



Lipids in Diabetes



Editor: S. W. Madhu

ECAB Clinical Update: Diabetology

Lipids In Diabetes Ecab

D S Rana



Lipids In Diabetes Ecab:

Lipids in Diabetes - ECAB S V Madhu, 2013-07-23 Type 2 diabetes mellitus is associated with a greater risk of developing atherosclerotic macrovascular diseases like myocardial infarction stroke and peripheral vascular disease There is 2 to 4 fold increased risk of atherosclerotic heart disease and stroke in diabetic patients compared to non diabetic patients As the prevalence of type 2 diabetes is increasing rapidly this diabetes related atherosclerotic disease is predicted to be a major public health problem Atherosclerosis is a complex process and in diabetic patients it behaves differently with increased lesion progression and severity This accelerated atherosclerotic process in diabetics is explained on the basis of several risk factors like hyperglycemia dyslipidemia accelerated formation of advanced glycation end products increased oxidative stress and genetic factors It is difficult to establish precisely the elements responsible for this atherosclerosis in diabetics but by epidemiological clinical and by animal studies it has been possible to get an idea of this problem in diabetics Of the several risk factors for atherosclerosis in diabetes dyslipidemia is the leading one and an insight into the pathophysiologic relation of isolated triglyceridemia in Indian diabetics with the identification of the targets for control of lipids in diabetes practical vs ideal needs to be well understood by the treating physician This book is designed to address such issues with supportive typical clinical scenarios with which the readers will be able to identify Thus it provides an excellent opportunity to widen one's perspective in this area

Insulin Resistance - ECAB Gita Ganguly Mukherjee, 2010-10-26 The insulin resistance syndrome can be defined as insulin resistance compensatory hyperinsulinemia and their associated co morbidities Clinically the term insulin resistance syndrome describes a constellation of abnormalities such as obesity hypertension dyslipidemia type 2 diabetes hyperglycemia and coronary artery disease Insulin is responsible for glucose uptake into the body cells and tissues The response of the cells to insulin varies from individual to individual In some individuals the tissue response to insulin may be diminished This means that even with adequate levels of insulin the glucose uptake into the cells and tissues is not optimal This results in a compensatory over secretion of insulin from the pancreas The persistence of high levels of insulin in the blood or hyperinsulinemia is thought to be responsible for some of the abnormalities associated with this condition However the exact causal association of the condition with these disorders and the pathophysiology of their evolution are unclear The most common underlying mechanism proposed is increased free fatty acids from abdominal fat in individuals with central obesity This leads to deranged insulin signaling reduced muscular glucose uptake increased triglyceride synthesis and hepatic gluconeogenesis A genetic basis of the disease as well as several other factors such as tumor necrosis factor a adiponectin leptin Interleukin 6 and some adipokines have also been implicated Insulin resistance syndrome is of clinical significance because of its association with potentially debilitating conditions that contribute to long term morbidity and even mortality of the individual People with insulin resistance syndrome are at an increased risk of developing type 2 diabetes hypertension dyslipidemia myocardial infarction polycystic ovarian disease and fatty liver In this

book we have tried to collate the experiences of the pioneers of this field on the subject and provide the reader a comprehensive view on the topic along with practical management points which we are sure will benefit the physicians in their clinical practice The contributors have focused on the condition as is prevalent in our subcontinent and have tried to give an insight on the issues pertaining to the same with a topical flavor

Diabetes and Lifestyle - ECAB Samar Banerjee, 2013-07-12 Diabetes management outcomes and prognosis are majorly affected by the lifestyle exercised by the diabetics Diabetes has significant impact on the different facets of life These facets tend to get overlooked in the management The inter relation of diabetes and marriage sleep travel commute and uneven working hours seem to be trivial part of managing diabetes but are extremely important for a perfect recovery and management of the patient Patients travelling with diabetes need to consider how to adapt their treatment programs to unfamiliar foods irregular schedules and varying amounts of exercise Diabetes will be involved at every step of married life including vacations outings going to the movies as well as intimate moments Sleep and diabetes are interconnected Sleep disorders have a slight but significant impact on diabetes management and it should be focused while attending a diabetic with sleep disorders Shift workers make a special segment of diabetics whose glucose monitoring and control need to be tailored in a special manner With change in circadian rhythm and sleep pattern diabetes management needs to be adjudged and adjusted The main risks that arise in driving from having diabetes are hypoglycemia and the long term complications All these aspects are being thoroughly covered in this book so as to facilitate better management of diabetes

