Index

Page numbers in *italics* indicate figures and tables

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>abdominal binders</td>
<td>343</td>
</tr>
<tr>
<td>abortion</td>
<td>259</td>
</tr>
<tr>
<td>acanthosis nigricans</td>
<td>198, 360</td>
</tr>
<tr>
<td>acarbose</td>
<td>54</td>
</tr>
<tr>
<td>ACE inhibitors</td>
<td>202, 204, 206, 296, 298, 303–305</td>
</tr>
<tr>
<td>acetaminophen</td>
<td>341</td>
</tr>
<tr>
<td>acetone breath</td>
<td>362</td>
</tr>
<tr>
<td>Action to Control Cardiovascular Risk in Diabetes (ACCORD)</td>
<td>297</td>
</tr>
<tr>
<td>activity, weight management</td>
<td>162</td>
</tr>
<tr>
<td>adherence assessment</td>
<td>414–418</td>
</tr>
<tr>
<td>gestational diabetes</td>
<td>289, 290</td>
</tr>
<tr>
<td>type 1 diabetes</td>
<td>250–252</td>
</tr>
<tr>
<td>type 2 diabetes</td>
<td>148–149</td>
</tr>
<tr>
<td>adhesive capsulitis</td>
<td>362</td>
</tr>
<tr>
<td>Adjust DecisionPath</td>
<td>12–15, 44</td>
</tr>
<tr>
<td>adjust phase</td>
<td>7</td>
</tr>
<tr>
<td>adolescents, see children and adolescents</td>
<td></td>
</tr>
<tr>
<td>advanced glycosylation end products (AGEs)</td>
<td>338</td>
</tr>
<tr>
<td>diabetic neuropathy</td>
<td></td>
</tr>
<tr>
<td>African-Americans</td>
<td></td>
</tr>
<tr>
<td>acanthosis nigricans</td>
<td>360</td>
</tr>
<tr>
<td>gestational diabetes</td>
<td>257, 263</td>
</tr>
<tr>
<td>hypertension</td>
<td>297, 302</td>
</tr>
<tr>
<td>nephropathy</td>
<td>206</td>
</tr>
<tr>
<td>type 2 diabetes risk</td>
<td>83, 89, 169</td>
</tr>
<tr>
<td>Alaskan Natives</td>
<td></td>
</tr>
<tr>
<td>gestational diabetes</td>
<td>257, 263</td>
</tr>
<tr>
<td>type 2 diabetes risk</td>
<td>89, 169</td>
</tr>
<tr>
<td>albumin/creatinine ratio</td>
<td>206</td>
</tr>
<tr>
<td>albuminuria, diabetic nephropathy</td>
<td>322–324, 324</td>
</tr>
<tr>
<td>alcohol consumption, metformin</td>
<td>53</td>
</tr>
<tr>
<td>aldose reductase inhibitors, diabetic neuropathy</td>
<td>338</td>
</tr>
<tr>
<td>α-blockers</td>
<td>303, 306</td>
</tr>
<tr>
<td>alpha-glucosidase inhibitors</td>
<td>54</td>
</tr>
<tr>
<td>contraindications</td>
<td>54</td>
</tr>
<tr>
<td>gastrointestinal side effects</td>
<td>54</td>
</tr>
<tr>
<td>glucose lowering effect</td>
<td>54</td>
</tr>
<tr>
<td>insulin and</td>
<td>139</td>
</tr>
<tr>
<td>intestinal disease</td>
<td>54</td>
</tr>
<tr>
<td>lactation</td>
<td>54</td>
</tr>
<tr>
<td>liver disease</td>
<td>54</td>
</tr>
<tr>
<td>pregnancy</td>
<td>54</td>
</tr>
<tr>
<td>renal disease</td>
<td>54</td>
</tr>
<tr>
<td>ALT monitoring, thiazolidinediones</td>
<td>54</td>
</tr>
<tr>
<td>ambulatory glucose profiles</td>
<td>70–71, 71</td>
</tr>
<tr>
<td>American Indians</td>
<td></td>
</tr>
<tr>
<td>gestational diabetes</td>
<td>257, 263</td>
</tr>
<tr>
<td>hypertension</td>
<td>297</td>
</tr>
<tr>
<td>nephropathy</td>
<td>206</td>
</tr>
<tr>
<td>type 2 diabetes</td>
<td>80, 83, 89, 95, 157, 169</td>
</tr>
<tr>
<td>thighsy genes</td>
<td>80, 157</td>
</tr>
<tr>
<td>aminoguanidine, diabetic neuropathy</td>
<td>338</td>
</tr>
<tr>
<td>amitriptyline</td>
<td>343</td>
</tr>
<tr>
<td>aminocentesis</td>
<td>288</td>
</tr>
