

Recent advances in diabetes management

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Introduction: Diabetes is a wide spread health problem. Recently it has grown like a pandemic. It has vast systemic manifestations, and depending on the blood sugar levels and period of diabetes, acute and chronic complications which may be microvascular complication like retinopathy, nephropathy, neuropathy and macrovascular complications like peripheral vascular disease, coronary vascular disease and stroke. Metabolic Syndrome is cluster of conditions which increases the chances of diabetes. Management consists of laboratory diagnosis, follow up and pharmaceuticals oral or subcutaneous insulin therapy.

Method: In this study the HbA1c and blood glucose levels were measured and estimated average glucose were calculated and tallied with eAG. Ways of diagnosing diabetes is according to American Diabetes Association Criteria. Fasting (70-100 mg/dl), postprandial (70-140 mg/dl), HbA1c (<6.5%), Oral Glucose Tolerance Test (OGTT), Random Blood Sugar (RBS) are taken into consideration. Other measures are glycated albumin. Microalbuminuria and spot urine Albumin Creatinine Ratio are other ways of assessing microvascular renal disease.

Results: Diabetes diagnosis is increasing in populations. Recent research suggests cut of for HbA1c with diagnosed diabetics is 6.5 % (48mmol per mol). Reference population (healthy people) should target HbA1c below 6% (42 mmol per mol)

Active lifestyle with brisk walking and exercise and maintenance of strict glycemic levels is the fastest way to reduce HbA1c levels.

Conclusion: HbA1c and estimated average glucose (calculated value by formula $28.7 \times \text{HbA1c} = \text{eAG}$). eAG can help improve the discussion of glucose control with patients. Various new drugs tirzepatide, lirafit, liraglutide, high tech insulin pumps have been approved

Biography

Nabaneeta Mahata has her expertise in biochemistry, maternal and child health, health and hospital administration and passion in improving the health through advances in laboratory diagnostics combined with clinical outcomes new discovery through research and technology drives new arenas for improving health care and precision medicine. She has 18 Years' experience both in teaching, research and clinical and laboratory medicine.

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