

INDEX

Note: Page numbers in *italics* indicate figures.
Page numbers followed by a “t” indicate tables.
The abbreviation T1D is used for Type I diabetes.
Clinical trials and studies are indexed under the
acronym of the name.

1800 Rule, 123, 123t, 160

A1C (glycosylated hemoglobin). See also *Fructosamine*.
average values, vs average glucose, 60t
benefits of good glycemic control, 69, 70, 70t, 103, 145, 183-184,
295, 296, 298
continuous glucose monitors and, 195, 197-198, 198
control with pramlintide therapy, 247, 251, 253-254
correlation with glucose values, 60t
definition of, 59
goals, 72t, 74t, 103
as achievable without risk of hypoglycemia, 199, 200
patients not meeting targets, 239
guidelines for, 71, 72t
lowered, with CSII, 149-150, 149
measuring, 178-179
factors that can alter A1C, 180t
frequency of, 179, 210-212, 210, 211, 216, 238, 282, 290
red blood cell lifetime and, 178-179
testing, 177-179
accuracy of, 61, 179
factors affecting, 180t
frequency of, 210-212, 210, 211, 216, 238, 282, 290
home testing, 179
recommended methods, 62t
for screening, 62
timing of measurements, 178
testing, in diagnosis, 59-61
advantages of, 60
criteria for diagnosis, 61, 62t
limitations of, 61
threshold level, 59
trends in control, 226t
A1cnow (Bayer), 179
Abscess formation, 165
Absorption factors (insulin), 113-117, 114t
Acanthosis nigricans, 64

Accu-Check Spirit Combo, 153, 154

ACE (angiotensin-converting enzyme) inhibitors, 308, 309, 311, 330-332, 333

Acupuncture, 316t

Acute complications, 265-291. *See also Long-term complications.*

- diabetic ketoacidosis (DKA), 265-285
- hypoglycemia, 285-290
- overview, 265

ADA (American Diabetes Association)

- comprehensive treatment goals, 74t-75t
- continuous glucose monitoring, recommendations on, 202-203
- diabetes classification system, 27, 28t-29t, 33
- diagnostic criteria, 61-63, 62t
- glycemic control recommendations, 72t, 295
- hypoglycemia definition, 285
- nutrition recommendations, 79-80
- physical activity recommendations, 97-98
- risk assessment recommendations, 65
- screening guidelines for diabetic nephropathy, 305-307, 306t
- screening recommendations for neuropathies, 310
- SMBG goals of, 183-185

Addison's disease, 30, 55

Adenovirus, 39

Adolescents

- continuous glucose monitor (CGM) use by, 202
- frequency of blood glucose testing, 210, 210
- glycemic goals in, 73-78, 76t-77t
- recommended physical activity levels, 97

ADVANCE trial, 333

Advanced glycation end (AGE) products, 297, 298, 299

Afrezza. *See Inhaled insulin (Afrezza).*

African Americans, idiopathic diabetes and, 31

Age

- frequency of blood glucose testing and, 210, 210
- hypoglycemia and, 286
- physical activity recommendations by age group, 97-98

Age of onset

- glycemic goals and, 73
- juvenile onset diabetes (T1D), 13, 27
- mature onset diabetes of youth (MODY), 33-34, 36t-37t
- type 1 vs type 2 diabetes, 63-64

AGEs. *See Advanced glycation end (AGE) products.*

Airport security and scanners, 167

Albumin, glycation of, 181

Albumin-to-creatinine (ACR) ratio, 305

Alcohol, 87-89

- calorie and fat content, 88t
- hypo- and hyperglycemia and, 88
- tips for safe drinking, 89

Alcoholic ketoacidosis (AKA), 274-275

Alefacept, 56t

Alpha-lipoic acid, 316t

American Association of Clinical Endocrinologists (AACE)

- diagnostic criteria, 62-63
- guidelines for A1C, 71

American Diabetes Association (ADA). *See ADA.*

Amitriptyline, 310, 314t

- adverse effects of, 318t

Amoxicillin trihydrate, 320

Amylin, 21, 22-23, 240-241

- actions of, 241-244, 243
- co-secretion with insulin, 241, 242
- concentrations in healthy subjects, 23
- injectable analogue of. *See Pramlintide therapy.*
- satiety and, 21, 23

Anemia (pernicious), 30, 54

Anesthesia, 339-340

Angiotensin-converting enzyme inhibitors. *See ACE inhibitors.*

Animas Ping pump, 189, 191

Ankle-brachial index (ABI), 327-329

Anti-CD3 therapy and trials, 54, 57t

Anti-vascular endothelial growth factor (VEGF), 302

Anti-ZnT8 (anti-zinc transporter), 51t, 65, 67t

Antibiotics, 320

Antidepressants, for painful diabetic neuropathies, 310, 314t

Antihypertensive drugs, 308-309, 330-333

Apidra. *See Insulin glulisine.*

Appetite reduction, 23

Aralast, 56t

ARBs (angiotensin receptor blockers), 308, 309, 330-331, 332

Asante Snap, 153, 155

Asian Americans, idiopathic diabetes and, 31

Aspart. *See Insulin aspart.*

ASPIRE study, 156

Asymptomatic patients, 64-68

- screening for type 1 diabetes, 64-68

Atypical presentation, 34

Autoantibodies, 30, 47-48, 50t-51t

- declining over time, 48
- diagnostic uses of, 65-68, 66t-67t

Autoantibodies (*continued*)

- five types of, 30, 65, 66t-67t
 - major autoantibody markers, 50t-51t, 65-68, 66t-67t
 - anti-ZnT8, 51t
 - GADA, 48, 50t, 65, 66t
 - IA-2, 50t, 65, 66t
 - ICA, 48, 50t, 65, 66t
 - mIAA, 50t, 65, 66t
 - “molecular mimicry” of, 47
 - presence in 90% of newly diagnosed T1D patients, 64
 - preventive therapy, 49
 - risk assessment through, 65
- Autoimmune disease associations, 41
- Autoimmunity, 13
- Autonomic neuropathies, 309t, 311-317
- Avanafil (Stendra), 323, 324t, 326

B-cell immunity, 54

Bacterial infections, 165

Basal insulin, 103, 104

- basal rate, 172
 - evaluation of, 227-230, 231
 - verification of, 158-159
- basal to bolus ratio (insulin pumps), 170-171
- calculating, 118t, 119
- physiologic replacement, 104, 105, 109, 239
- timing of, 113

Bayer Glucofacts program, 216, 218-233

Benzothiazepines, 332

Beta-blockers, 308, 311, 331, 332

- hypoglycemia unawareness and, 24

β-cell destruction

- heritability of, 31
- T1D pathology and, 30-31, 41

β-cell hormones, 241

β-cell preservation trials, 56t-57t

β-cells, responses to blood sugar, 22

Bicarbonate, in treatment of DKA, 280

- Blood glucose data, pattern management with, 209-238. See also *Pattern management*.

Blood glucose meters, 186-190, 189, 191. See also *SMBG (self-monitoring of blood glucose)*.

- consumer report information on, 187
- data downloads, example of, 218-233
- FDA criteria for approval, 183

Blood glucose meters (*continued*)

- memory meters, 212-213, 215
- meters that act like “bolus wizard,” 188
- meters that interact with insulin pumps, 188-190, 189, 191
- point-of-care (POC) meter, 339, 346
- software programs, 187-188, 213-215

Blood glucose monitoring. See *Glycemic status monitoring*.

Blood-letting devices, 190

Blood pressure, 74t. See also *Hypertension*.

- diabetic nephropathy and, 307
- target/goal, 330

Blood sugar

- glycogen and, 21, 22
- insulin and, 21, 22

Bolus rate determination, 159-162

C peptide, 64

Calcium channel blockers, 308, 331, 332-333

Calorieking, 81

Capsaicin cream (Zostrix), 310, 315t

- adverse effects of, 318t

Carbamazepine (Tegretol), 314t

Carbohydrates, 80-85

- in alcoholic beverages, 88, 88t
- carbohydrate estimation, 84
- carbohydrate ratio test, 160-161
- correction factor, 123-124, 160, 161-162
- counting carbohydrates, 80-85, 124-125
 - effectiveness of, 84-85
 - free apps for, 81
 - underestimating and overestimating, 83
- exercise
 - determining carbohydrate needs for, 128, 130t-131t
 - taking carbohydrates prior to/during, 95, 96-97
- fixed carbohydrate meals, 83
- identifying foods with carbohydrates, 81, 82t
- insulin pump downloads, interpreting, 171
- insulin to carbohydrate ratio, 81, 120, 160-161, 172
- matching insulin to carbohydrate intake, 80-85, 120-122, 159-160
- metabolism of, 19-20
- one carbohydrate serving (15 grams), 81, 82t
- programming into insulin pumps, 159-162
- recommendations for, 80-83

