

Contents

1. Diabetes in Ancient India	1
<i>T Parivallal</i>	
2. Epidemiology of Diabetes in India	20
<i>A Ramachandran</i>	
3. Diabetes Mellitus in South African Indians	40
<i>Yackoob K Seedat</i>	
4. Diabetes in Pakistan	45
<i>A Samad Sher, Fatema Jawad</i>	
5. Epidemiology of Diabetes Mellitus in Sri Lanka	59
<i>MA Wijesuriya</i>	
6. The Metabolic Syndrome in South Asians	76
<i>Anoop Misra, Ranjita Misra, Mahen Wijesuriya</i>	
7. Metabolic Syndrome in Urban South Indians— Assessment by WHO/ATPIII and IDF Criteria	97
<i>M Deepa, R Deepa, V Mohan</i>	
8. The Metabolic Syndrome and Obesity: Management Issues	104
<i>Rajeev Gupta, Prakash C Deedwania</i>	
9. Abdominal Obesity, Visceral Fat and Type 2 Diabetes— “Asian Indian Phenotype”	138
<i>R Deepa, S Sandeep, V Mohan</i>	
10. The Obesity-Diabetes Link in South Asian Indians: Risk Factors, Mechanisms and Genetics	153
<i>Myron D Gross</i>	
11. Oxidative Stress in Asian Indians with Type 2 Diabetes	164
<i>M Balasubramanyam, A Adaikalakoteswari, R Sampathkumar, V Mohan</i>	

xiv *Type 2 Diabetes in South Asians: Epidemiology, Risk Factors and Prevention*

- 12. Genetics of Type 2 Diabetes in Asian Indians 173**
V Radha, V Mohan
- 13. Finding a Needle in a Haystack—Unveiling the Genetic Basis for Coronary Artery Disease among Asian Indians 186**
Arya Mani, Sandip K Mukherjee
- 14. Monitoring Vascular Function 194**
MUR Naidu, P Usha Rani, Sridhar Yashmaina
- 15. Epidemiology of Diabetic Retinopathy in India 215**
M Rema, R Pradeepa
- 16. Diabetic Nephropathy in South Asians 230**
Ranjit Unnikrishnan I
- 17. Diabetic Foot Problems: Indian Scenario 237**
Vijay Viswanathan
- 18. Coronary Artery Disease among Indian Diabetic Subjects 242**
R Deepa, K Gokulakrishnan, V Mohan
- 19. Peripheral Vascular Disease and Diabetes in Indians 256**
R Deepa, V Mohan
- 20. Role of Platelets in the Clinical Complications Associated with Diabetes Mellitus 264**
Gundu HR Rao
- 21. Endothelial Dysfunction, Arterial Stiffness and Intimal Media Thickness as Markers of Early Atherosclerotic Process in Indians 281**
R Ravikumar, V Mohan
- 22. Cardiovascular Disease, Diabetes and Polycystic Ovarian Syndrome among South Asian Women 293**
Sandip K Mukherjee, Shubha Venkatesh
- 23. Diabetes Mellitus and Tissue Factor Pathway of Blood Coagulation 302**
A Koneti Rao, Vijender R Vaidyula, Guenther Boden
- 24. Epidemiology of Hypertension in India: Lessons from the Chennai Urban Population Study (CUPS) 317**
V Mohan, K Gokulakrishnan, Ranjit Unnikrishnan I, R Deepa

Contents xv

25. Prevention of Diabetes in India	331
<i>V Mohan, R Deepa</i>	
26. Community-based Strategy for Prevention of Diabetes in Indians	344
<i>M Deepa, Suresh Somanavar, V Mohan</i>	
27. Changing Priorities in the Management of Type 2 Diabetes: Applying Worldwide Standards to Care in South Asia	360
<i>David M Kendall, Gregg Simonson</i>	
<i>Index</i>	<i>377</i>