<tr>
<td>Ancillary DecisionPaths</td>
<td>13, 44–45</td>
</tr>
<tr>
<td>angiotensin II receptor blockers</td>
<td>202, 299, 303, 305</td>
</tr>
<tr>
<td>annual comprehensive review</td>
<td>420</td>
</tr>
<tr>
<td>anorexia, metformin</td>
<td>52</td>
</tr>
<tr>
<td>Antihypertensive and Lipid-Lowering Treatment to Prevent Heart Attack Trial (ALLHAT)</td>
<td>304</td>
</tr>
<tr>
<td>antioxidants, cardiovascular disease</td>
<td>314</td>
</tr>
<tr>
<td>Appropriate Blood Pressure Control in Diabetes Trial, 329</td>
<td></td>
</tr>
<tr>
<td>Asian-Americans, type 2 diabetes</td>
<td>80, 169</td>
</tr>
<tr>
<td>Asians</td>
<td></td>
</tr>
<tr>
<td>gestational diabetes</td>
<td>257, 263</td>
</tr>
<tr>
<td>type 2 diabetes risk</td>
<td>83, 89, 169</td>
</tr>
<tr>
<td>aspart</td>
<td>56, 57</td>
</tr>
<tr>
<td>gestational diabetes</td>
<td>283</td>
</tr>
</tbody>
</table>
INDEX

hypertension, 297–299
insulin resistance, 297–299
multifactorial approach to prevention, 297
nutritional therapy, 314–315
risk, 295–296
cardiovascular fitness, type 2 diabetes, 111
children and adolescents, 164
care providers, 36
care team, 17–18
caries, 363
carpal tunnel syndrome, 338
casual plasma glucose
blood glucose control evaluation, 73
screening test, 89
type 1 diabetes, 219, 221
cataracts, 328
Caucasians, diabetes risk, 83
cephalosporin, 344
Certified Diabetes Educator, 18, 146, 241
“champion”, 33, 35
chart audit, 29–32
benefits, 29
form, 31, 32, 396, 397
interview, 32
permission, 29–30
review charts, 31–32
select charts, 30
summarize results, 32
write report, 32
children and adolescents
body mass index, 159, 161, 162
co-empowerment, 215
dyslipidemia, 198, 208–211
bile acid sequestrants, 208, 210, 211
diagnosis, 208
ezetimibe, 211
follow-up, 209
medical nutrition therapy, 208–210
monitoring, 209
practice guidelines, 208–209
risk factors, 208
screening, 208
statins, 208
targets, 208
treatment options, 208
educational assessment, 214–215
hypertension, 198–205
ACE inhibitors, 202, 204, 205
angiotensin II receptor blockers, 202
beta-blockers, 202, 205
calcium channel blockers, 202, 205
diagnosis, 199–202
diuretics, 202, 205
drug therapy, 203–205
follow-up, 203
medical nutrition therapy, 202
monitoring, 203
practice guidelines, 199–203
risk factors, 199

aspirin
  cardiovascular disease, 314
diabetic retinopathy, 336
pain management, 341
atherosclerotic disease
dyslipidemia, 299
hyperinsulinemia, 123–124
athlete’s foot, 361
ATP-sensitive potassium channel, 51, 52
autonomic neuropathy, 337, 340
basal energy expenditure (BEE), 104, 105
behavioral issues and assessment
gestational diabetes, 288
type 1 diabetes, 250–254
type 2 diabetes, 148–152
Bell’s palsy, 338
benchmarks, 23
β-blockers, 202, 205, 303, 304, 306
β-cells
  exhaustion, 82, 86
type 2 diabetes, 80
bethanechol, 347
biguanides, 52–53
bile acid sequestrants, 208, 210, 211, 313, 345
blindness, 326
blood glucose control evaluation, 65–74
ambulatory glucose profiles, 70–71, 71
casual plasma glucose, 73
continuous glucose monitoring, 68–70
fasting plasma glucose, 73
fructosamine, 73
HbA1c, 65, 72–73
ketones, 74
self-monitored blood glucose, 65–67