Cardiac evaluation, pre-exercise, 100t

Cardiovascular autonomic neuropathy (CAN), 311-317

- Cardiovascular (CV) disease, 329-330
 - management, 330
 - risk, 304, 329
- Cardiovascular events, achievement of glycemic goals and, 59, 329
- L-Carnitine, 315t
- Case presentations, pattern management, 233-237
- Catecholamines, 24
- Catheters (for insulin pumps), problems with, 164
- CD3, 54
- Celiac disease, 30, 54, 55
- Cellulitis, 165
- Cerebral edema, DKA and, 278, 280
- Children
 - basal-bolus insulin regimens for, 78
 - continuous glucose monitor (CGM) use by, 202
 - CSII in, 149-150, 149
 - frequency of blood glucose testing, 210, 210
 - glycemic goals in, 73-78, 76t-77t
 - hypoglycemia in, 73, 286
 - insulin-to-carbohydrate ratio for, 160
 - recommended physical activity levels, 97
 - risks of dehydration in DKA, 278
- Cialis (tadalafil), 324t, 325-326
- Ciprofloxacin HCl, 320
- Cisapride, 319-320, 321t
- Classification, 27-40, 28t-29t. See also *Diagnosis*.
 - ADA revisions to, 27
 - crossover diseases, 28t, 32-34
 - ketosis-prone type 2 diabetes, 28t, 33
 - LADA, 28t, 32-33
 - cystic fibrosis-related diabetes (CFRD), 28t, 38-39
 - drug- or chemical-induced diabetes, 29t, 39
 - endocrinopathies, 29t, 39
 - exocrine pancreas, diseases of, 28t, 38
 - gestational diabetes (GDM), 28t, 35-39
 - IDDM. See *Type 1 diabetes (T1D)*.
 - idiopathic diabetes, 28t, 31
 - infections, 29t, 39
 - juvenile onset diabetes (T1D), 13, 27
 - MODY (mature onset diabetes of youth), 33-34, 36t-37t
 - subtypes of, 36t-37t
 - monogenic diabetes, 34
 - NIDDM. See *Type 2 diabetes (T2D)*.
 - overview, 27
 - pancreatic diabetes, 38
- Classification (*continued*)
 - type 1 diabetes (T1D), 27-31
 - type 1.5 diabetes, 33
 - type 1A diabetes, 30
 - type 1B diabetes (idiopathic), 28t, 31
 - type 2 diabetes (T2D), 28t, 31-32
 - type 3 diabetes (double diabetes), 33
- Clinical trials and research studies
 - ADVANCE, 333
 - ASPIRE, 156
 - β -cell preservation trials, 56t-57t
 - DAFNE, 84
 - DCCT, 69, 85, 103, 145, 183-184, 199, 295, 296, 303-304, 304, 308
 - DIPP, 53t
 - DPT-1, 53t
 - EDIC, 295, 303-304, 304
 - ENDIT, 52, 53t
 - HOPE trial, 331-332
 - INIT II, 57t
 - Juvenile Diabetes Research Foundation CGM study, 197-198, 199, 200, 204
 - NEPHRON-D, 332
 - NHANES, 61
 - ONTARGET, 332
 - REPAIR, 56t
 - RETAIN, 56t
 - STAR 3, 200
 - T1D prevention trials, 53t
 - TIDAL, 56t
 - UKPDS, 183-184, 295, 308
- Clinically significant macular edema (CSME), 300
- Clonidine, 311, 320
- Coma, 199
 - DKA and, 274
- Complications, 265-336
 - acute, 265-291
 - diabetic ketoacidosis (DKA), 265-285
 - hypoglycemia, 285-290
 - long-term, 293-336, 294t
 - diabetic foot disorders, 326-329, 328t
 - macrovascular, 329-335
 - microvascular, 297-326
 - prevention or delay with intensive glycemic control, 145, 184, 295, 296, 298

Congenital rubella, 39

Congestive heart failure (CHF), 311

Continuous glucose monitors (CGMs), 175, 194-206

- accuracy and ADA recommendations, 202-203
- basics of, 195-197
- benefits of, 195, 196, 197-202
 - lower A1C, 197-198, 198
 - quality of life, 202
 - reduced hypoglycemia, 198-201, 200
- calibration of, 197
- future developments, 206
- importance of, in glycemic control, 127, 161, 194-195
- indicated for irregular eating habits, 290
- indicated for prevention of hypoglycemia, 289
- integration with insulin pumps, 146
- interpretation of data, 212, 215-233. See also *Pattern management with blood glucose data*.
 - evaluation of basal insulin dose, 227-230, 231
 - example download of data, 227, 228-229
 - glucose trends, 228-229, 230
 - incorporating pump, SMBG, and CGM data, 233, 234-235
- practical issues for, 203-205
 - alarms, 203-204
 - costs, 205
 - glucose lag time, 203
 - not currently covered by Medicare, 205
 - patient selection and insurance coverage, 204-205
 - sensor replacement, 205
- as standard of care (first choice), 157
- systems available in the US, 196, 196
 - Dexcom, 196, 196
 - Medtronic, 196, 196
- trend arrows, 201, 205
- uses of, 195, 202-203
 - by children, teens, and younger adults, 202
 - to modify insulin therapy, 205-206
 - need for guidelines on, 205-206

Continuous subcutaneous insulin therapy (CSII). See *CSII*.

Coronary artery disease, 294t

Correction factor (correction dose), 118t, 123-124, 160, 161-162

Cortisol, 24

Counting carbohydrates, 80-85, 124-125

Coxsackieviruses, 39, 47

Criteria (diagnostic). See *Diagnosis*.

Crossover diseases, 28, 28t

- LADA, 28t, 32-33

CSII (continuous subcutaneous insulin infusion), 133-134, 145-173

- basal rate verification and, 158-159
- benefits of, 147-150, 147t, 162
- blood glucose meters (CGM) that interact with pumps, 188-190, 189, 191
- carbohydrate and insulin correction factors, 160, 161-162
- choosing a pump, 153, 155t
- dawn phenomenon, control of, 111, 138
- description of, 145-147
- dose adjustment with, 156-162
- everyday management for, 166-167
 - placement and wearing of pump, 166-167
- first pumps, 145, 146
- flexible lifestyle and, 147, 152, 162
- glycemic control (A1C) with, 149-150, 149
- hypoglycemia and, 150, 151
- idealized insulin effects of, 147-149, 148
- indications for, 134
- infusion lines, quick-release mechanism for, 152
- infusion set care and changing frequency, 164, 165-166
- initiation of, 156-158
- insulin glargine or detemir and (untethered regimen), 169-170
- integration with continuous glucose monitors (CGMs), 146
- MDI vs, 169-170
- mechanics of, 150-153
 - alarms, 152-153
 - bolus mode, 152
 - disconnection of pump, 167, 172
 - pump downloads, interpreting, 170-172
 - quick-release for infusion lines, 152
 - suspension of pump operation, 165
 - threshold-suspend feature, 156
- models and manufacturers of pumps, 153, 154-155
- monitoring blood glucose, 164
- patient education on, 134, 156-158, 157t, 162, 165, 167-169, 168t
- patient selection for, 145-147, 167-169, 168t
 - pregnant women, 169
- placement and wearing of pump, 166-167
- prandial (bolus) insulin, 104, 105, 107, 118t, 120-125, 232-233
- prandial (bolus) rate determination, 159-162
- for problems, use of multiple-injection regimen until pump can be replaced, 163-164
- pump downloads, interpreting, 170-172
 - basal rates, ISF, and carb ratios, 172
 - basal to bolus ratio, 170-171

- CSI, pump downloads, interpreting (*continued*)
- disconnecting the pump or suspending insulin delivery, 172
 - entering carbs, 171
 - incorporating pump, SMBG, and CGM data, 233, 234-235
 - infusion-site changes, 172
 - insulin stacking, 171-172
 - with rapid-acting insulin, 148, 148, 152
 - reduced insulin dosage with, 150
 - risks of, 162-166
 - catheters, problems with, 164
 - hyperglycemia (unexplained), 162-164
 - hypoglycemia, 165
 - insulin tunnelling, 164
 - interruption of pump, 163
 - ketoacidosis (unexplained), 162-164
 - kinked or clogged catheters, 164
 - necessity of having extra supplies ready at all times, 164
 - need to have fast-acting insulin (pen or syringe) available at all times, 164
 - occlusion of infusion set, 163
 - skin infection, 165-166
 - sexual activity and, 166-167
 - with short-acting insulin, 148
 - traditional vs patch pumps, 153
 - untethered regimen, 169-170
 - “vacation” from, 167
 - resuming therapy after, 167
- Cyclosporine, 52
- Cymbalta. See *Duloxetine*.
- Cystic fibrosis-related diabetes (CFRD), 28t, 38-39
- Cytokines, toxic, 49
- Cytomegalovirus, 39
- DAFNE (Dose Adjusted for Normal Eating) Trial, 84
- DAISY (Diabetes Autoimmune Study in the Young), 17
- Data downloads, 210, 213-215
 - from insulin pumps, interpretation of, 170-172. See also *CSII*, *pump downloads*.
 - incorporating pump, SMBG, and CGM data, 233, 234-235
 - interpretation of, 215-233
 - office setting logistics of, 213-215
 - statistical summaries, 215
- Dawn phenomenon, 24-25
 - control with CSII, 111, 138, 169
 - pregnancy and, 169
 - severe, NPH for, 110-111
- DCCBs (dihydropyridine calcium channel blockers), 332-333
- DCCT (Diabetes Control and Complications Trial), 69, 85, 103, 145, 183-184, 199, 295, 296, 303-304, 304, 308
- Dehydration, DKA and, 268
- Desipramine (Norpramin), 314t
- Detemir. See *Insulin detemir*.
- Determinants of Diabetes in the Young (TEDDY) Study, 17, 47
- Development stages, 42
- Dexcom G4 Platinum (CGM), 196, 196
 - example download from, 227, 228-229
 - future developments for, 233
- Dextromethorphan, for diabetic neuropathies, 310
- Diabetes mellitus
 - classification of, 27-40, 28t-29t. See also *Classification*.
 - diagnosis of, 59-68. See also *Diagnosis*.
 - terminology, 59
- Diabetes Autoimmune Study in the Young (DAISY), 17
- Diabetes Control and Complications Trial. See *DCCT*.
- Diabetes Forecast*, 187
- Diabetes Prevention Trial-Type 1 Diabetes. See *DPT-1*.
- Diabetes, type 1. See *Type 1 diabetes*.
- Diabetes, type 2. See *Type 2 diabetes (T2D)*.
- Diabetic diarrhea, 320-322
- Diabetic foot disorders, 326-329, 328t
- Diabetic ketoacidosis (DKA), 265-285
 - biochemical criteria, 266
 - complications of treatment, 280-281
 - diagnostic criteria for mild, moderate, and severe DKA, 269, 273t
 - differential diagnosis, 274-275, 275t
 - ketosis-prone type 2 diabetes (KPDM), 28t, 33
 - laboratory evaluation, 269-274, 272t
 - as life-threatening, 265, 280-281
 - necessity of insulin in prevention of, 30
 - pathophysiology of, 267, 270-271
 - precipitation factors, 266-267, 268t
 - prevention of, 281-284
 - continuation of insulin therapy, 281
 - frequent blood glucose monitoring, 282
 - frequent contact with health care team, 284
 - monitor for ketosis, 283
 - prevention of dehydration and hypoglycemia, 282
 - provide supplemental fast-acting or rapid-acting insulin, 283
 - treat underlying triggers, 283-284
 - symptoms and signs of, 268-269

