Contents

Foreword xiii
Preface xv
List of Contributors xvii

SECTION 1  THE DIABETES EPIDEMIC:
DESCRIPTION OF THE PROBLEM 1

1 The Diabetes Epidemic; Genes and Environment Clashing 3
Paul Zimmet, Adrian Cameron and Jonathan Shaw
Introduction 3
An Epidemiological Perspective 3
The Hidden Epidemic – Impaired Glucose Tolerance and Impaired
Fasting Glycaemia 6
Glucose Intolerance and the Metabolic Syndrome 6
Globalization – its Impact on Human Health 8
Type 2 Diabetes in Children and Adolescents 9
Prevention – the Reality and the Challenge 10
References 10

2 Type 2 Diabetes Mellitus: Primary and Secondary Prevention
The Vision of the International Diabetes Federation 15
Pierre Lefèbvre
Introduction 15
Primary Prevention of Type 2 Diabetes Mellitus 16
Prevention of Complications of Type 2 Diabetes Mellitus 17
The Global Issue 18
References 19

3 Type 2 Diabetes Mellitus in Children and Adolescents 21
Thomas Reinehr and Martin Wabitsch
Introduction 21
Pathophysiology of Type 2 Diabetes Mellitus in Children and Adolescents 22
Epidemiology of Type 2 Diabetes Mellitus in Children and Adolescents 23
Clinical Presentation of Type 2 Diabetes Mellitus in Children and Adolescents 25
Clinical Features of Caucasian Children with Type 2 Diabetes Mellitus 25
Differential Diagnosis of Type 2 Diabetes Mellitus in Children and Adolescents 27
SECTION 2  SCREENING FOR TYPE 2 DIABETES  41

4  Screening for Undiagnosed Diabetes:

Whom, Where, When and How  43

Tim Kenealy, Bruce Arroll and Peter Müller

Undiagnosed Diabetes and Its Harms  43
The Rate of Undiagnosed Diabetes in New Zealand  43
Should We Screen for Diabetes?  45
Theory of Screening  48
Screening Theories are Difficult to Apply to Diabetes: Implications of the Diagnostic Criteria for Screening Decisions  55
Current Recommendations, New Zealand and International  56
Current Practice in New Zealand  56
Studies of Practical Screening in New Zealand  57
Systematic Opportunistic Screening in General Practice  58
Who to Test: Which Groups are at Relatively High Risk?  59
How to Test: Specific Screening Tests and cut-off Values?  62
Screening Intervals  71
Difficulty Applying Recommendations to Individual Patients  71
Screening Algorithms for Asymptomatic People  72
Summary  72
References  73

5  Genetic Screening and Prevention of Type 2 Diabetes  81

Paolo Pozzilli

Introduction  81
Lessons from Type 1 Diabetes for Genetic Screening  83
Methods for Early Prediction of Type 1 Diabetes and Prevention Strategies  84
Type 2 Diabetes: Where do We Stand as regards Genetic Screening  85
Genes that are Identified with a Predisposition to Type 2 Diabetes: the New Scene  86
How can We Track the Prediabetes Period using Genetic Markers?  87
Genetic Screening for MODY and Potential Preventive Strategy  88
Conclusion  90
Acknowledgements  91
References  91
6 Screening Parameters and Techniques: Limitations and Opportunities
Knut Borch-Johnsen and Charlotte Glümer

The Epidemiology of Type 2 Diabetes 94
What is Screening and How do We Evaluate a Screening Test? 95
Screening Strategies 96
Who Should be Screened – Targeted Screening Strategies Based on Phenotypical Characteristics? 99
Limitations, Perspectives and Recommendation 99
References 101

7 Screening for Diabetes Mellitus – the World Health Organization Perspective
Gojka Roglic, Rhys Williams and Stephen Colagiuri

Introduction 105
Formulating Policies on Screening for Type 2 Diabetes 109
Widening the Evidence Base 112
Implementing Policies on Screening for Type 2 Diabetes 117
Conclusions and Recommendations 117
References 120

