Acknowledgements

I wish to express my sincere gratitude and appreciation to all who have contributed directly or indirectly to this thesis.

My special thanks to:

- My institution, Kasturba Medical College, Mangalore, Manipal University; Prof. C. V. Raghuvare and Dr. G. Rajagopal, the former deans of KMC Mangalore, and the present dean, Dr. M. Venkatraya Prabhu, for their unstinting support, encouragement and cooperation in this endeavour.
- Prof. C. V. Raghuvare, Director of PG Studies & Research, Yenepoya University, Deralakatte, Mangalore for guiding me, for being always helpful, enthusiastic and encouraging, for believing in me and supporting my ideas.
- Dr. Prabha Adhikari, Prof. of Medicine and my co-guide for her unfailing and generous support, for sharing extensive knowledge in the area of diabetes.
- Dr. Vivian D'Souza, Associate Dean, KMC, Mangalore, former HOD and Prof. of Biochemistry - my co-guide for his enthusiasm, ideas, and for creating an enjoyable and inspiring research atmosphere.
- Dr. Anupama Hegde and Dr. Rukmini M.S., my dear friends and colleagues, for helping in identifying the subjects and data collection, for having time for stimulating discussions, for their valuable suggestions during the preparation of the manuscript and for always standing by me through thick and thin.
- Dr. Chakrapani M, Prof. of Medicine and Dr. Beena Shetty, Prof. of Biochemistry – the ‘Doctoral Scrutiny Committee’ members, for their advice, suggestions and numerous interesting conversations.
- Mr. Shashidhar Kotian, Dr. Asha Kamath and Dr. Ramya Shenoy for their excellent advice regarding statistics and for patiently answering my numerous questions about mathematical models.
- The management of KMC Hospitals, Mangalore for the help and considerations towards the laboratory investigations.
- Dr. H. R. Prabhu and Dr. Ashok Prabhu, former and present in-charge of the clinical Biochemistry section of KMCLS respectively and all other colleagues from the Department of Biochemistry for their help and co-operation.
- My colleagues from the Dept. of Pathology for their support, co-operation and help in the estimations of TLC, ESR and fibrinogen.

- Dr. Shreelaxmi Hegde and Mrs. Bhagyajyothi my friends and colleagues, for their encouraging discussions.

- Mr. Manjunath Bhandary and all other technicians from the Clinical Biochemistry and Clinical Haematology sections, and the phlebotomists of KMCLS, for their pleasant co-operation and for technical help throughout the study.

- My husband - Mr. Ajay Manjrekar, for being my pillar of strength, for sharing with me the concerns and success of my undertakings, for excellent secretarial assistance, for profound and competent linguistic revision of my manuscripts and for his endless support, encouragement and understanding that has made this work possible.

- My dear sons - Nihaal and Saaket, for enduring all the inconveniences during the study period and for always giving meaning to my life. I owe my deepest appreciation to them.

- My dear parents, my sisters-in-law, brothers-in-law, brother and sister for their immense love, constant support and kind help and for keen interest throughout my study.

- Mr. Jairaj K., a family friend, for his invaluable and kind help.

- M/s.Shenoy’s Xerox Services, for all their assistance in typing and putting my manuscripts in a presentable form.

- Mr. Yashwanth Shetty of M/s. Hitech Biomedicals, Mangalore for timely providing the kits and calibrators.

- The subjects who participated in my study for their enthusiasm, co-operation and patience.

This work was supported by grants No. SR/FT/L-127/2005 dated 14.07.06 & SR/FTP/L-127/2005 dated 29.10.07 from the Dept. of Science & Technology, Ministry of Science & Technology, New Delhi under the SERC – Fast Track Scheme for Young Scientists. I remain indebted to the DST for the financial assistance.

DR. POORNIMA MANJREKAR