- Diabetic ketoacidosis (DKA) (*continued*)
 treatment of, 275-280, 276-277
 fluid therapy (rehydration), 275-278, 276-277
 insulin infusion, 276-277, 278-279
 potassium replacement, 276-277, 279
 in Type 1 (idiopathic) diabetes, 31
 in type 2 diabetes, 31-32, 64
 warning signs, 284
- Diabetic macular edema (DME), 300
- Diabetic nephropathy. See *Nephropathy (diabetic)*.
- Diabetic neuropathy. See *Neuropathy (diabetic)*.
- Diabetic retinopathy. See *Retinopathy (diabetic)*.
- Diagnosis, 59-68. See also *Classification*.
 of asymptomatic individuals, 64-68
 autoantibody markers, implications for diagnosis, 50t-51t
 diagnostic criteria, 59, 61-63, 62t
 A1C (glycosylated hemoglobin), 59-62, 62t
 FPG concentration, 59, 62, 62t
 OGTT, 59, 62, 62t
 plasma glucose concentration, 62, 62t
 repeat testing, 63
 uncontrolled hyperglycemia, symptoms of, 62t, 63
 differential diagnosis, type 1 vs type 2 diabetes, 63-64
 glycosylated hemoglobin (A1C), new focus on, 59-62
 obesity and, 30, 63-64
 overview, 59
 risk assessment, 64-68, 66t-67t
 terminology, 59
 type 1 vs type 2 diabetes, 63-64
- DIAMOND (Multinational Project for Childhood Diabetes), 14
- Diarrhea, diabetic, 320-322
- Diet. See *Nutrition*.
- Dietician, registered, 81
- Differential diagnosis. See *Diagnosis, differential*.
- Dihydropyridine calcium channel blockers. See *DCCBs*.
- Diltiazem, 332
- Diphenoxylate (Lomotil), 320
- DIPP, 53t
- Distal symmetric polyneuropathy (DPM), 309-311, 309t
- Diuretics, 308-309, 331, 333
- DKA. See *Diabetic ketoacidosis (DKA)*.
- Domperidone, 319, 321t
- Double diabetes, 33
- Doxycycline hyclate, 320
- DPT-1 (Diabetes Prevention Trial-Type 1 Diabetes), 53t
- Drug-or chemical-induced diabetes, 29t, 39
- Drugs, DKA and, 266, 268t
- Duloxetine (Cymbalta), 314t
 adverse effects of, 318t
- Dyslipidemia, 333-334, 335t
- EDIC study, 295, 296, 303-304, 304
- Education. See *Patient education*.
- Effexor. See *Venlafaxine*.
- Elderly patient. See *Older adults*.
- End-stage renal disease (ESRD), 304
- ENDIT (European Nicotinamide Diabetes Intervention Trial), 52, 53t
- Endocrine disorders, DKA and, 268t
- Endocrinopathies, 29t, 39
- Endothelin-1, 297
- Enteral feeding, 353
- Enteroviruses, 47
- Environmental factors, 16-17, 46-47. See also *Pathogenesis*.
 in combination with genetics, 42
 “hygiene hypothesis,” 16, 46-47
 specific infections and viruses, 39, 47
 “sunshine hypothesis,” 16, 46
- Epidemiology, 13-18
 environmental factors, 16-17
 etiology, 15-17
 genetic studies, 13-14, 15-16, 17
 incidence, 14-15, 15
 prevalence, 14-15
- Erectile dysfunction, 322-326
- Erythromycin lactobionate, 317, 321t
- Etiology, 15-17
- European and Diabetes Study (EURODIAB), 14
- European Nicotinamide Diabetes Intervention Trial. See *ENDIT*.
- Exenatide (glucagon-like peptide (GLP-1) agonist), 24
 approval for treatment of T2D, 24
- Exercise, 90-99. See also *Nutrition*.
 acute effects on glucose metabolism, 91-92
 high-intensity activity, 92
 moderate-intensity activity, 91-92
 ADA recommended physical activity levels (by age group), 97-98
 basal insulin secretion and, 22
 benefits of, 90-91
 carbohydrates
 determining exercise needs for, 128, 130t-131t
 grams of carbohydrates used in various activities, 130t-131t
 taking prior to/during exercise, 95, 96-97

- Exercise (*continued*)
 cautions for, 98-99
 effect on insulin absorption, 116
 exercise intolerance, treatment, 311-312
 glucose levels, effects on, 127-128
 hyperglycemia, managing, 96-97
 prevention, 96-97
 treatment, 97
 hypoglycemia, fears about, 90
 hypoglycemia, managing, 92-96
 adjusting insulin dose for, 93-95, 94t
 ingestion of carbohydrates, 95
 prevention of hypoglycemia, 93-96, 98
 risks of developing hypoglycemia, 93
 SMBG measurements, 95-96
 treatment of hypoglycemia, 96
 medical ID bracelet, wearing, 98
 patient concerns about, 90
 prandial insulin dosage, adjustments in, 128, 129t
 preparing for, 98-99
 screening prior to, 98, 100t-101t
 cardiac evaluation, 100t
 nephropathy screening, 100t
 neuropathy screening, 101t
 osteoporosis screening, 101t
 retinopathy screening, 100t
 using pattern management to make adjustments, 209
- Exocrine pancreas, diseases of, 28t, 38
- Exubera, 135
- Fasting plasma glucose (FPG) concentrations. *See FPG.*
- Fasting, protein and, 20
- Fat
 in alcoholic beverages, 88, 88t
 chronic excess of, 20
 low-fat diet, 317
 metabolism of, 20
 recommendations for, 86-87, 87
- Finger-stick devices, 190
- Fludrocortisone, 311, 317
- Fluid therapy, for DKA, 275-278, 276-277
- Foot care, 326-329, 328t
- Foot disorders (diabetic), 326-329, 328t
- FPG (fasting plasma glucose) concentrations
 in diagnosis, 59, 62, 62t
 goals, 74t
- Fructosamine, 179-181, 182t
 as surrogate for albumin glycation, 181
- Fuel metabolism mechanisms, 19-26
 glucoregulatory hormones, 21-25, 21
 amylin, 21, 22-23, 23
 catecholamines, 24
 cortisol, 24
 glucagon, 21, 22
 glucagon-like peptide (GLP-1), 23-24
 growth hormone, 24-25
 insulin, 21-22, 21
 normal metabolism, 19-20, 21
 carbohydrate metabolism, 19-20
 fat metabolism, 20
 protein metabolism, 20
- Gabapentin (Neurontin), 310, 314t
 adverse effects of, 318t
- GAD (glutamic acid decarboxylase), 48
- GADA (antibodies to GAD), 48, 50t, 65, 66t
- GAPDH, 298
- Gastric emptying
 delayed, 21
 gastroparesis and, 317-320
 slowing (with pramlintide), 23, 243, 244, 317
- Gastroparesis, 317-320
 pharmacologic treatment options, 320, 321t
 regular insulin for, 110
- GDM. *See Gestational diabetes mellitus.*
- Gender, frequency of blood glucose testing and, 210, 210
- Genetic associations, 13-14, 15-16, 17, 42-43, 44, 45t
 of MODY, 36t-37t
 risk and, 64-65
 twin studies, 13-14, 42
 Type 1 idiopathic diabetes, 31
- Genetic testing, lack of recommendation for, 43
- Gestational diabetes mellitus (GDM), 28t, 35-39
 description of, 35
 diagnosis recommendations, 35, 38t
 screening for, 35, 38t
- Glargine. *See Insulin glargine.*
- Glomerular filtration rate (GFR), 304, 306t, 307
- GLP-1. *See Glucagon-like peptide (GLP-1).*
- Glucagon, 21, 22, 240-241
 postprandial glucagon suppression, 22, 23, 23, 243, 245-246

Glucagon-like peptide (GLP-1), 23-24, 240-241
agonists, 24. See also *Exenitide*.

