ICMR-WHO Workshop on “Guidelines for the Management of Type 2 Diabetes”,

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Guidelines for Management of Type 2 Diabetes-2005

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Foreword

Diabetes mellitus is a group of metabolic diseases characterized by hyperglycemia resulting from defects in insulin secretion, insulin action or both. The chronic hyperglycemia of diabetes is associated with long term damage, dysfunction, and failure of various organs especially the eyes, kidneys, nerves, heart and blood vessels.

Diabetes mellitus is growing at an alarming rate all over the world particularly in India. It is estimated that there are currently 32 million people with diabetes in India which is projected to increase by 80 million in the year 2030. The care and management of people with diabetes mellitus is done primarily by the general practitioners and physicians. However, there are no clear directions or Guidelines for its management. A need for availability of a set of Guidelines which can be used by doctors all over the country was a strong felt. With this in view, the Indian Council of Medical Research (ICMR) and the World Health Organization (WHO) convened a workshop wherein experts drawn from different parts of India participated. The meeting was held at Chennai from 2nd to 4th May 2003 and aimed to develop specific guidelines for screening, monitoring, diagnosis and lifestyle modification like diet and exercise, oral hypoglycemic agents, insulin, treatment for diabetic complications and addressing of special situations like diabetic retinopathy. This document is the result of the Group’s deliberations. The guidelines were further ratified by circulation to extended group of researchers and practitioners drawn from all over the country.

It is hoped that these guidelines will help the practising doctors to treat diabetes at the primary health care level and thus help the people with diabetes to lead a normal and healthy life.

Prof N.K. Ganguly
Director General
Preface

The emergence of chronic diseases like diabetes has necessitated the development of consensus amongst health care delivery personnel for appropriate management. This document is a joint effort of the assistance and co-operation of many institutions. The suggestions and advice emerging from the workshop sponsored by the World Health Organization entitled, “Guidelines for the Management of Diabetes Mellitus,” held on 2nd-4th May 2003 at Chennai, were of great value. The Council is particularly grateful to the participants of the workshop for their initiative, professional and consistent interest for guidelines.

The Council gratefully acknowledges the technical and financial assistance of the World Health Organization. Thanks are due to Dr. C. Varghese, National Programme Officer, WHO and Dr. J.R. Leowski, Regional Advisor, WHO for their time to time advice and guidance. The Council appreciatively acknowledges the valuable contribution of the members of the Scientific Advisory Committee for extending their support in formulating these guidelines.

(Bela Shah)