Hotspots in Diabetes - ECAB Ambady Ramachandran, 2013-07-12 Diabetes is one of the most important non communicable lifestyle diseases Diabetes is a multifaceted disorder which possibly influences and impacts body pathophysiology by different mechanisms and in varied ways Diabetes has a very distinguished impact on cardiovascular system and plays a detrimental role in development of cardiovascular disorders Metabolic memory is used to describe the impact of exposure to glucotoxicity lipotoxicity and other metabolic disturbances either as an adverse or a beneficial cell response which determines the later development of vascular complications Terms such as metabolic imprint legacy effect glycemic memory or latent hyperglycemic damage are also used Diabetes has significant impact on different facets of life Diabetes has a distinguished but significant impact on development of various cancers Diabetes has a positive negative and even neutral impact on pathogenesis and progression of cancer depending upon the tumor site On the contrary cancer also has a significant effect on diabetes development and management These facets tend to get overlooked in the study of diabetes development and management All these aspects are being thoroughly covered in this project so as to facilitate better management of diabetics

Cardiometabolic Risk in India - ECAB KM Prasanna Kumar, 2009-02-15 Cardiometabolic disease is the leading cause of death in many parts of the world There are many potentially modifiable and non modifiable risk factors associated with the same Although with the recent advances in management and preventive strategies the mortality rates have reduced but no patient actually achieves an adequate control

of the CVD risk factors with the declining quality of life. In addition, growing obesity and DM in younger age groups has further undermined the improvements achieved in CVD. Diabetes and CVD share a common soil in their etiology and the causative factors for these diseases are termed as cardiometabolic risk factors. Cardiometabolic risk (CMR) is the global risk of developing type 2 diabetes and CVD. CMR factors include overweight or obesity, high blood glucose, HTN, dyslipidemia, inflammation, and hypercoagulation. Physical inactivity, smoking, age, race, and ethnicity, gender, and family history. Among these, age, race, ethnicity, gender, and family history are non-modifiable risk factors. The remaining are modifiable risk factors and closely interrelated. Recently, systematic prospective studies have shown evidence that moderate lifestyle modifications help in reducing the metabolic risk factors. The major principles include cessation of smoking, enhanced physical activity, and reduction of excess weight. Healthy diet also has a major role in controlling overweight and maintaining ideal weight. Each of the risk factors poses a danger to good health; the propensity increases with multiple risk factors. It is also shown that the CMR factors tend to cluster as the metabolic syndrome. This book is designed to address such questions with supportive typical clinical scenarios with which all readers will be able to identify. Thus, it provides an excellent opportunity to widen one's perspective in this area.

Critical Issues and Diabetes - ECAB - E-Book Samar Banerjee, 2014-12-12
Critical Issues and Diabetes ECAB E Book ECAB Non-alcoholic Fatty Liver Disease - E-Book Gourdas Choudhuri, 2013-01-31
ECAB Non-alcoholic Fatty Liver Disease E Book