Glucocafacty Deluxe Diabetes Management System, 216, 218-233

Glucoregulatory hormones, 21-25, 240-241. See also *Fuel metabolism mechanisms*.

amylin, 21, 22-23, 23, 240-241

catecholamines, 24

cortisol, 24

GLP-1, 240-241

glucagon, 21, 22, 240-241

growth hormone, 24-25

insulin, 21-22, 21

Glucose homeostasis, multipronged approach to, 240-241, 243

Glucose intolerance, 41

Glucose lag time, 203

Glucose monitoring. See *Continuous glucose monitors (CGMs); Glycemic status monitoring*.

Glulisine. See *Insulin glulisine*.

Glycation, 178, 180-181
glycation gap, 181, 182t

Glycemia, roller-coaster, 337

Glycemic goals, 69-78. See also *Glycemic status monitoring*.
A1C testing and, 175-179
as achievable without risk of hypoglycemia, 199, 200
ADA and AACE guidelines, 72t, 295
in adults, 70-71, 72t, 74t-75t
benefits of achieving, 69, 70, 70t, 103, 145, 183-184, 296
in children and adolescents, 73-78, 76t-77t
in hospital, 337-338
individualization of, 70-71
intensive management benefits and, 69-70, 70t, 145, 183-184, 296
key concepts for setting goals, 72t, 77t
in pregnancy, 72-73
SMBG and, 183-184. See also *SMBG (self-monitoring of blood glucose)*.

Glycemic status monitoring, 175-208. See also *Continuous glucose monitors (CGMs); SMBG (self-monitoring of blood glucose)*.
combination of methods in, 175, 176t-178t
comprehensive diabetes evaluation, 175, 176t-177t, 182t
laboratory examination, 177t
medical history, 176t
other testing, 177t
physical examination, 176t
referrals, 177t
continuous glucose monitoring (CGM), 194-206

Glycemic status monitoring (*continued*)
glycemic goals. See *Glycemic goals*.
by health care team, 175-181
A1C testing, 175-179
fructosamine, 179-181, 182t
plasma glucose concentrations, 175-178
review of SMBG results, 186
overview, 175
patient monitoring for intensive T1D management, 182t
by patients, 181-206
continuous glucose monitoring (CGM), 194-206
ketone monitoring, 181, 182t, 194
record keeping, 181, 182t, 190-194, 192-193, 209, 212-213, 214-215
SMBG, 181-194, 182t
pattern management with blood glucose data, 209-238. See also *Pattern management with blood glucose data*.
standard deviation (SD), 217-224

Glycogen, 21, 22

Glycosylated hemoglobin. See *A1C (glycosylated hemoglobin)*.

Goals. See *Glycemic goals*.

GoMeals, 81

Graves' disease, 30, 54, 55

Growth hormone, 24-25

Health Outcomes Prevention Evaluation trial. See *HOPE trial*.

Heat, effect on insulin absorption, 116-117

Hemoglobin, glycosylated. See *A1C (glycosylated hemoglobin)*.

Hexosamine pathway, 297, 299

HLA class II alleles, 13, 31, 43, 45t
autoimmune diseases linked to, 55

Home and continuous glucose monitoring, 175-208. See also *Continuous glucose monitors; Glycemic status monitoring; SMBG (self-monitoring of blood glucose)*.
A1C monitoring, 175-179, 180t
comprehensive diabetes evaluation, 175, 176t-177t
continuous glucose monitoring, 194-206
fructosamine monitoring, 179-181, 182t
monitoring by health care team, 175-181
monitoring by patient (SMBG), 181-194

Honeymoon period, 41, 128

HOPE (Health Outcomes Prevention Evaluation) trial, 331-332

Hospitalization. See *Inpatient management*.

Humalog. See *Insulin lispro*.

Humalog 50/50 (50 NPH/50 lispro), 106t

Humalog 75/25 (75 NPH/25 lispro), 106t
Humulin R, 105, 106t
Hydration therapy, for DKA, 275-278, 276-277
Hydrochlorothiazide (HCTZ), 308
Hygiene hypothesis, 16, 46-47
Hyperglycemia
 alcohol and, 88
 between-meal
 correction factor for, 160
 insulin preparations for correcting, 109
 correlation of A1C with, 60
 evaluation for, 228-229, 232-233
 exercise and, 96-97
 prevention of hyperglycemia, 96-97
 treatment of hyperglycemia, 97
 glycemic control and, 184
 lack of basal insulin and, 22
 microvascular complications and, 289
 in morning, “dawn phenomenon” and, 24-25
 prioritization of, 226t
 reduced, with rapid-acting insulin analogues, 109
 SMBG and insulin adjustments for, 126, 126t
 unexplained, as risk of CSII, 162-164
Hyperkalemia, 332
Hypertension, 330-333
 diabetic nephropathy and, 305, 307, 330-333
 management of, 308-309, 330-333
 antihypertensive drugs, 308-309, 330-333
 BP target/goal, 330
Hypoglycemia, 285-290
 ADA definition of, 285
 age and, 285, 286
 awareness of, education in, 165
 catecholamines for protection against, 24
 in children, 73, 286
 delayed, alcohol and, 88
 detection of, 184
 DKA and, 285-290
 evaluation for, 225-227, 228-229
 exercise and, 90, 92-96
 prevention of hypoglycemia, 93-96
 risks for hypoglycemia, 93
 treatment of hypoglycemia, 96
 fear of, 239
 reduction with CGM, 202
Hypoglycemia (*continued*)
 glucagon and, 22
 nocturnal, reduced with insulin glargine and detemir, 111-112
 patient education on, 289
 pramlintide therapy and, 251-255
 prevention of, 184, 289-290
 prioritization of, 226t
 reduced
 with continuous glucose monitors (CGMs), 198-201, 200
 with CSII, 150, 151, 165
 with rapid-acting insulin analogues, 109
 risk, with insulin therapy, 239, 240t
 signs of, 285-287
 adrenergic symptoms, 285, 286
 neuroglycopenic symptoms, 286
 SMBG and insulin adjustments for, 126, 126t
 treatment of, 287-289, 288t
 unawareness, 24, 73, 112, 287
 CGM (continuous glucose monitoring) as tool for, 203
Hypoparathyroidism, 55
Hypotension
 management of, 311-317
 orthostatic, 311-312
 postural, 317
Hypothyroidism, 54, 55
IA-2 (insulinoma associated 2 autoantibodies), 50t, 65, 66t
ICA (islet cell autoantibodies), 48, 50t, 65, 66t
ID bracelet, wearing, 98
IDDM (insulin-dependent diabetes mellitus), 13, 27.
 See also *Type 1 diabetes (T1D)*.
IDF (International Diabetes Federation), 59
Idiopathic diabetes, 28t, 31. See also *Type 1B diabetes*.
Immunologic markers, 50t-51t. See also *Pathogenesis*.
Immunosuppression, 52-54
 toxic side effects of, 49
Imodium (loperamide), 320
Impotence, diabetic, 322-326
Incidence data, 14-15, 15. See also *Epidemiology*.
Incretins, 240
Indapamide, 333
Infections, 29t, 39
 allergy rates and (“hygiene hypothesis”), 46-47
 DKA and, 266, 268t, 283-284
Infusion set care and changing frequency, 164, 165-166

- Inhaled insulin (Afrezza), 106t, 134-142. See also *Insulin therapy*.
 action mimics rapid-acting insulin, 135, 137
 advantages of, 135, 142
 description and illustration of, 135, 136
 efficacy, 138, 140t-141t
 Exubera, 135
 limitations of, 142
 pharmacokinetics/pharmacodynamics, 135-136, 137
 prescribing information for T1D, 139-142
 safety, 138-139
 lung cancer, 139
 pulmonary function, 138-139
 summary, 142
- Inherited polyendocrine autoimmune syndrome (type I and type II), 55
- INIT II, 57t
- Injection devices, 132-133
- Injection (of insulin), into muscle vs subcutaneously, 117.
 See also *Insulin therapy*.
- Inpatient management, 337-354
 anesthesia, 339-340
 CSII (continuous subcutaneous insulin infusion), 339, 347-352
 elective procedures, 338-341
 CGM and, 339
 CSII and, 339-340
 insulin dosage adjustments, 338-341
 IVII (intravenous insulin infusion), 340-341, 342-345
 point-of-care (POC) meter, 339
 glycemic targets in hospital, 337-338
 hospitalized patients not requiring surgery, 341-347
 frequency of blood glucose testing, 346-347
 insulin analogues, use of, 347
 IVII (intravenous insulin infusion), 341-346
 point-of-care (POC) meter, 346
 stress, and insulin needs, 346-347
 subcutaneous insulin protocol, 347, 348-351
 overview and conclusions, 337, 353-354
 special situations
 enteral feeding, 353
 steroids, 352-353
 total parenteral nutrition (TPN), 353
- Insulin
 autoimmune destruction and, 41
 basal secretion of, 21-22
 blood sugar and, 21, 22
- Insulin (*continued*)
 co-secretion with amylin, 241, 242
 concentrations in healthy subjects, 23
 exercise and, 22
 in glucose metabolism, 21-22, 22
 IV (infusion), for DKA, 276-277, 278-279
 IVII (intravenous insulin infusion), 340-346, 342-345
 normal actions of, 21-22, 21, 239, 241
 postprandial levels of, 22, 23
 Insulin analogues, 103-105, 106t, 107-109
 Insulin antibodies, 48
 Insulin aspart (NovoLog), 106t, 109
 correction factor, 123-124
 in prevention of DKA, 283
 Insulin aspart protamine suspension (NPA), 113
 Insulin autoantibodies. See *MIAA (major insulin autoantibodies)*.
 Insulin-dependent diabetes mellitus. See *IDDM; Type 1 diabetes*.
 Insulin detemir (Levemir), 106t, 111-113
 pharmacokinetics, 106t, 107
 twice-daily dosing, 112
 untethered regimen (CSII), 169-170
 use with insulin pump, 169-170
 Insulin glargine (Lantus), 106t, 111-113
 pharmacokinetics, 106t, 107
 untethered regimen (CSII), 169-170
 use with insulin pump, 169-170
 Insulin glulisine (Apidra), 106t, 108-109, 109
 correction factor, 123-124
 in prevention of DKA, 283
 Insulin lispro (Humalog), 106t, 108, 109
 correction factor, 123-124
 in prevention of DKA, 283
 Insulin pens, 132-133
 Insulin pumps, 125, 145-173. See also *CSII (continuous subcutaneous insulin infusion); Insulin therapy*.
 blood glucose meters (CGM) that interact with, 188-190, 189, 191
 disposable (V-Go), 153
 downloads, interpreting, 170-172
 first pumps, 145, 146
 integration with continuous glucose monitors (CGMs), 146
 traditional vs patch pumps, 153
 untethered regimen, 169-170
 Insulin resistance
 cortisol and, 24
 type 2 diabetes and, 31