single standard/guideline, 7, 39
board-certified endocrinologist, 18
body fat distribution, 81–82
body mass index (BMI), 103, 400
children and adolescents, 159, 161, 162
breastfeeding, see lactation
C-peptide, 92, 169
C-reactive protein, macrovascular disease, 296
calcium channel blockers, 202, 205, 303, 304, 306
call to action, 36
caloric requirement, 104, 105, 277
Calories, 106
candidiasis, 363
capsaicin creams, 341
carbarnazepine, 343
carbohydrate counting, 105, 176, 246, 409
cardiovascular disease
  antioxidants, 314
  aspirin, 314
  fish oil therapy, 315
  folate supplementation, 315
  hormone replacement therapy, 314
screening, 199
targets, 202
treatment options, 202
chlorpropamide, 304
chlorthalidone, 304
cholesterol, total, 308
cholestyramine, 208, 345
classification system, 35
clonidine, 344, 345
clofibrate lozenge, 363
coop-empowerment
children and adolescents, 215
gestational diabetes, 292
type 1 diabetes, 254
type 2 diabetes, 152
colesevelam, 208
colestipol, 208
co-management, 42–43
type 1 diabetes, 235
type 2 diabetes, 140
combination therapies, 84–85
failure of, 123
with incretins, 84
with secretagogue, 84
with sensitizers, 84
community diabetes care needs assessment, 27–32, 386–395
community goals, 35
complications, 5–6
acute, 141–143
type 1 diabetes, 239–241
DecisionPaths, 15
medical nutrition therapy, 50
surveillance, 97, 173, 224
treatment phases, 7
type 2 diabetes, 141–143
confidentiality statement, 30
congenital malformations, 259
congestive heart failure
metformin, 53
thiazolidinediones, 54
connective tissue complications, 360, 362
consensus, 27, 33–35, 252, 254
building, 37
goals, 35
constipation, 343
continuous glucose monitoring, 68–70
coordinators, 33
costs
diabetes, 34
patient education, 48
cranial neuropathy, 337
creatinine clearance, diabetic nephropathy, 323
customization
Master DecisionPaths, 41–42
practice guidelines, 37
Staged Diabetes Management, 35–45
dawn phenomenon, 133
defects, diabetes-related, 22
DecisionPaths, 4, 10–15
define–measure–analyze–improve–control (DMAIC) model, 47
diabetes care, changing perspective, 19–22
diabetes care system, current health care system, 28
diabetes care team, 17–18
Diabetes Control and Complications Trial (DCCT), 7, 19–21, 223, 320, 338
diabetes education, 403–405
type 1 diabetes, 228, 241–244
type 2 diabetes, 145–146
diabetes educator, 18
diabetes management
current health care system, 28
improvement initiatives, 23
Diabetes Management Assessment DecisionPaths, 15
Diabetes Physician Recognition Program (DPRP), 23
Diabetes Prevention Program (DPP), 86
diabetes specialist, 18, 140
diabetes therapy, changes in, 374
diabetic amyotrophy, 338
diabetic constipation, 343
diabetic diarrhea, 340, 343, 345
diabetic ketoacidosis (DKA), 239–240
hospitalization, 374–377
insulin therapy, 43
type 1 diabetes, 218
diabetic nephropathy, 319–326
albuminuria, 322–324, 324
changes in diabetic therapy, 325
clinical manifestations, 321
creatinine clearance, 323
diagnosis, 322–324
dyslipidemia, 321, 326
glomerular filtration rate, 323
hyperglycemia, 320–321
hypertension, 321, 325–326
impact, 319–320
diabetic nephropathy (contd.)
