

CONTENTS

Section 1: Epidemiology of Diabetes

- 1. History of Diabetes Mellitus** 3
Vinod Kumar, Amit Gupta
- 2. Diabetes—Classification and Diagnosis** 11
Ashok K Das
- 3. Epidemiology of Type 1 Diabetes Mellitus** 18
Arun Nanditha, Priscilla Susairaj, Arun Raghavan, Snehalatha Chamukuttan, Ambady Ramachandran
- 4. Epidemiology of Type 2 Diabetes Mellitus** 22
Ranjit Mohan Anjana, Rajendra Pradeepa
- 5. Epidemiology of Gestational Diabetes Mellitus** 27
Rajesh Jain, Veeraswamy Seshiah, Bhavatharini Natarajan, Changanidi A Ramasamy Aruyarchelvan
- 6. Epidemiology of Prediabetes** 32
SV Madhu
- 7. Epidemiology of Complications of Diabetes** 38
Vishwanathan Mohan, Rajendra Pradeepa

Section 2: Physiology and Metabolism

- 8. Metabolism of Carbohydrates, Proteins, and Fats** 45
Narsingh Verma, Smriti Rastogi
- 9. Neurohormonal Control of Endocrine Pancreatic Function** 54
Subhankar Chowdhury, Partha Pratim Chakraborty
- 10. Insulin Biology Synthesis and Secretion** 60
Krishna G Seshadri
- 11. Insulin Receptor Signaling and Secretion** 70
Rajesh Rajput, Venkatesh Darshan AN
- 12. Alpha-cell Dysfunction in Pathogenesis of Diabetes** 75
Rajeev Chawla, Shalini Jaggi, Shubhaa Chawla

Section 3: Pathogenesis of Type 1 Diabetes Mellitus

- 13. Genetics of Diabetes** 81
Gumpeny Ramachandra Sridhar

14. Immunology of Type 1 Diabetes Mellitus	87
<i>Eesh Bhatia</i>	
15. Environmental Agents and Type 1 Diabetes Mellitus	95
<i>Dheeraj Kapoor, Ruchi Kapoor, Abhishek Goyal</i>	
16. Latent Autoimmune Diabetes in Adults (LADA)	99
<i>Alok Kanungo, Surajeet Kumar Patra</i>	

Section 4: Pathogenesis of Type 2 Diabetes Mellitus

17. Genetic Factors in Pathogenesis of Type 2 Diabetes Mellitus	109
<i>Sandeep K Mathur</i>	
18. Obesity and Nutritional Factors in the Pathogenesis of Type 2 Diabetes Mellitus	116
<i>Neeta Deshpande</i>	
19. Inflammation, Immunity, and Metabolism	121
<i>RP Agrawal, Ritvik Agrawal</i>	
20. Pollution and Diabetes	125
<i>NK Singh, Arvind Gupta</i>	
21. Diabetes and Metabolic Syndrome	132
<i>Chitra Selvan, Lohit Kumbar</i>	

Section 5: Other Types of Diabetes

22. Fibrocalculous Pancreatic Diabetes/Pancreatic Diabetes	141
<i>Ranjit Unnikrishnan, Praveen Gangadhara</i>	
23. Lean Type 2 Diabetes Mellitus Revisited	147
<i>Sidhartha Das</i>	
24. Monogenic Diabetes and Maturity Onset Diabetes of the Young	153
<i>Ranjit Unnikrishnan</i>	
25. Drug-induced Diabetes	158
<i>Sanjay Reddy, Nagaraj N</i>	
26. Stress as a Risk Factor for Diabetes	163
<i>SV Madhu</i>	
27. Disorders of Insulin Resistance and Lipodystrophies	167
<i>Felix K Jebasingh, Aaron Chapla, Nihal Thomas</i>	
28. Endocrinopathies and Other Types of Diabetes	172
<i>Bipin Kumar Sethi, Srinivas Kandula, Nithin Reddy Modhugu</i>	

Section 6: Diagnosis and Monitoring

29. Relevance of Self-monitoring of Blood Glucose in Diabetes Management	179
<i>Purvi Chawla, Manoj Chawla</i>	
30. Continuous Glucose Monitoring	184
<i>Banshi Saboo, Subhajyoti Ghosh</i>	

Section 7: MNT—Nonpharmacological Management

xxvii

31. Dietary Management in Diabetes	191
<i>Shilpa S Joshi</i>	
32. Role of Exercise and Yoga in Management of Diabetes	195
<i>Binode K Sahay, Rakesh Sahay</i>	
33. Diabetes Self-management Education	205
<i>Vasanth Kumar, Mohammed Yousuf Khan</i>	
34. Therapeutic Patient Education in Diabetes Management	211
<i>Arvind Gupta, NK Singh</i>	
35. Nutraceuticals and Diabetes	217
<i>Sandeep Rai, Devdutt Rai, Ipseeta Mohanty Ray</i>	

