

## Current Approach to Management Issues in Diabetes Care

Proceeding of Panel Discussion held at India International Centre, New Delhi-110003 on Feb 6, 1993.

Moderator: Dr. M.M.S. Ahuja

Panelists: Prof. N.P.S. Verma, (Col) Dr. J.S. Saini, Dr. C.M. Batra, Dr. P.S.S. Menon, Dr. Pankaj Shah, Dr. Indu Vermani, Ms. Indu Katyal (Dietician), Ms. Shobha Sethia (Nurse Educator)

Dr. Ahuja introduced the subject by outlining the objectives of treatment in diabetes. Main goals are: relief of symptoms, normalization of metabolic parameters, safeguarding against the associated complications, improving quality of life and achieving a normal life-span. Though a greater part of attention is being given to glycaemic control. It is perhaps more relevant now to recognize the non-glycaemic (high B.P., high serum lipids) risk factors as the cardiovascular events multiply several fold

amongst diabetics with additional risk factors and are major causes of morbidity and mortality in this group.

Again in situations where a systemic illness has set in or there is addition of end-organ involvement and a state of decompensation has set in, the strategy of glycaemic control needs to be modified.

Opinion of the panel is also sought on the primary steps in diagnosis and management of some of the uncommon but very disabling complications of diabetes e.g. macular oedema and threatened vision, autonomic neuropathy and impotence, chronic active hepatitis and insulin resistance.

The panel shall endeavor to provide information on practical aspects of management relating to clinical situations as met with in practice.