Glycemic Monitoring - ECAB Rangasamy V. Jayakumar, 2009-03-15
 Diabetes is a chronic disease that is reaching an epidemic proportion in many parts of the world. Despite the high incidence of diabetes, individuals diagnosed with the disorder are only 50%. The main challenge of medical professionals in diagnosing and treating the diabetic patients is the lack of understanding of the disease, which usually leads to problems with treatment compliance and monitoring. There is strong evidence to show that an effective intensive glycemic control reduces various microvascular and neuropathic complications of diabetes mellitus. The Diabetes Control and Complications Trial (DCCT) showed that the intensive glycemic control prevented diabetic complications in type 1 diabetic patients and the HbA1c levels reduced by 1.5-2.0%. In the UKPDS study, a modest improvement in HbA1c, a difference of 0.9% in the intensively treated group than in the control group, brought about a 25% reduction in microvascular complications and a 12% reduction in all diabetes-related events. There are several methods with differing utilities and limitations existing for monitoring glycemic status in individuals. Diabetes care in India leaves much to be desired and suggested, and there is a need for efforts to increase awareness of both the patients and the doctors for better treatment and monitoring.

Recent Advances in Metabolic Syndrome - I - ECAB R. R. Kasliwal, Anoop Misra, 2012-06-08
 India, in particular, and South Asia, in general, have witnessed a rapid increase in the prevalence and incidence of cardiovascular disease over the past 25 years. Lifestyle changes, unhealthy diet, lack of regular physical exercise, and obesity have all led to rising prevalence of metabolic syndrome. It is no wonder that metabolic syndrome is being increasingly recognized as a clinical entity which is believed to be associated with increased risk of

cardiovascular disease beyond individual risk factors though this is at times debated This monograph addresses the total nuance of metabolic syndrome in its entirety and answers questions frequently asked on this subject The authors are internationally respected investigators in their own right having made major contributions in the particular field and are revered teachers as well The book itself has clear sections which makes it very user friendly and divided into two volumes The first volume has the evaluation of metabolic syndrome and the vastness of the problem and how it leads to smouldering dysfunctional endothelium making such a patient vulnerable to vascular disease It purely deals with clinical issues we face daily in metabolic syndrome and patients It is fairly broad based to answer most of the queries which arise in a busy clinician's head while dealing with metabolic syndrome on a day to day basis Of special interest are chapters on metabolic syndrome in children non alcoholic fatty liver disease and hypogonadism

ECAB clinical update Diabetology Mar-April Issue2
Dr. Zargar, *Systemic Diseases & Renal Manifestations - ECAB* D S Rana,2012-06-13 This book discusses the epidemiology recognition screening and management of the various common systemic diseases that commonly present with renal manifestations like diabetic nephropathy lupus nephritis hypertension and renal involvement liver disease and dysproteinemias Diabetic nephropathy remains the leading cause of end stage renal disease across the world The outlook for patients who have lupus nephritis has improved in the last decade Kidney disease is common in patients who have advanced liver disease and creatinine based methods do not provide an accurate estimation of renal function in this population Dysproteinemias are associated with protean renal manifestations and renal disease may be the presenting manifestation The authors have given a very comprehensive view pertaining to each topic and have given an insight to their own clinical experiences along with the standard guidelines as followed

Oral Hypoglycemic Agents - ECAB Abdul Hamid Zargar,2009-09-25 Even though we have many advances in the development of oral hypoglycemic agents an ideal drug for treating type 2 diabetes is still a distant reality Today physicians can choose from a variety of medications targeting numerous facets of disease but each drug class poses some limitations The age old molecules such as sulfonylureas and biguanides are still valued because of their well studied mode of action safety tolerability and predictable pharmacodynamic effects This book attempts to describe the historical aspects and advances in the arena of oral hypoglycemic agents extended and sustained release formulations of glipizide and metformin both of which have great promise in the treatment of type 2 diabetes mellitus as well as evaluates the role of the group in diabetic foot infections

