Bottom line message
1) India is a poor developing country
2) Largest number of type 2 diabetes mellitus patients is present in India
3) It affects the economic burden of the individual and the country
4) Type 2 diabetes mellitus is closely associated with dyslipidemia and together is caused for increased morbidity and mortality
5) Impairment of insulin action (insulin resistance) on target tissues is the primary factor for type 2 diabetes mellitus
6) Pioglitazone is effective, queasy safe, lipid neutral, weight gaining, high cost insulin sensitizer
7) Metformin is safe, effective, well tolerated, lipid friendly, weight reducing, low cost, insulin sensitizing agent
8) Metformin should be initiated at the time of diagnosis in monotherapy as well as combination therapy of type 2 diabetes mellitus
9) It should also be considered as primary agent of therapy in impaired glucose tolerance along with lifestyle modification
10) Glibenclamide is efficacious, low cost sulfonylurea group of antidiabetic agent, and judicious use at low dose (submaximal dose) is effective and safe