Insulin sensitivity factor, 123-125, 123t, 160
Insulin stacking, 171-172
Insulin therapy, 103-173. See also *specific insulin preparations*.
basal bolus, for children and adolescents, 78
basal insulin (physiologic replacement), 104, 105, 109, 239
calculating, 118t, 119
timing of, 113
basal rates, 158-159, 227-230, 231
benefits of, 30, 145
clinical barriers to, 239, 240t
correction factor/dose, 118t, 123-124, 160, 161-162
CSII (continuous subcutaneous insulin infusion), 133-134, 145-173
basal rate verification and, 158-159
benefits of, 147-150, 147t, 162
choosing a pump, 153, 155t
description of, 145-147
dose adjustment with, 156-162
everyday management for, 166-167
placement and wearing of pump, 166-167
hypoglycemia and, 150, 151, 239
idealized insulin effects of, 147-149, 148
infusion set care and changing frequency, 164, 165-166
initiation of, 156-158
insulin glargine or detemir and (untethered regimen), 169-170
integration with continuous glucose monitors (CGMs), 146
mechanics of, 150-153
alarms, 152-153
bolus mode, 152
disconnection of pump, 167, 172
pump downloads, interpreting, 170-172
quick-release for infusion lines, 152
suspension of pump operation, 165
threshold-suspend feature, 156
models and manufacturers of pumps, 153, 154-155
monitoring of blood glucose and urine ketone, 163, 164, 194
patient education in, 156-158, 157t, 162, 165, 167-169, 168t
patient selection for, 145-147, 167-169, 168t
pregnant women, 169
prandial (bolus) insulin, 104, 105, 107, 118t, 120-125, 232-233
prandial (bolus) rate determination, 159-162
quick-release mechanism for infusion lines, 152
risks of, 162-166
hyperglycemia (unexplained), 162-164
hypoglycemia, 165

CSII, risks of (*continued*)
insulin tunnelling, 164
ketoacidosis (unexplained), 162-164
kinked or clogged catheters, 164
need to have fast-acting insulin (pen or syringe) available at all times, 164
skin infection, 165-166
sexual activity and, 166-167
traditional vs patch pumps, 153
untethered regimen, 169-170
“vacation” from, 167
resuming therapy after, 167
current standard of care, 105, 109
dosage adjustment using pattern management with blood glucose data, 209-238
dosage fine-tuning, constant need for, 239
exercise, adjusting insulin dose for, 93-95, 94t
fuel metabolism mechanisms and, 21-22, 21
goals of, 103-105, 145
honeymoon period for, 128
for hospitalizations. See *Inpatient management*.
inhaled insulin (Afrezza), 106t, 134-142
insufficient insulin, DKA and, 267, 281
insulin pens, 132-133
insulin preparations available, 106t, 107
combination preparations, 106t, 113
Humalog 50/50 (50 NPH/50 lispro), 106t
Humalog 75/25 (75 NPH/25 lispro), 106t
Novolog 70/30 (70 NPH/30 aspart), 106t
cost/insurance issues, 110
duration of action, 106t
inhaled insulin (Afrezza), 106t, 134-142
intermediate-acting (NPH: Humulin, Novolin), 106t, 110-111
long-acting, 106t, 111-113
insulin detemir (Levemir), 106t, 111-113
insulin glargine (Lantus), 106t, 111-113
NPH (neutral protamine Hagedorn), 103, 106t
onset of action, 106t
peak action, 106t, 107
pharmacokinetics, 105-107, 106t, 107
rapid-acting, 106t, 107-109
insulin aspart (NovoLog), 106t
insulin glulisine (Apidra), 106t
insulin lispro (Humalog), 106t

CSII, rapid-acting (*continued*)

- short-acting (regular insulin: Humulin R, Novolin), 106t, 109-110
 - time course of action, 107
- insulin pumps, 125, 145-173. See also *CSII (continuous subcutaneous insulin infusion)*.
 - blood glucose meters (CGM) that interact with, 188-190, 189, 191
 - data downloads, interpreting, 170-172
 - disposable (V-Go), 153
 - first pumps, 145, 146
 - traditional vs patch pumps, 153
 - untethered regimen, 169-170
- insulin sensitivity factor, 123-125, 123t, 160
- matching insulin to carbohydrate intake, 80-85, 120-122, 159-162
 - counting carbohydrates, 80-85, 82t, 124-125
 - insulin to carbohydrate ratio, 81, 120-122, 160
- modification with CGMs (continuous glucose monitors), 205-206
- multiple daily injections, 103-144
 - A1C testing and, 175-179
 - absorption of insulin, factors influencing, 113-117, 114t
 - absorption variability, reducing, 115-116, 116
 - basal insulin, 103, 118t, 119
 - carbohydrate counting and, 124-125
 - combination preparations, 106t
 - exercise and glucose levels, 127-128
 - initial regimen, 118-120, 118t
 - honeymoon period, 128
 - injection devices, 132-133
 - injection sites, 115
 - insulin analogues, 103-105, 106t, 107-109
 - insulin mixtures, 106t, 113
 - insulin preparations available, 106t, 107
 - insulin sensitivity factor (correction dose), 123-125, 123t
 - intermediate-acting insulin, 106t, 110-111
 - long-acting basal insulin, 227-230, 231
 - long-acting insulins, 106t, 111-113
 - overview, 103, 117
 - pattern adjustments, 125-126, 126t
 - physiologic vs nonphysiologic insulin replacement, 103-105, 109
 - prandial insulin dosage, 118t, 120-125, 128, 129t
 - pre-bolusing, 115-116, 116
 - pregnancy and, 128-132
 - principles of therapy, 118-132
 - rapid-acting insulin, 106t, 107-109
 - selection of insulin preparation, 105-113

CSII, multiple daily injections (*continued*)

- short-acting insulin, 106t, 109-110
- SMBG and, 126, 126t
- split-mixed regimens (as outdated and not recommended), 104-105, 108
- TDD (total daily dose), 118-120, 118t
- timing of injections, 115-116, 116
 - vs CSII, 169-170
- pattern management with blood glucose data, 209-238
- physiologic insulin replacement, benefits of, 103-105, 109, 117, 239
 - as preventive therapy, 49-52. See also *Preventive therapy*.
 - clinical trial of, 57t
 - principles of therapy, 118-132
 - shortcomings of, 239
 - sliding scale insulin (SSI), 337
 - therapeutic window, pramlintide and, 255, 255
 - weight gain and, 239
- Intermediate-acting insulin, 106t, 110-111
 - pharmacokinetics, 106t, 107
 - preparations available (NPH: Humulin, Novolin), 103, 106t, 110-111
- International Association of Diabetes and Pregnancy Study Groups (IADPSG), 35
- International Diabetes Federation (IDF), 59
- Islet anti-zinc transporter (anti-Znt8), 51t, 65, 67t
- Islet cell autoantibodies. See *ICA*.
- Islet zinc transporter, 51t, 67t
- Isosorbide dinitrate spray, for diabetic neuropathies, 310
- IVII (intravenous insulin infusion), 340-346, 342-345
- Juvenile Diabetes Research Foundation CGM study, 197-198, 199, 200, 204
- Juvenile onset diabetes (T1D), 13, 27. See also *Type 1 diabetes*.
- Ketoacidosis. See also *Diabetic ketoacidosis (DKA)*.
 - diabetic ketoacidosis, 265-285
 - in T2D patients, 31-32
 - unexplained, as risk of CSII, 162-164
- Ketones
 - in DKA, 265, 283
 - monitoring, 181, 182t, 194
- Ketosis. See also *Diabetic ketoacidosis (DKA)*.
 - alcoholic ketoacidosis (AKA), 274-275
 - lack of basal insulin and, 22

