 43, 48
 - goals/targets 10, 44, 54
 - management 54–55
- liraglutide 25
- long-acting insulin 33, 33, 34, 34

- macroalbuminuria 44, 45, 46
- macrovascular complications 42, 42, 43, 43, 44
- management 9–18
 - exercise 15–16, 16
 - healthy eating and weight control 12, 14–15
 - insulin therapy *see* insulin therapy
 - multidisciplinary team approach 11–12, 13
 - non-insulin therapy *see* non-insulin
 - antihyperglycemic agents
 - treatment goals 9, 10, 11
 - medical nutrition therapy (MNT) 12, 55
 - metformin 20, 26, 27, 28
 - diabetes prevention 5, 5
 - microalbuminuria 41, 42, 44, 45
 - screening 46, 46
 - microvascular complications 41, 41–42, 43, 43, 44
 - see also specific complications e.g. nephropathy*
 - migliitol 19, 25
 - multidisciplinary team 11–12, 13, 69

- nateglinide 19, 24
- National Diabetes Education Program 11
- National Standards for Diabetes Self-Management Education (DSME) 67, 68, 69
- nephropathy 41, 42
 - screening and treatment 44–46, 45, 46
- neuropathic pain 49, 50, 50, 51
- neuropathy 41, 42, 43
 - clinical presentation 47, 49, 50
 - pathophysiology 48
 - screening 47–48, 49
 - treatments, symptomatic 50, 50–52
- nocturnal hypoglycemia 23, 34
- non-insulin antihyperglycemic agents 19–30
 - classes 23–26
 - combination therapy 28
 - cost of therapy 23
 - effect on A1C levels 19
 - initial therapy selection 26, 28
 - mechanism of action 21
 - potential treatment algorithm 27
 - prescribing considerations 22
- non-proliferative diabetic retinopathy (NPDR) 46–47
- NPH 35, 36, 37, 38
 - profile 33, 33, 34, 34

- obesity 3, 4, 12, 53
 - insulin resistance and 21, 42, 43
- oral glucose tolerance test (OGTT) 1, 2, 2
- orthostatic hypotension 50, 50

- pain, neuropathic 49, 50, 50, 51
- patient adherence, insulin therapy 37, 37
- patient education 67–75
 - effective self-care 70–73, 71, 73
 - glycemic control 11, 69–70, 70
 - goals 67–69, 68, 69
- patient self-monitoring *see* self-monitored blood glucose
- peripheral arterial disease (PAD) 42, 51, 52
- peripheral neuropathy *see* neuropathy
- physical activity *see* exercise
- pioglitazone 19, 24
- plasma C-peptide, type 1 vs. type 2 diabetes 5
- postprandial glucose 3, 10, 20, 70
- pramlintide 19, 26
- pre-filled insulin delivery devices 37, 37
- pregnancy 47, 54, 68
 - gestational diabetes mellitus 3, 4, 4
- preprandial glucose 10, 20, 70
- prevention, type 2 diabetes 5, 5–6, 6, 7
- proliferative diabetic retinopathy (PDR) 46, 47
- proteinuria 41, 42, 45

- ramipril, diabetes prevention 5, 5
- rapid-acting insulin 35
 - profile 32, 33, 33, 34, 34
- regular insulin 61, 62, 64
 - profile 32, 33, 33, 34
- renal complications *see* nephropathy
- repaglinide 19, 24
- retinopathy 41, 41, 43
 - screening and treatment 46–47
- rosiglitazone 19, 24
 - diabetes prevention 5, 5–6

- screening 3, 4
 - coronary heart disease 55–56
 - nephropathy 44, 45, 46, 46
 - neuropathy 47, 48, 49
 - retinopathy 46–47

- self-management
 - barriers 71, 71–72
 - behaviors 71, 71, 72
 - education 67–69, 68, 69, 72–73
 - effective 70–71, 71, 73
- self-monitored blood glucose (SMBG) 10, 37, 71, 73
 - patient education 67, 68, 69–70
- shared care 11–12, 13
- short-acting insulin 33, 33, 34, 56
- sitagliptin 19, 25
- smoking cessation 55, 55
- statins 54–55
- STOP-NIDDM 5
- stroke 42
- sulfonylureas 20, 23–24, 26, 27
 - cost of therapy 23
 - effect on A1C levels 19
 - mechanism of action 21
 - prescribing considerations 22
- thiazolidinediones 22, 24–25, 26, 27, 55
 - cost of therapy 23
 - effect on A1C levels 19
 - mechanism of action 21, 24
- thyroid disease 5
- tolbutamide 23
- transient ischemic attack 42
- tricyclic drugs 50, 50–51
- triglyceride levels 3, 6, 42, 48, 54, 55
- TRIPOD 5
- trogliatone 5
- type 1 diabetes
 - complications *see* complications of diabetes
 - diagnosis 1–4, 2, 4, 5
 - ketoacidosis *see* diabetic ketoacidosis
 - prediction 4
 - vs. type 2 diabetes 3–4, 5
- type 2 diabetes
 - complications *see* complications of diabetes
 - diagnosis 1–4, 2, 4, 5
 - financial cost 1
 - management *see* management
 - pathogenesis of hyperglycemia 20–22
 - prediction 4
 - prevalence 1
 - prevention 5, 5–6, 6, 7
 - vs. type 1 diabetes 3–4, 4, 5
- types of diabetes 4
 - see also* type 1 diabetes; type 2 diabetes
- UK Prospective Diabetes Study (UKPDS) 23, 24, 43
- ulcers, foot 41, 47, 49, 51, 52
- vildagliptin 25
- weight
 - desirable 12
 - type 1 vs. type 2 diabetes 5
- weight loss
 - diabetes prevention 5, 5, 6
 - lipid profile and 54, 55
 - recommendations 12, 14