incipient, 320
oral agent selection, 325
overt, 319
pathogenesis, 320
practice guidelines, 321–326
protein-reduced diets, 326
screening, 322–324
treatment, 324–326
diabetic neuropathy, 337–347
advanced glycosylation end products (AGEs), 338
aldose reductase inhibitors, 338
aminoguanidine, 338
autonomic neuropathy, 337, 340
clinical manifestations, 338
co-morbidity, 347
cranial, 337
diagnosis, 340
diffuse, 337
distal symmetrical sensorimotor polyneuropathy (DSSP), 337, 338, 340, 342
femoral, 338
focal, 337, 340
hyperglycemia, 338
impact, 337
microvascular insufficiency, 338
pain management, 341, 343
pathophysiology, 338
practice guidelines, 338–347
screening, 340
treatment, 340–347
types, 337–338
diabetic radiculopathy, 338
diabetic retinopathy, 327–328
aspirin, 336
clinical manifestations, 329
diagnosis, 330–331
dyslipidemia, 329
fluorescein angiography, 335
hyperglycemia, 328–329
hypertension, 329
laser photocoagulation, 335
focal, 335
panretinal, 336
macular edema, 327, 335
neovascularization, 327, 334
new vessels elsewhere (NVE), 327
new vessels on disc (NVD), 327
nonproliferative, 327, 333–335, 333
practice guidelines, 329–336
proliferative, 327, 334, 335
pupil dilation, 331
referral to ophthalmologist, 331
retinal detachment, 331
screening, 330–331
treatment, 331–336
vitrectomy, 336
vitreous hemorrhage, 328, 334
Diabetic Retinopathy Vitrectomy Study Research Group, 336
diabetic scleradema, 361
diabetic shin spots, 361
diabetologist, 18
diagnosis, practice guidelines, 38
diagnostic criteria, 23
diabetes, 304
diabetes mellitus, 22
diabetes mellitus, type 1, 21
diabetes mellitus, type 2, 22
early treatment of diabetic retinopathy study (ETDRS), 329–334
elderly, metformin, 53
electronic media, information provision, 36–37
end-stage renal disease, 319–320
endurance, 147
Early Treatment of Diabetic Retinopathy Study (ETDRS), 329, 335, 336
eating disorders, type 1 diabetes, 254
edema, thiazolidinediones, 54
educational assessment, children and adolescents, 214–215
eicosapentaenoic acid (EPA), 315
elastic stockings, 343
elderly, metformin, 53
electronic media, information provision, 36–37
end-stage renal disease, 319–320
endurance, 147
Epidemiology of Diabetes Interventions and Complications (EDIC) study, 19–21
erectile impotence, 347
eruptive xanthoma, 361
erythromycin, 343
erythromycin, 343
erythromycin, 343
ethnicity
acanthosis nigricans, 360
gestational diabetes, 257, 263
hypertension, 297, 302
nephropathy, 206
thrifty genes, 80, 157
type 1 diabetes, 219
type 2 diabetes, 80, 157, 169
exchange lists, 106
exenatide, 55
type 2 diabetes, 120–123
exercise/activity, 411, 412
adherence, 418
children and adolescents, 164–165
education, 146–148, 413
gestational diabetes, 49–50, 273–275
medical nutrition therapy and, 49
type 1 diabetes, 245, 250, 251, 252
type 2 diabetes, 49–50, 86, 94, 98, 106, 109–111, 111, 117
eye complications, 326–336
blindness, 327
impact, 327
insulin injections, 336
self-monitored blood glucose, 336
types, 327–328
fibrozimbe, 211
failure to thrive, 219
fast foods, 163, 166
fasting plasma glucose
blood glucose control evaluation, 73
diagnosis, 23, 91, 221
fecal incontinence, 346
femoral neuropathy, 338
fetal anomalies, 259
fetal assessment, 288
fetal growth, 259
fetal macrosomia, 159
fiber, 50, 346
fibric acid, 311, 313
Finnish Diabetes Prevention Study, 86
fish oil therapy, cardiovascular disease, 315
fitness evaluation, type 2 diabetes, 147, 148
flexibility, 147
fluconazole tablets, 363
fluadocortisone, 343
fluorescein angiography, 335
fluphenazine, 343
folate supplementation, cardiovascular disease, 315
follow-up, 41
food choices, 410
food plans, 50
adherence, 415
gestational diabetes, 271–273
type 1 diabetes, 244–245
children and adolescents, 175–176
foot complications, 347–360
clinical manifestations, 348
diagnosis, 348–351
high-risk feet, 354–356
low-risk feet, 351–354
pathogenesis, 347–348
practice guidelines, 348–360
screening, 348–351
Semmes-Weinstein monofilament testing, 348
tuning fork testing, 350–351
ulcers, 356–360
vibration sensation, 350–351
Framingham Heart Study, 295
free fatty acids, 81
frozen shoulder, 362
fructosamine, 41, 73
fruits, 166
gabapentin, 343
gastrointestinal side-effects
alpha-glucosidase inhibitors, 54
metformin, 52
gastroparesis, 343, 344
genetic predisposition, genitourinary autonomic neuropathy, 340, 347
gestational diabetes mellitus (GDM)
adherence assessment, 289, 290
behavioral issues and assessment, 288
blood glucose target, 39
classification, 37
coe-empowerment, 292
delivery time decision, 268
detection and treatment, 262
diagnosis, 263–266
ethnicity, 257, 263
etiology, 258–259
exercise, 49–50, 273–275
fetal assessment, 288
follow-up, 268
food planning, 271–273
glucose monitoring, 275
glyburide, 266, 280–282
HbA1c, 39, 41, 65, 275
incidence, 22
infant follow-up, 268
insulin therapy, 266, 282–287
insulin analogs, 283
Insulin Stage, 5, 283–287
Physiologic Insulin Stage, 286–287
Master DecisionPath, 268–287
medical nutrition therapy, 266, 271–280
monitoring, 267
gestational diabetes mellitus (GDM) (contd.)
