Material
&
Methods
Material and Methods

The present study was conducted on subjects attending the diabetes clinic in the Department of Medicine, as well as the General Medicine OPD and on the patients admitted in the wards.

Criteria for selection

Any individual who was diagnosed to be having type 2 diabetes mellitus for the first time (within 3 months of diagnosis) was included in the study. The criteria for diagnosing diabetes were the same as laid down by WHO.

Symptoms of diabetes plus RBS ≥ 200 mg%
Or
Fasting plasma glucose ≥ 126 mg%
Or
2 hours plasma glucose ≥ 126mg% during an oral glucose tolerance test.

Clinical evaluation of the patients

A detailed history with regard to age, sex and symptoms of the patients was taken. A physical examination to assess the general condition of the patient was carried out.
To detect complications and risk factors the following methods were adopted:

**Hypertension**: A blood pressure recording of more than 140 / 90 mm of Hg in a relaxed comfortable position of the patient was taken as hypertension.

**Dyslipidemia**: A complete fasting lipid profile was carried out at our lipid lab. Normal values of various lipids were taken as

- Serum Triglyceride < 150 mg%.
- LDL-C < 100 mg%.
- HDL-C > 40 mg% in males and > 50 mg% in females.
- Serum cholesterol < 200 mg%.

**Retinopathy**: A thorough fundus examination was undertaken to look for retinal vascular microaneurysms, blot hemorrhages and cotton wool spots (non-proliferative diabetic retinopathy), and appearance of neovascularization (proliferative diabetic retinopathy).

**Nephropathy**: Urine examination including 24 hours urinary protein excretion along with BUN and serum creatinine was carried out.
Neuropathy: A complete motor and sensory examination was carried out to detect any polyneuropathy, radiculopathy or mononeuropathy.

Cardiovascular disease: For assessment of cardiovascular disease, a resting ECG, echocardiography and if required TMT was undertaken.

Cerebrovascular disease: A detailed history was taken to rule out episodes of stroke and if required carotid IMT was done.

Peripheral vascular disease: Ankle-brachial blood pressure index was calculated with 0.9 being taken as normal value.

Other complications were diagnosed on clinical grounds.
Case No.  MRD/OPD No.  Date.
Name
Address
Age/Sex  Occupation
Socio economic status
Chief complaints
Family history
Personal history –  Veg/Non-veg
Smoker/ Non Smoker
Tobacco chewer/ Non Tobacco chewer
Alcoholic/ Non-Alcoholic
Gen Examination  Pulse
Blood Pressure – Standing
Supine
Anthropometry  Weight
Height
BMI
Abdominal Circumference
Systemic Examination
CNS-  Motor System
Sensory system
Cranial nerves
Autonomic nervous system
CVS
Respiratory system
Abdomen
Fundus examination
Foot examination
Ankle brachial pressure index

Investigations
Blood sugar
ECG
Echo
24 Hour urinary protein
BUN
Serum Creatinine
Fasting lipid profile - S. Triglyceride
  LDL cholesterol
  HDL cholesterol
  Total cholesterol
  VLDL

Carotid IMT
Chest x-ray