Contents

Section 8: Non-injectable Therapy

36. Metformin	225
<i>Hemraj B Chandalia</i>	
37. Safe and Smart Sulfonylureas in the Current Era	232
<i>Sanjay Kalra</i>	
38. Insulin Secretagogues: Nonsulfonylureas Glinides	237
<i>Shalini Jaggi, Rajeev Chawla</i>	
39. Peroxisome Proliferator-activated Receptor Analogs and their Role in Diabetes and Metabolic Health	240
<i>Anshul Kumar</i>	
40. Alpha-glucosidase Inhibitors	243
<i>Banshi Saboo</i>	
41. Oral Incretin Therapies	247
<i>L Sreenivasamurthy</i>	
42. Sodium-glucose Cotransporter-2 Inhibitors and Kidney	252
<i>Manisha Sahay, Rakesh Sahay</i>	
43. Cardiorenal Outcome Trials with Sodium-glucose Cotransporter-2 Inhibitors: A Critical Appraisal	259
<i>Awadhesh Kumar Singh</i>	
44. Rationalizing Combination Therapy in the Management of Type 2 Diabetes Mellitus	264
<i>Ashok K Das</i>	
45. Role of Hydroxychloroquine in Diabetes Management	272
<i>SR Aravind, Bhavana Sosale</i>	
46. Individualizing Management of T2DM Based on RSSDI ESI Guidelines—India Specific	277
<i>Rajeev Chawla, Shalini Jaggi</i>	
47. Medical Management of Diabetes	286
<i>Rajeev Chawla, Shalini Jaggi, Shubhaa Chawla</i>	

Section 9: Insulin/Injectables

- | | |
|--------------------------------------------------------------------------------------------|------------|
| 48. The History of Insulin and Its Structure | 297 |
| <i>Sanjay Agarwal, Ashwin Pillai, Swara Pendse, Aishwarya Pillai, Isha Bansal</i> | |
| 49. Types of Insulin—All Insulins | 304 |
| <i>Jugal Kishor Sharma, Girish Khurana</i> | |
| 50. Management of Type 1 Diabetes Mellitus | 310 |
| <i>Archana Sarda</i> | |
| 51. Insulin Use in Pregnancy | 318 |
| <i>Samar Banerjee</i> | |
| 52. Insulin Therapy in Renal, Cardiac, and Hepatic Disease | 322 |
| <i>Hemant P Thacker</i> | |
| 53. Insulin Injection Technique and Recent Advancements in Insulin Delivery Systems | 327 |
| <i>Jyothi Mariam Idiculla, KM Prasannakumar</i> | |
| 54. GLP-1 Receptor Agonists in the Treatment of Type 2 Diabetes Mellitus | 332 |
| <i>Dinesh Chandra Sharma</i> | |
| 55. Glucagon like Peptide-1 Agonist with Insulin | 338 |
| <i>Radhika Jindal, Subhash Kumar Wangnoo</i> | |
| 56. Biosynthesis, Secretion, and Action of Amylin | 342 |
| <i>(Late) Sujeet Jha, Paras Agarwal</i> | |
| 57. Biosimilars and Generics | 346 |
| <i>Niharikaa Sharma, SK Sharma</i> | |

Section 10: Microvascular Complications

- | | |
|-----------------------------------------------------------------------------------------------------------|------------|
| 58. Pathogenesis of Microvascular Complications of Diabetes | 353 |
| <i>Girish Parmar, Manoj Chadha</i> | |
| 59. Pathogenesis and Management of Diabetes Eye Diseases Including Nonretinal Ocular Complications | 358 |
| <i>Deependra Vikram Singh</i> | |
| 60. Diabetic Neuropathy: Pathophysiology and Treatment | 367 |
| <i>Man Mohan Mehndiratta, Vasundhara Aggarwal</i> | |
| 61. Diabetic Autonomic Neuropathy—An Overlooked Complication | 372 |
| <i>SK Singh, Saurabh Singh</i> | |
| 62. Diabetic and Nondiabetic Renal Disease in a Diabetic | 377 |
| <i>Manisha Sahay, Rakesh Sahay</i> | |
| 63. Management of Diabetes in End-stage Renal Disease: Renal Replacement Therapies | 387 |
| <i>Sanjeev Gulati, Pragya Pant</i> | |
| 64. Post-transplant Diabetes and Management during Renal Replacement Therapy | 392 |
| <i>Richik Tripathi, Kamlakar Tripathi</i> | |