Coronary Artery Disease - ECAB
R R Kasliwal,2009-04-15 Coronary artery disease or CAD is the end result of the process of accumulation of atheromatous plaques within the walls of the arteries supplying the myocardium Atherosclerosis is a chronic systemic disease process affecting all the vascular beds in body and many factors responsible for its evolution have been identified A rising incidence of this disease among people of Indian origin and an emerging role of genetic factors leading to atherosclerosis necessitates modifications in our strategies to handle it The importance of the risk factors in causation of the disease need to be

emphasized even more and masses need to be educated about the role of lifestyle modifications in its management Further early detection of preclinical or sub clinical disease would add another dimension to the overall preventive strategy for this condition This book is designed to update the readers on the evergrowing list of risk factors for CAD and the increasing significance of lifestyle modifications in prevention of the disease Besides these the therapeutic approach towards this chronic disease and methods of early detection has also been discussed Typical supportive case scenarios are also included to exemplify and highlight the various points discussed Thus it provides an excellent opportunity to widen one s perspective in this area

End Stage Renal Disease - ECAB Ravi Raju Tatapudi,2013-07-16 With the increase in lifestyle related diseases like diabetes and hypertension the prevalence of Chronic Kidney Disease CKD is increasing exponentially and with it is increasing the burden of its ominous consequence End Stage Renal Disease ESRD While ESRD is no longer a death sentence with the advent of efficient renal replacement therapies and the success of renal transplantation factors such as high cost of these procedures limited availability of donated kidneys and not enough number of centers equipped with these facilities puts the effective management of ESRD beyond the reach of an average person many a times Additionally the presence of co existing diseases that contribute to and sometimes complicate the renal impairment as well as delayed referral of the patients to nephrologists also makes matters worse ESRD is not just a medical but also a social and economic condition that devastates the person and his her entire family Hence early detection and effective prevention of progression of CKD in early stages to advanced CKD and ESRD is the call of the day In fact understanding the pathophysiology of the condition and adopting methods of primordial prevention in populations at risk may be desirable to ensure reduction in the incidence of CKD In those with established CKD a proactive approach to manage the disease manifestations and limit the ravages of other comorbidities is desirable For those in advanced stages of CKD the institution of an appropriate renal replacement therapy individually suited to the patient keeping in view the medical status lifestyle requirements economic viability and social acceptability should be advised This book will help the reader understand the intricacies of the aspects mentioned above and guide the practitioner to diagnose and manage End Stage Renal Disease with special reference to practical experience of the same in India The authors have put together the most relevant facts about the disease for an easy comprehension and understanding of the same by practitioners and students across the specialty

Diabetic Kidney Disease - ECAB K V Dakshinamurthy,2013-07-22 The prevalence of Diabetes Mellitus is increasing rapidly all over the world and more so in the developing countries The global burden of diabetes is expected to double between 2000 and 2030 with the greatest increases in prevalence occurring in the Middle East sub Saharan Africa and India Moreover the development of type 2 diabetes during the childbearing years is also likely to increase primarily in the developing countries It has already been established that Diabetes is the most common primary cause leading to end stage renal disease ESRD and Diabetic Nephropathy is the leading cause of chronic kidney disease CKD in India The cornerstones of management of Diabetic Kidney

Diseases include early diagnosis of diabetic nephropathy prevention of its progression and treatment of the co morbid conditions Substantial under diagnosis of both diabetes and chronic kidney disease leads to lost opportunities for prevention An inadequate or inappropriate care of patients with diabetic kidney disease contributes to disease progression eventually up to a stage that requires renal replacement therapy which is not a feasible option for many on a long term basis especially in a developing country like ours This book covers various aspects of diabetic kidney disease in detail and attempts to familiarize the reader with the existing aspects of the conditions as well as touch upon the new advances in the field The first chapter outlines the extent to which the condition affects the population globally as well as in our country The second chapter explores the underlying mechanism by which the disease starts and progresses and the pathological markers of the same The third chapter delineates the clinical and diagnostic markers of the condition The fourth and fifth chapters speak of the non diabetic glomerular and non glomerular diseases in diabetics The sixth chapter addresses the most important and desirable goal of preventing the progression and ideally the onset of the disease The seventh chapter puts together the various treatment modalities available and the subsequent chapter explores the management options for cases requiring renal replacement In addition to the emphasis to Indian literature at the end of each chapter the ninth chapter is specially included to highlight the salient aspects of this condition from the Indian perspective This book will be beneficial not only for the nephrologists but also for the epidemiologists medical students diabetologists and every doctor who deals with diabetes mellitus