- Ketosis (*continued*)
 monitoring for, 283
 starvation ketosis, 274
- Ketosis-prone type 2 diabetes mellitus (KPDM), 28t, 33
- Kidneys. See *Nephropathy*.
- KPDM (ketosis-prone type 2 diabetes mellitus), 28t, 33
- Kussmaul's respiration, 268-269
- Laboratory examination, 177t
- LADA (latent autoimmune diabetes of adults), 28t, 32-33
 nonphysiologic insulin replacement for, 104
- Lansoprazole, sitagliptin and, 56t
- Lantus. See *Insulin glargine*.
- Laser photocoagulation therapy, 302
- Latent autoimmune diabetes of adults. See *LADA*.
- Leukocyte antigen alleles and T1D susceptibility, 43, 45
- Leukocytosis, 274
- Levitra (vardenafil), 323, 324t, 325
- Lidocaine patch (Lidoderm), 310, 315t
 adverse effects of, 318t
- Lipid levels, recommended, 74t, 334
- Lispro. See *Insulin lispro*.
- Liver
 glucagon and, 21, 22
 glycogen and, 21, 22
- Logbook
 electronic, 215
 written, 209, 210, 214-215
- Lomotil (diphenoxylate), 320
- Long-acting insulin, 106t, 111-113
 dose, 227-230, 231
 pharmacokinetics, 106t, 107
- Long-acting insulin analogues, 106t, 111-113
 pharmacokinetics, 106t, 107
- Long-term complications, 293-336, 294t.
 See also *Acute complications*.
 diabetic foot disorders, 326-329, 328t
 effect on health and morbidity, 293
 macrovascular, 329-335
 dyslipidemia, 333-334, 335t
 hypertension, 330-333
 microvascular, 297-326
 diabetic nephropathy, 303-309
 diabetic neuropathy, 309-326
 diabetic retinopathy, 298-303
- Long-term complications, microvascular (*continued*)
 hyperglycemia and, 289
 pathways leading to, 297, 299
 overview, 293-295
- Loop diuretics, 333
- Loperamide (Imodium), 320
- Lyrica. See *Pregabalin*.
- Macrovascular complications, 329-335
 dyslipidemia, 333-334, 335t
 hypertension, 330-333
- Macular edema, 300
- Management of Type 1 diabetes. See also *Glycemic goals; Insulin therapy*.
 classification, 27-31
 complications, 265-336
 acute, 265-291
 long-term, 293-336
 comprehensive diabetes evaluation, 175, 176t-177t
 diagnosis, 59-68
 fuel metabolism mechanisms, 19-26
 glucose homeostasis, multipronged approach to, 240-241, 243
 glycemic goals, 69-78
 glycemic status monitoring, 175-208
 continuous glucose monitoring, 194-206
 SMBG (self-monitoring of blood glucose), 181-194
 goals of insulin therapy, 103-105, 145
 individualized management plan, 69-70
 inpatient management, 337-354
 insulin therapy, 103-173
 CSSI, 145-173
 inhaled insulin (Afrezza), 106t, 134-142
 multiple daily injections, 103-144
 intensive, benefits of, 69-70, 70t, 145, 183-184, 295
 nonpharmacologic management
 exercise, 90-99
 nutrition, 79-89
 pathogenesis, 41-58, 42
 pattern management with blood glucose data, 209-238
 pramlintide therapy, 239-264
 prioritization of potential clinical problems, 226t, 238
 team for, 69-70, 156-157, 167-168
- Mature-onset diabetes of youth. See *MODY*.
- MDI (multiple daily injections). See *Insulin therapy, multiple daily injections*.

Medical history, 176t
 Medical ID bracelet, wearing, 98
 Medtronic 530G, 153, 154, 156
 Medtronic CGM/pump system, data from, 233, 234-235
 Medtronic Guardian REAL-Time CGM, 196, 196
 Medtronic MiniMed, 156
 Memory meters, 212-213, 215
 Men, frequency of blood glucose testing, 210, 210
 Metabolism mechanisms
 fuel metabolism, 19-26
 glucoregulatory hormones, 21-25
 amylin, 21, 22-23, 23
 catecholamines, 24
 cortisol, 24
 dawn phenomenon and, 24-25
 glucagon, 21, 22
 glucagon-like peptide (GLP-1), 23-24
 growth hormone, 24-25
 insulin, 21-22, 21
 normal metabolism, 19-20
 fat metabolism, 20
 protein metabolism, 20
 Metabolism problems/complication, 265
 Meters. *See Blood glucose meters.*
 Metformin, DKA and, 275
 Metoclopramide HCl, 317-319, 321t
 Metronidazole, 320
 MIAA (major insulin autoantibodies), 50, 50t, 65, 66t
 Microalbuminuria, 303-304, 304
 Microvascular complications, 297-326
 diabetic nephropathy, 303-309
 diabetic neuropathy, 309-326
 diabetic retinopathy, 298-303
 hyperglycemia and, 289
 pathways leading to, 297, 299
 Midodrine, 311
 MiniMed (Medtronic) 530G, 153, 154, 156, 290
 MiniMed Paradigm Revel Pump (Medtronic), 191
 MODY (mature-onset diabetes of youth), 28t, 33-34, 36t-37t
 diagnosis of, 34
 subtypes of, 36t-37t
 Monogenic diabetes, 34
 Morphine, 314t-315t
 Multiple daily injection therapy, 103-144. *See also Insulin therapy.*
 Mumps, 39

Myasthenia gravis, 55
 Myocardial infarction (MI), 329
 duration of T1D and, 294t
 Myocardial ischemia, DKA and, 268t

 Nausea, with pramlintide therapy, 249, 257
 NDCCBs (nondihydropyridine calcium channel blockers), 332-333
 NEPHRON-D study, 332
 Nephropathy (diabetic), 303-309
 blood pressure and, 307
 conditions associated with, 305
 CV risk and, 304
 duration of T1D and, 294t, 305
 end-stage renal disease (ESRD), 304
 glomerular filtration rate (GFR) and, 304, 306t, 307
 incidence of, 303
 long-term renal outcomes, 303-304, 304
 macroalbuminuria and, 304
 microalbuminuria and, 303-304, 304
 screening for, 75t, 100t, 305-307, 306t
 treatment, 307-309
 hypertension management, 308-309
 improved glycemic control, 307-308
 protein intake restrictions, 309
 Neulasta, 56t
 Neurogenic bladder, 322
 Neurontin. *See Gabapentin.*
 Neuropathic pain. *See Painful neuropathies.*
 Neuropathy (diabetic), 309-326, 309t
 autonomic neuropathies, 309t, 311
 cardiovascular autonomic neuropathy (CAN), 311-317
 diabetic diarrhea, 320-322
 distal symmetric polyneuropathy (DPM), 309-311, 309t
 duration of T1D and, 294t
 frequency/incidence of, 300
 gastroparesis, 317-320
 pharmacologic treatment options, 320, 321t
 neurogenic bladder, 322
 painful, 300, 313
 management of, 312-313, 314t-316t
 adverse effects of, 318t-319t
 screening for, 75t, 101t, 310
 sensorimotor peripheral neuropathies, 309t
 sexual dysfunction, 322-326
 oral medications for, 323, 324t

- Neuropathy (diabetic) (*continued*)
 treatment strategies, 310, 314t-316t
 pharmaceutical agents, 310, 314t-316t, 318t-319t
 TENS (transcutaneous electrical nerve stimulation) units, 311
 types of neuropathies, 309t
- Neutral protamine Hagedorn. See *NPH*.
- NHANES, 61
- Nicotinamide intervention, 52, 53t
- NIDDM (non-insulin-dependent diabetes mellitus), 27.
 See also *Type 2 diabetes*.
- NOD mouse, 47
- Non-insulin-dependent diabetes mellitus. See *NIDDM*;
Type 2 diabetes.
- Nondihydropyridine calcium channel blockers. See *NDCCBs*.
- Nonpharmacologic management, 79-102. See also *Exercise*;
Nutrition.
 exercise, 90-99
 nutrition, 79-89
- Nonphysiologic vs physiologic insulin replacement, 103-105, 107,
 109, 117
- Nordihydropyridine, 332
- Normal metabolism, 19-20. See also *Metabolism mechanisms*.
 carbohydrate metabolism, 19-20
 fat metabolism, 20
- Norpramin (desipramine), 314t
- Nortriptyline (Pamelor), 314t
- Novolin, 105, 106t
- NovoLog. See *Insulin aspart*.
- Novolog 70/30 (70 NPH/30 aspart), 106t
- NPA (insulin aspart protamine suspension), 113
- NPH (neutral protamine Hagedorn), 103, 106t, 110-111
 not recommended for T1D, 110
 preparations available (Humulin, Novolin), 106t
 for special situations, 352, 353
 split-mixed insulin regimens, as outdated and not recommended,
 104-105, 108
 uses for, 110-111
- Nutrition, 79-89. See also *Exercise*.
 ADA recommendations, 79-80
 adequate nutrition, 79
 alcohol, 87-89, 88t
 carbohydrate recommendations, 80-85
 fat recommendations, 86-87, 87
 goals, 79-80
 high-fiber diet, 320
- Nutrition (*continued*)
 low-fat diet, 317
 low-residue diet, 317
 macronutrient content, 85-86
 matching insulin to carbohydrate intake, 80-85, 120-122
 counting carbohydrates, 80-85
 DAFNE Study, 84
 effectiveness of, 84-85
 free apps for, 81
 underestimating and overestimating, 83
 estimating carbohydrates, 84
 fixed carbohydrate meals, 83
 foods with carbohydrates, 81, 82t
 one carbohydrate serving (15 grams), 81, 82t
 patient assessment, 80
 protein, 86-87, 87, 309
 recommendations for diabetic lipid disorders, 335t
 using pattern management to make adjustment in food intake, 209
 weight and obesity issues, 80
- Obesity, in T1D, 30, 63-64, 80
- Octreotide, 317
- OGGTs (oral glucose tolerance tests), 60, 61
 in diagnosis, 62, 62t
 for gestational diabetes, 38t
- Older adults
 insulin combination preparations for, 113
 recommended physical activity levels, 97
 risks of dehydration in DKA, 278
- OmniPod (insulin pump), 153, 154
- OmniPod Insulin Management System (controller and meter), 190,
 191
- OneTouch Ping, 153, 154
- ONTARGET study, 332
- Opioids, 310, 314t-315t
 adverse effects of, 318t
- Oral glucose tolerance tests. See *OGGTs*.
- Orthostatic hypertension, 311-312
- Osmolality, 274
- Osteoporosis screening, 101t
- Oxycodone (Oxycontin), 310, 315t
- Oxycontin (oxycodone), 310, 315t