SECTION 3 PREVENTION OF TYPE 2 DIABETES 125

8 Findings from Preventive Type 2 Diabetes Trials
Markolf Hanefeld

The ‘Common Soil’ Hypothesis – a Rationale for Preventive Measures in Subjects with IGT 128
Lifestyle Trials with Prevention of Diabetes as Primary Objective 130
Pharmacological Trials with Prevention of Diabetes as Primary Objective 132
Coronary Heart Disease Prevention Trials with Prevention of Diabetes as the Secondary Objective 138
Studies for Primary Prevention of Diabetes in Progress 140
Is Impaired Glucose Tolerance (IGT) a Disease? 142
Who Should be Treated (and How)? 145
Do We Treat Type 2 Diabetes too Late? 146
References 147

9 A Paradigm Shift is Needed in the Primary Prevention of Type 2 Diabetes
Jaakko Tuomilehto

Primary Prevention of Type 2 Diabetes – the Current Paradigm 153
Re-Defining the Paradigm of Primary Prevention of Type 2 Diabetes 155
New Paradigm – A Population Approach for Prevention of Type 2 Diabetes 155
New Paradigm – Who is at High Risk? 156
New Paradigm – True Primary Prevention: Targeting People Before Their Blood Glucose Values are Abnormal 158
New Paradigm – Prevention of Complications of Type 2 Diabetes 
by Preventing Type 2 Diabetes Itself 159
New Paradigm – How could Money for Diabetes Care be Allocated 
in a More Efficient Way? 161
Comment 162
References 165

10 The Behaviour Change Process 169
   Frank J. Snoek and Richard R. Rubin
   Introduction 169
   Readiness to Change 170
   Goal Setting 172
   Supporting Behaviour Change 172
   Changes and Maintenance 173
   Implications 175
   References 176

SECTION 4 PREVENTION OF COMPLICATIONS OF TYPE 2 DIABETES 179

11 Preventive Disease Management – Risk Stratification 
as a New Tool in the Hands of General Practitioners 181
   Thomas Konrad
   Chronic Diseases, Health-Care Systems, Internet and Economic Burden: 
   From Intervention to Prevention 181
   Basics of Preventive Medicine: Risk Stratification, Genetic 
   Testing and Information 183
   Principles of Assessment of Risk Factors in Clinical Practice for 
   Cardiovascular Diseases and Diabetes Mellitus Type 2: Consequences 
   for the Individual Life 185
   Preventive Disease Management for Diabetes Mellitus Type 2 and 
   Cardiovascular Diseases: Phenotyping – the Early Detection of 
   Insulin Resistance and Endothelial Dysfunction 189
   Integrative Preventive Care: Community-Based Strategy to 
   Avoid Chronic Diseases 193
   Summary 197
   References 198

12 Prevention of Obesity and Lipid Disorders 203
   Hermann Liebermeister
   Reasons for Prevention 203
   Problems in Prevention 212
   Community-Based Prevention Studies 216
   Promoting Physical Activity 218
   Workside Interventions in Adults 220
CONTENTS

Specific Weight Gain Prevention Trials in Adults 220
Prevention of Diabetes and Obesity 222
Prevention of Lipid Disorders 227
Perspectives of Obesity and Dyslipidaemia Prevention 230
Acknowledgement 234
References 235

13 Renal Dysfunction and Hypertension, Focus on Type 2 Diabetes 245
Carl Erik Mogensen
Introduction 245
Historical Aspects 246
Evaluation of Diabetic Renal Disease and Classification 246
Diagnostic Procedures 249
Prevention 251
Treatment Strategy 252
Treatment in Overt Diabetic Renal Disease 255
Recent Treatment Guidelines for Patients with Diabetes Mellitus with Focus on Hypertension 257
The Dual- or Triple- Jeopardy Concept 257
Goals for Blood Pressure 258
Old and Very New Guidelines 258
Screening for Microalbuminuria 259
Prevention and Intervention Related to Type 2 Diabetes 261
Summary 263
References 263

14 Diabetic Retinopathy in the 21st Century: Screening and Visual Outcomes 271
Ayad Al-Bermani and Roy Taylor
Introduction 271
Epidemiology 272
Good Glycaemic Control 272
Good Blood Pressure Control 272
Other Risk Factors 273
Screening 273
Effect of Screening Upon Rates of Blindness 277
Treatment of Diabetic Retinopathy 278
Panretinal Photocoagulation 278
Treatment of Macular Oedema 280
Vitrectomy 280
Summary 282
References 282