Recent Advances in Metabolic Syndrome - II - ECAB R R Kasliwal, Anoop Misra, 2012-06-11 India in particular and South Asia in general have witnessed a rapid increase in the prevalence and incidence of cardiovascular disease over the past 25 years Lifestyles changes unhealthy diet lack of regular physical exercise and obesity have all led to rising prevalence of metabolic syndrome It is of no wonder that metabolic syndrome is being increasingly recognized as a clinical entity which is believed to be associated with increased risk of cardiovascular disease beyond individual risk factors though this is at times debated This monograph addresses the total nuance of metabolic syndrome in its entirety and answers questions frequently asked on this subject The authors are internationally respected investigators in their own right having made major contributions in the particular field and are revered teachers as well The book itself has clear sections which makes it very user friendly and divided into two volumes The book rightfully deals with management of the syndrome and lays emphases not only on lifestyle measures which are a cornerstone but also judicious use of pharmacotherapy and also surgical techniques currently in use

Exocrine and Endocrine Pancreas: Clinical Implications - ECAB - E-Book Rajesh Puri, 2014-12-12 Exocrine and Endocrine Pancreas Clinical Implications ECAB E Book

Non-Alcoholic Fatty Liver Disease - ECAB Sudeep Khanna, 2009-11-06 Non alcoholic fatty liver disease is a common cause of chronic liver disease and its incidence is rising worldwide Understanding its pathogenesis biochemical parameters histological grading and staging and its management is a vital issue in today s clinical practice It appears to be linked directly to the growing epidemic of

obesity in adults as well as in children Thus in a sense NAFLD is a self inflicted liver disease much like alcoholic liver disease The exact causes responsible for the development of NAFLD have not been established yet However some researchers consider that cluster of disorders that increases the risk of developing heart disease diabetes and stroke may be the factor behind development of NAFLD Most patients with NAFLD have no symptoms or signs of liver disease at the time of diagnosis In these patients abnormal liver function tests are often discovered incidentally Non alcoholic steatohepatitis NASH is that stage of the spectrum that involves fat accumulation steatosis inflammation hepatitis and scarring fibrosis in the liver Those who have fatty liver or hepatic steatosis with non specific inflammation as fatty liver with non specific inflammation generally have a benign longterm prognosis whereas those who have NASH can progress to cirrhosis NASH related cirrhosis may have similar prognosis as cirrhosis from other causes Hepatocellular carcinoma HCC is part of the spectrum of NAFLD and screening for HCC seems reasonable in patients who have NASH related cirrhosis No established treatment is available for NAFLD Some empiric treatment strategies have been suggested Presumably weight loss through exercise and diet modification along with insulinsensitizing agents will help reverse fatty infiltration of the liver Its incidence is reportedly on the rise the world over as well as in India Realizing its significance there is now greater understanding of its etiology pathogenesis and management The efforts of Elsevier have been directed toward addressing these aspects Elsevier has thus pooled its existing resources with those of the internationally acclaimed Gastroenterologists of India who have chosen to share their rich clinical knowledge experience and expertise to serve the practitioners and patient community

Follow-up after Cardiovascular Surgery - ECAB O P Yadava,2013-01-10 Follow up of patients after surgery is of utmost importance as results of the surgery heavily depend on the treatment of patient in the follow up period A good follow up and proper treatment also provides protection to the patient from various complications and recurrence of the disease Therapeutic guidelines and algorithms for treatment of the patients after discharge from the hospitals exist for a number of cardiovascular disorders Still follow up and postdischarge treatment is very often found to be inappropriate and incomplete This results in many avoidable complications for both the patient as well as the treating clinician This book is designed to update the readers on follow up regimens for some of the important cardiovascular surgical procedures Typical supportive case scenarios are included to exemplify and highlight the various points discussed Thus it provides an excellent opportunity to widen one's perspective in this area

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