Painful neuropathies. See also *Neuropathy (diabetic)*.

management algorithm, 312-313

pharmaceutical agents for, 214t-216t, 310, 311

adverse effects of, 318t-319t

Pamelor (nortriptyline), 314t

Pancreas

diseases of exocrine, 28t, 38

secretion of insulin, 21-22, 21

Pancreatic β -cell hormones, 240-241

Pancreatic enzymes, in treatment of diabetic diarrhea, 320-321

Parenteral nutrition, total (TPN), 353

Pathogenesis, 41-58, 42

autoantibodies, 41, 47-48, 50t-51t

autoantibody markers, 50t-51t

autoimmune disease associations, 41, 54-55

Addison's disease, 55

celiac disease, 54, 55

Graves' disease, 54, 55

hypoparathyroidism, 55

hypothyroidism, 54, 55

inherited polyendocrine autoimmune syndrome (type I and type II), 55

myasthenia gravis, 55

pernicious anemia, 54

β -cell destruction, 30-31, 41

development stages, 42

environmental factors, 16-17, 46-47

congenital rubella, 39

coxsackievirus, 39, 47

"hygiene hypothesis," 16, 46-47

specific infections and viruses, 39, 47

"sunshine hypothesis," 16, 46

thyroiditis, 30

genetics, 42-43, 43t, 44, 45t

preventive therapy, 48-52

blocking cytotoxic cytokines, 49

clinical trials, 53t

immunosuppression, 49, 52-54

insulin therapy, 49-52

nicotinamide intervention, 52, 53t

selective T-cell deletion, 49

reversing after onset, 52-54, 56t-57t

risk identification, 42-43, 43t, 44, 45t

stages in development, 41, 42

type 1A vs type 1B (idiopathic), 41

Patient education

in CSII, 134, 156-158, 157t, 162, 165, 167-169, 168t

on diabetic ketoacidosis (DKA) and its treatment, 281

on foot care, 327, 328t

on hypoglycemia recognition and treatment, 289

in hypoglycemic awareness, 165

in self-monitoring of blood glucose and blood glucose meters, 186

in use of blood glucose data, 209

Patient glycemic status monitoring, 181-206. See also *Glycemic status monitoring*.

ketone monitoring, 181, 182t, 194

record keeping, 181, 182t, 190-194, 192-193

written logbook, 209, 210, 214-215

SMBG, 181-194, 182t. See also *SMBG (self-monitoring of blood glucose)*.

Patients, active role in care, 70

Pattern adjustments, 125-126, 126t, 184

Pattern management with blood glucose data, 209-238

case presentations, 233-237

challenges of, 212

data downloads, 210, 213-233

example of, 218-233

interpretation of, 215-233

averages, 216-217

evaluation for hypoglycemia, 225-227, 228-229

evaluation of basal insulin dose, 227-230, 231

evaluation of hyperglycemia, 228-229, 232-233

incorporating pump, SMBG, and CGM data, 233, 234-235

mealtime (prandial) boluses, 232-233

pie charts and histograms, 224

standard deviation (SD), 217-224

statistical summaries, 215

systematic approach to individual reports, 225, 226t

office setting logistics of, 213-215

frequency of blood glucose testing and, 210-212, 210, 211, 216, 238

health care provider's role in, 210

logbook, written, 209, 210, 212-213

memory meters, 212-213, 215

prioritization of potential clinical problems, 226t, 238

self-reported data, shortcomings of, 213

software programs, 209-210, 213-215

summary, 238

Pediatric patients. See *Children*.

Perindopril, 333

Peripheral artery disease (PAD), 327-329

Pernicious anemia, 30, 54

Pharmacological management. See also *specific topics*.
 insulin therapy, 103-173
 CSII, 145-173
 multiple daily injections, 103-144
 pramlintide therapy, 239-264

Phenylalkylamines, 332

Phosphate, in treatment of DKA, 280

Photocoagulation, 302

Physical activity and exercise. See *Exercise*.

Physical examination, 176t

Physiologic vs nonphysiologic insulin replacement, 103-105, 107, 109, 117, 239

PKC. See *Protein kinase C*.

Point-of-care (POC) meter, 339, 346

Polydipsia, 269

Polyendocrine autoimmune syndrome (type I and type II), 35

Polyol pathway, 297, 299

Polyuria, 269

Postprandial glucagon suppression, 243
 with insulin and amylin, 22, 23
 with pramlintide, 23, 245-246

Postprandial glucose, 243
 goals, 72t, 74t

Postprandial insulin levels, 22, 118t, 120
 prandial dosing, 120-125, 128, 129t

Postprandial triglyceride concentrations, 22-23

Potassium
 DKA and, 274
 replacement, in treatment for DKA, 276-277, 279

Pramlintide therapy, 239-264
 action mechanisms of, 244-246
 amylin and insulin action model, 241-244, 243
 food intake regulation (satiety), 244, 246
 gastric emptying, slowing of, 23, 243, 244, 317
 postprandial glucagon suppression, 23, 243, 245-246
 single does vs placebo effects, 245
 available agent (pramlintide acetate injection, Symlin), 241
 clinical efficacy, 246-256
 hypoglycemia risk, 251-255
 insulin therapeutic window enhancement, 255, 255
 long-term glycemic control, 247, 251, 253-254
 postprandial glucose effects, 246-247, 248-249, 250
 sustained weight loss effects, 247-249, 252, 253-254
 tolerability, 249-251

Pramlintide therapy (*continued*)
 dosing of, 256-258
 timing of dose, 258
 for type 1 diabetes, 256, 257
 for type 2 diabetes, 256-258
 FDA approval of, 241
 future uses, 260
 glucose appearance-disappearance and, 241-244
 overview and conclusions, 260-261
 patient selection, 259
 patient tips for, 258-259
 dose timing, 258
 dose titration, 258
 insulin dose reduction, 258-259
 insulin dose timing, 259
 loss of effect, 259
 take-home point, 261, 262t
 side effects, 249-250
 hypoglycemia, 251-255
 nausea, 249, 257
 therapeutic window, opening of, 255, 255
 tolerability, 249-251

Prandial (bolus) insulin, 103, 118t, 232-233
 physiologic replacement, 104, 105, 109

Prandial (bolus) rate determination, 159-162

Pre-bolusing, 115-116, 116

Prednisone, 352

Pregabalin (Lyrica), 310, 314t
 adverse effects of, 318t

Pregnancy
 CSII use in, 169
 dawn phenomenon and, 169
 gestational diabetes mellitus (GDM), 28t, 35-39, 38t
 glycemic goals in, 72-73
 insulin needs/dosage in, 128-132
 ketone monitoring recommendation, 194

Preprandial glucose, goals, 72t

Prevalence data, 14-15. See also *Epidemiology*.

Preventive therapy, 49-52
 clinical trials, 53t
 immunosuppression, 49, 52-54
 insulin therapy, 49-52
 nicotinamide intervention, 52, 53t
 primary prevention, 49
 secondary prevention, 49
 tertiary prevention, 49

- Primary prevention, 49
- Prioritization of potential clinical problems, 226t
- Protein kinase C (PKC) activation, 297, 298, 299
- Protein metabolism, 20
- Protein recommendations, 86-87, 87, 309
- Proteinuria, 307, 333
- Psychologist, 169