Section 11: Macrovascular Complications

- | | |
|-----------------------------------------------------------------------------|------------|
| 65. Pathogenesis of Macrovascular Complications in Diabetes Mellitus | 401 |
| <i>Rakesh Sahay, Nevin Sadeep</i> | |

66. Diabetes Mellitus and Hypertension: The Double Trouble	412
<i>Anshul Kumar</i>	
67. Diabetes Mellitus and Heart Failure	415
<i>Jagdish C Mohan, Madhu Shukla</i>	
68. Diabetes and Coronary Artery Disease	423
<i>V Trehan, Siddhant Trehan, Puneet Gupta</i>	
69. Diabetes and Cerebrovascular Diseases	430
<i>Anuj Maheshwari, Anubha Srivastava</i>	
70. Diabetes and Peripheral Vascular Diseases	434
<i>Vijay G Negalur, Benny V Negalur</i>	
Section 12: Other Complications	
71. Diabetes and Dental Disorders—Dual Relationship	441
<i>Abhinav Kathuria, Sameer Sharma</i>	
72. Diabetic Hepatopathy	446
<i>Rajesh Upadhyay, Amrit Yog Datley, Ankit Gupta</i>	
73. Gastrointestinal Disorders in Diabetes	451
<i>Urman Dhruv</i>	
74. Diabetes and Thyroid Disorders	457
<i>RV Jayakumar</i>	
75. Genitourinary Disorders in Diabetes and Diabetic Cystopathy	460
<i>Prakash Keswani, Princy Tyagi, Mohit Singla</i>	
76. Diabetes and Sexual Dysfunctions	464
<i>Deepak K Jumani</i>	
77. Skin Disorders in Diabetes	473
<i>Rajesh Datt Mehta, Aastha Chawla Trehan</i>	
78. Rheumatological Manifestations in Diabetes	483
<i>Harpreet Singh, Amit Kumar, Gurjinder</i>	
79. Diabetes and Cancer	487
<i>Sambit Das, Mahesh Rath</i>	
80. Hypogonadotropic Hypogonadism in Men with Type 2 Diabetes Mellitus	490
<i>Paresh Dandona, Sandeep Dhindsa</i>	
81. Diabetes and Tuberculosis: Dual Epidemic	501
<i>Vijay Viswanathan, Satyavani Kumpatla</i>	
82. Bone and Diabetes	504
<i>Khalid J Farooqui, Ambrish Mithal</i>	
83. Anemia in Diabetes	508
<i>Sudha Vidyasagar, Sumanth Madan</i>	
84. Diabetes and Infection	513
<i>Jayanta Kumar Panda, Manoranjan Behera</i>	

Section 13: Emergencies in Diabetes

- | | |
|--------------------------------------------------------------------------------------------------------|------------|
| 85. Diabetic Ketoacidosis, Hyperosmolar Hyperglycemic States, Lactic Acidosis, and Hypoglycemia | 523 |
| <i>Pradip Mukhopadhyay, Sujoy Ghosh</i> | |
| 86. In-hospital Management of Hyperglycemia | 531 |
| <i>Vijay Panikar, Jimit Vadgama</i> | |
| 87. Perioperative Management of Hyperglycemia | 538 |
| <i>Bhavana Sosale</i> | |
| 88. Management of Diabetes during Disaster | 541 |
| <i>Shashank R Joshi, Jimit Vadgama</i> | |
| 89. COVID-19 and Diabetes Mellitus | 546 |
| <i>Sudhir Bhandari</i> | |

Section 14: Diabetes in Pregnancy

- | | |
|-------------------------------------------------------------------------------------------------|------------|
| 90. Preconception Planning and Management of Diabetes Mellitus (Pregestational Diabetes) | 553 |
| <i>Usha Sriram</i> | |
| 91. Controversies of Diagnosing Gestational Diabetes Mellitus in the Real World | 557 |
| <i>Vijayam Balaji, Veeraswamy Seshiah</i> | |
| 92. Medical Nutritional Therapy in Pregnancy with Diabetes | 563 |
| <i>Kavita Gupta, Shlok Gupta</i> | |
| 93. Diabetes in Pregnancy: Pharmacological Treatment (Oral and Insulin) | 569 |
| <i>Sunil Gupta</i> | |
| 94. Insulin Management in Gestational Diabetes Mellitus | 576 |
| <i>Bhavatharini Aruyarchelvan, Changanidi A Ramasamy Aruyarchelvan</i> | |
| 95. Obstetric Management of Pregnancy with Diabetes | 580 |
| <i>Hema Diwakar</i> | |
| 96. Intergenerational Programming of Type 2 Diabetes Mellitus in Indians | 587 |
| <i>KKumar, Ghattu V Krishnaveni, Chittaranjan S Yajnik</i> | |
| 97. Gestational Care an Opportunity to Prevent NCD in Adulthood | 593 |
| <i>Veeraswamy Seshiah</i> | |