15 Prevention and Treatment of Diabetic Neuropathy 285
Anders A. F. Sima
Introduction 285
Clinical Presentation and Classification of DPN 286
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pathogenetic Mechanisms</td>
<td>288</td>
</tr>
<tr>
<td>Tested Therapies</td>
<td>292</td>
</tr>
<tr>
<td>Future Therapeutic Opportunities</td>
<td>296</td>
</tr>
<tr>
<td>Concluding Thoughts</td>
<td>300</td>
</tr>
<tr>
<td>References</td>
<td>301</td>
</tr>
<tr>
<td>16 The Cardiologist’s View: Prevention of Macrovascular Complications</td>
<td>313</td>
</tr>
<tr>
<td>Michael Faust, Sabine Wiedenmann and Reinhard Griebenow</td>
<td></td>
</tr>
<tr>
<td>Prevalence of Cardiovascular Complications in Patients with Diabetes Mellitus</td>
<td>313</td>
</tr>
<tr>
<td>Occurrence of Diabetes in Patients with Cardiovascular Disease</td>
<td>315</td>
</tr>
<tr>
<td>Prognosis and Course of Coronary Heart Disease in Diabetic Patients</td>
<td>315</td>
</tr>
<tr>
<td>Explanatory Models for the Particular Fatal Course of Coronary Heart Disease in Diabetic Patients</td>
<td>316</td>
</tr>
<tr>
<td>Cardiovascular Complications – Preventive and Therapeutic Options</td>
<td>317</td>
</tr>
<tr>
<td>Interventional Revascularization</td>
<td>319</td>
</tr>
<tr>
<td>Procedure in Critical Ischaemia</td>
<td>320</td>
</tr>
<tr>
<td>References</td>
<td>320</td>
</tr>
<tr>
<td>17 Milestones and New Perspectives in Prevention of Type 2 Diabetes and its Complications</td>
<td>325</td>
</tr>
<tr>
<td>Carl Erik Mogensen</td>
<td></td>
</tr>
<tr>
<td>Classification of Diabetes</td>
<td>325</td>
</tr>
<tr>
<td>Insulin Treatment with Focus on Euglycemia in Type 2 Diabetic Patients</td>
<td>327</td>
</tr>
<tr>
<td>Sulphonylurea (SU) Preparations</td>
<td>329</td>
</tr>
<tr>
<td>Metformin</td>
<td>330</td>
</tr>
<tr>
<td>Glitazones</td>
<td>330</td>
</tr>
<tr>
<td>The Metabolic Syndrome</td>
<td>331</td>
</tr>
<tr>
<td>Home Monitoring of Blood Glucose</td>
<td>331</td>
</tr>
<tr>
<td>Glycated Haemoglobin</td>
<td>332</td>
</tr>
<tr>
<td>Diabetes Nurses, ‘Diabetes School’ and Dietary Help</td>
<td>332</td>
</tr>
<tr>
<td>Laser Treatment of Retinopathy, including Maculopathy, in Type 2 Diabetes</td>
<td>333</td>
</tr>
<tr>
<td>Diabetic Foot Care and Related Neuropathy</td>
<td>333</td>
</tr>
<tr>
<td>High Blood Pressure: Blood Pressure Lowering and Microalbuminuria</td>
<td>333</td>
</tr>
<tr>
<td>Lipid-Lowering Agents; Focus on Type 2 Diabetes</td>
<td>335</td>
</tr>
<tr>
<td>The Diet of Diabetic Patients</td>
<td>336</td>
</tr>
<tr>
<td>Multi-Factorial Intervention with Treatment Goals</td>
<td>336</td>
</tr>
<tr>
<td>Neuropathy</td>
<td>336</td>
</tr>
<tr>
<td>Conclusion</td>
<td>337</td>
</tr>
<tr>
<td>References</td>
<td>338</td>
</tr>
<tr>
<td>Index</td>
<td>343</td>
</tr>
</tbody>
</table>