- Quality of life, 145, 147t, 202
 - problems with, 265

- Race/ethnicity
 - idiopathic diabetes and, 31
 - type 2 diabetes and, 31
- Rapid-acting insulin, 106t, 107-109
 - CSII with, 148, 148, 152
 - inhaled insulin (Afrezza) mimics action of, 135
 - pharmacokinetics, 106t
 - preparations available, 107
 - insulin aspart (NovoLog), 106t
 - insulin glulisine (Apidra), 106t
 - insulin lispro (Humalog), 106t
 - in prevention of DKA, 283
- Reactive oxygen species, 297-298
- Record keeping, 181, 182t, 190-194, 192-193
 - written logbook, 209, 210, 212-213, 214-215
- Referrals, 177t
- Registry (WHO), 14
- REPAIR Study, 56t
- Research studies. See *Clinical trials and research studies*.
- RETAIN Study, 56t
- Retinal capillary closure, 300
- Retinopathy (diabetic), 298-303, 301
 - duration of T1D and, 294t
 - floaters and cobwebs, 300
 - macular edema, 300
 - microaneurysms, 298, 301
 - permanent vision loss, 300
 - retinal detachment, 300
 - screening for, 75t, 100t
 - stages of, 298-300
 - nonproliferative, 298-300
 - proliferative, 300
 - treatment, 302-303
 - anti-vascular endothelial growth factor (VEGF), 302
- Retinopathy (diabetic), treatment (*continued*)
 - laser photocoagulation therapy, 302
 - vitrectomy, 303
- Reversal of T1D after onset, 52-54, 56t-57t
- Risk assessment, 65
- Risk identification. See also *Epidemiology; Pathogenesis*.
 - genetic risks, 31, 42-43, 43, 64-65
 - human leukocyte antigen alleles and susceptibility, 43, 44
 - lifetime risk of T1D in general population, 64
- Roller-coaster glycemia, 337
- Rubella (congenital), 39

- Satiety
 - amylin and, 21, 23
 - pramlintide and, 244
- Screening, 75t
 - of asymptomatic patients for T1D, 64-68
 - for complications, 76t
 - for diabetic nephropathy, 75t, 100t, 305-307, 306t
 - for diabetic neuropathies, 310
 - for gestational diabetes mellitus (GDM), 35, 38t
 - pre-exercise program, 98, 100t-101t
- SEARCH (for Diabetes in Youth), 14
- Secondary prevention, 49
- Seizures, 199, 280
- Self-monitoring of blood glucose. See *SMBG*.
- Sensorimotor peripheral neuropathies, 309t
- Serum sodium, 275
- Sexual activity, pump use and, 166-167
- Sexual dysfunction, 322-326
 - diagnosis, 323
 - medications that can cause, avoiding, 323
 - oral medications for, 323, 324t
 - cautions for, 325, 326
- Short-acting insulin, 106t, 109-110
 - with CSII, 148
 - pharmacokinetics, 106t
 - preparations available (Regular: Humulin R, Novolin), 106t
- Sildenafil (Viagra), 323-325, 324t
- Sitagliptin, 56t
- Skin infection, 165-166
- SMBG (self-monitoring of blood glucose), 181-194, 182t. See also *Glycemic status monitoring*.
 - ADA goals of, 183-185
 - adequacy of, prioritizing, 226t

- SMBG (self-monitoring of blood glucose) (*continued*)
- advances in, 187-190, 189
 - blood-letting devices, 190
 - continuous glucose monitoring, 194-206
 - advantages and disadvantages of, 185, 185t
 - comparison to laboratory tests, 186
 - data recording, 190-194, 192-193
 - description of, 181-183
 - exercise and, 95-96
 - frequency of, 186, 210-212, 210, 211, 216, 238, 282, 290
 - glycemic goals for, 183-184
 - intensive management and, 183-184
 - interpretation of data, 212, 215-233. See also *Pattern management with blood glucose data*.
 - incorporating pump, SMBG, and CGM data, 233, 234-235
 - as part of a treatment program, 183
 - patient education in, 186
 - patient techniques, motivation, and potential for errors, 183, 186
 - pattern adjustments (of insulin) with, 126, 126t, 184
 - physician review of data, 186, 187-188
 - reasons for performing, 183-185
 - record keeping, 190-194, 192-193, 212-213, 214-215
 - SMBG systems (meters), 186-190, 189, 191
 - Bayer Contour, 189, 191
 - computer-generated data analysis, 187-188
 - consumer report information on, 187
 - download software, 187-188, 213-215
 - FDA criteria for approval, 183
 - FreeStyle InsuLinx (Abbott), 188, 189
 - iBGStar (with iPhone connection), 188, 189
 - memory meters, 212-213, 215
 - meters that interact with insulin pumps, 188-190, 189, 191
 - OmniPod Insulin Management System, 190, 191
 - One Touch Ping, 189, 191
 - One Touch Verio IQ, 188, 189
 - One Touch Verio Sync, 188
 - system performance, factors affecting, 186-187
- Smoking (cigarettes)
- cessation of, 330
 - diabetic nephropathy and, 305, 330
- Sodium concentration in serum, 275
- Sodium valproate, for diabetic neuropathies, 310
- Software programs, 187-188, 213-215
- current listing of, 213
- Split-mixed insulin regimens, as outdated and not recommended, 104-105, 108
- Stages of development, 42
- Standard deviation (SD), 217-224
- Staphylococcus* infection, 165
- STAR 3 trial, 200
- Staxyn (vardenafil), 323, 324t, 325
- Stendra (avanafil), 323, 324t, 326
- Steroids, 352-353
- Streptococcus* infection, 165
- Stress hormones, 24
- Stroke, duration of T1D and, 294t
- Stupor, 274
- Sunshine hypothesis, 16, 46
- Symlin. See *Pramlintide therapy*.
- Symmetric distal neuropathies, 309-311, 309t
- T-cell immunity, 54
- T-cell preservation trials, 56t-57t
- T-cell protein (CD3), 54
- Tadalafil (Cialis), 324t, 325-326
- Tandem t:slim, 153, 155
- TDD (total daily dose), 118-120, 118t
- Team, for management program, 69-70, 156-157, 167-168
- monitoring by, 175-181
- TEDDY (Determinants of Diabetes in the Young) Study, 17, 47
- Teflon catheters, 165
- Tegretol (carbamazepine), 314t
- TENS (transcutaneous electrical nerve stimulation) units, 311, 316t
- Tertiary prevention, 49
- Therapeutic window, 255, 255
- Thiazine diuretics (low-dose), 333
- Thymoglobulin, 56t
- Thyroiditis, 30
- TIDAL Study, 56t
- Topical capsaicin, for diabetic neuropathies, 310
- Total daily dose (TDD), 118-120, 118t
- Total parenteral nutrition (TPN), 353
- Tramadol (Ultram), 310, 315t
- adverse effects of, 318t
- Transcutaneous electrical nerve stimulation (TENS) unit, 311, 316t
- Travel issues, 167
- Treatment. See *Management of Type 1 diabetes*.
- TrialNet, 52, 54
- Trials. See *Clinical trials and research studies*.
- Twin studies, 13-14, 42, 65

Type 1 diabetes
 β-cell destruction, 30-31, 41
 causes, 13-14
 classification, 27-31, 28t
 classic T1D, 28t
 crossover diseases, LADA, 28t, 32-33
 disease crossover, 32-34
 idiopathic, 28t, 30
 defined, 30
 diagnosis, 59-68
 epidemiology, 13-18
 formerly called IDDM (insulin-dependent diabetes mellitus), 13, 27
 fuel metabolism mechanisms, 19-26
 genetic associations, 13-14, 15-16, 17, 42-45
 genetics and, 42-43, 43t, 44, 45t
 glucose homeostasis, multipronged approach to, 240-241, 243
 lifetime risk in general population, 64
 management of. See *Management of Type 1 diabetes*.
 obesity in, 30, 63-64, 80
 pathogenesis, 41-58
 prevention efforts, 49-52
 prioritization of potential clinical problems, 226t, 238
 reversing after onset, 52-54, 56t-57t
 vs type 1B (idiopathic), 41
 vs type 2 diabetes, 13

Type 1.5 diabetes, 33

Type 1A diabetes, 30, 41
 prevention efforts, 49-52

Type 1B diabetes (idiopathic diabetes), 28t, 31
 vs type 1A, 41

Type 2 diabetes (T2D), 31-32
 classification, 28t, 31-32
 crossover diseases, 28, 28t, 32-34
 ketosis-prone T2D, 28t, 33
 LADA, 28t, 32-33
 differential diagnosis, vs T1D, 63-64
 disposable insulin pump approved for (V-Go), 153
 environmental factors, 31
 exenitide (GLP-1 agonist) approved for treatment of, 24
 formerly called NIDDM (non-insulin-dependent diabetes mellitus), 27
 genetic predisposition to, 31, 64
 insulin resistance and, 31
 pramlintide therapy for, 256-258
 race/ethnicity and, 31
 years to diagnosis, 32

Type 3 diabetes (double diabetes), 33

UDP N-acetyl glucosamine, 297

UKPDS (United Kingdom Prospective Diabetes) study, 183-184, 308

Ultram. See *Tramadol*.

United Kingdom Prospective Diabetes study. See *UKPDS*.

Untethered regimen, 169-170

Urinary albumin-to-creatinine (ACR) ratio, 305

V-Go (insulin pump, approved for T2D), 153

Valproate, for diabetic neuropathy, 310

Vardenafil (Levitra, Staxyn), 323, 324t, 325

Variability, 226t

VEGF (anti-vascular endothelial growth factor), 302

Venlafaxine (Effexor), 310, 314t
 adverse effects of, 319t

Verapamil, 332

Viagra (sildenafil), 323-325, 324t

Viral infections, 39, 47

Vision problems. See *Retinopathy (diabetic)*.

Vitamin D, “sunshine hypothesis” and, 16, 46

Vitrectomy, 303

Weight/overweight issues, 80, 114
 sustained weight loss with pramlintide therapy, 247-249, 252, 253-254
 weight gain due to insulin therapy, 239, 240t

Women, frequency of blood glucose testing, 210, 210

Zinc: islet anti-zinc transporter (anti-Znt8), 51t, 65, 67t

Zostrix. See *Capsaicin cream*.