Section 15: Diabetes in Different Phases of Life

- | | |
|---------------------------------------------------------------------------------------|------------|
| 98. Neonatal Hypoglycemia | 599 |
| <i>Shehla Shaikh</i> | |
| 99. Pediatric Type 2 Diabetes Mellitus | 602 |
| <i>Shreya Sharma, Nikhil Tandon</i> | |
| 100. Diabetes in Young | 607 |
| <i>Sujata M Jali</i> | |
| 101. An Algorithmic Approach to the Diagnosis of Young Onset Diabetes Mellitus | 614 |
| <i>Nihal Thomas, Felix K Jebasingh, Aaron Chapla</i> | |

102. Diabetes and Alzheimer's Disease	620
<i>PK Jabbar, Soumya S</i>	
103. Diabetes in the Elderly	624
<i>Mallikarjun V Jali</i>	

Section 16: Diabetic Foot

104. Epidemiology and Pathogenesis of Diabetic Foot Ulcers—Diabetic Foot Syndrome	631
<i>Vijay Viswanathan, Reshma Mirshad</i>	
105. Clinical Approach to a Patient of Diabetic Foot and Evaluation Techniques	634
<i>Jamal Ahmad</i>	
106. Nonsurgical and Surgical Management of Diabetic Foot	639
<i>Sharad Purushottam Pendsey, Sanket Sharad Pendsey</i>	
107. Management of Diabetic Foot Infections	645
<i>Kanhaiya Agarwal, Ashu Rastogi</i>	
108. Diabetic Foot: Risk Stratification-offloading and Footwear for Management of Diabetic Foot	650
<i>Ghanshyam Goyal</i>	

Section 17: Psychosocial Aspects

109. Stress and Depression in Diabetes	663
<i>Mala Dharmalingam, Arun Vadavi</i>	
110. Coping Skills and Diabetes—Psychosociology of Diabetes	667
<i>Sanjay Kalra, Komal Verma, Yatan Pal Singh Balhara</i>	
111. Diabetes Distress	672
<i>Amit Gupta, Saurabh Srivastava</i>	
112. Counseling Issue: Parent and Patient Education in Type 1 Diabetes Mellitus, Marriage Counseling	676
<i>Rishi Shukla, Manisha Gupta, Neha Agarwal</i>	

Section 18: Living with Diabetes

113. Employment and Diabetes	683
<i>Pratap P Jethwani</i>	
114. Driving and Travel with Diabetes	687
<i>Meena Chhabra</i>	
115. Diabetes and Sports	690
<i>Nirmay Sonar, Sanjiv Shah</i>	
116. Diabetes, Menstruation, Marriage, Menopause	694
<i>Sarita Bajaj</i>	
117. Type 2 Diabetes Mellitus and Obstructive Sleep Apnea	698
<i>Anil Bhoraskar, Purvi Chawla</i>	
118. Substance Abuse and Diabetes	706
<i>Raj Kumar Lalwani</i>	

119. Management of Diabetes during Various Fasts	711
<i>Navneet Agrawal</i>	
120. Diabetes and Ramadan	715
<i>Mohamed Hassanein, Bachar Omar Afandi, Alaaeldin Bashier, Khadija Ahmed Hafidh</i>	
121. Diabetes and Vaccinations	724
<i>OP Sharma</i>	
122. Diabetes and Vitamin D Relationship	729
<i>Sanjay Bhadada, Rimesh Pal</i>	
123. Reversal of Diabetes—Myth or Reality	733
<i>Brij M Makkar</i>	
124. Prevention of Diabetes—Is it Possible?	740
<i>Arun Nanditha, K Satheesh</i>	
Section 19: Optimum Technology in Diabetes	
125. Continuous Subcutaneous Insulin Infusion	745
<i>Jothydev Kesavadev</i>	
126. Artificial Bionic Pancreas System	749
<i>Sunil Jain</i>	
127. Islet Cell Transplant and Pancreatic Transplantation	753
<i>Ravindra Shukla</i>	
128. Artificial Intelligence in Diabetes Care: Role of EMR, Gadgets, Social Media, and Mobile Apps in Diabetes Care	760
<i>Rajiv Kovil, Sonali Ambrish Patange</i>	
Section 20: Healthcare Delivery	
129. India's National Programmes and Initiatives for Diabetes Control and Prevention	767
<i>Jitendra Singh</i>	
130. Diabetes Care: Current Status and Future Directions	770
<i>Hemraj B Chandalia</i>	
131. Indian Perspective of Economic Burden of Diabetes	777
<i>A Muruganathan</i>	
132. Health Insurance and Diabetes	782
<i>CR Anand Moses, M Shunmugavelu</i>	
Index	787