nutrient composition, 273
obesity, 276–277
patient education, 271, 272, 273
postpartum follow-up, 268
postpartum visit, 288
practice guidelines, 263–268
prevalence, 257
prevention, 259–260
psychological assessment, 289–292
review and update process, 5
screening, 263, 265, 266
screening and diagnosis DecisionPath, 265
self-monitored blood glucose, 39, 66, 267, 275
social assessment, 289–292
targets, 266–267
treatment, 21
options, 266
selection, 270–271
type 2 diabetes risk, 89, 259–260
urine ketones, 268
gingival bleeding, 362
glargine, 56, 59
glaucoma, 328
glimepiride, 51, 113
glipizide, 51, 113
glomerular filtration rate, 323
glucagon, hypoglycemia, 140, 240, 372

glucose
intravenous, 372
toxicity, 80, 82, 100, 118, 123, 126

glucose control, single standard/guideline, 7. See also
blood glucose control evaluation
GLUT, 64
gliburide, 51, 113
contraindications, 280
gestational diabetes, 280–282
glycemic control
cardiovascular disease risk, 295
hospitalization, 370–378
glycosylated hemoglobin (HbA1c)
blood glucose control evaluation, 65, 72–73
clinical decision making, 40, 72–73
correlation with self-monitored blood glucose, 72, 96
frequency of testing, 39, 73
gestational diabetes, 65, 275
goal, 7, 13
self-monitored blood glucose with, 39, 41
therapy efficacy, 40, 43, 73
type 1 diabetes, 7, 39, 238
type 2 diabetes, 7, 39, 91, 107, 117, 170
goals
community, 35
consensus, 35
group education, 48
group formation, 33
growth, type 1 diabetes, 224

INDEX
Harris–Benedict equation, 104
Hawaiian Natives
gestational diabetes, 257, 263
type 2 diabetes risk, 89, 169
HbA1c, see glycosylated hemoglobin
HDL cholesterol, 208, 210, 211, 308
Heart and Estrogen/Progestin Replacement Study, 314
height measurement, 245
hemoglobinopathy, 182
hepatic dysfunction
metformin, 53
sulfonylureas, 52
hepatic glucose, type 2 diabetes, 81, 82
hepatic insulin resistance, 82
hepatitis, thiazolidinediones, 54
Hispanics
acanthosis nigricans, 360
gestational diabetes, 257, 263
hypertension, 302
type 2 diabetes, 83, 89, 156, 169
HMG-CoA reductase inhibitor, 296, 311, 313
homocysteine, 315
honeymoon period, 225, 238
hormone replacement therapy, cardiovascular disease,
314
hospitalization, 369–383
clinical concerns, 370
DecisionPaths, 15
diabetic ketoacidosis, 374–377
glycemic control, 370–378
hyperglycemic hyperosmolar syndrome, 377–378
hypoglycemia, 371–373
illness, 378–380
impact, 369–370
infection, 378
myocardial infarction, 378
practice guidelines, 370
stroke, 378
surgery, 380–383
emergency, 383
planned, 381–383
post surgery, 383
human placental lactogen, 258
hyperglycemia
detection, 299–300
diabetic nephropathy, 320–321
diabetic neuropathy, 338
diabetic retinopathy, 328–329
metabolic syndrome, children and adolescents, 198
pregnancy, 257–259
treatment, 299–300
type 2 diabetes, 141
hyperglycemic hyperosmolar syndrome, 141
hospitalization, 377–378
hyperinsulinemia-induced atherogenesis, 124
hyperlipidemia
clinical manifestations, 308
defined, 299
diagnosis, 307
INDEX

staged management, 307–313
treatment of, 309
hypertension, 297
ACE inhibitors, 202, 204, 205, 298, 303, 304
α-blockers, 303
angiotensin II receptor blockers, 202, 299, 303, 305
β-blockers, 202, 205, 303, 304
calcium channel blockers, 202, 205, 303
cardiovascular disease, 297–299
changes in diabetes therapy, 303
children see under children and adolescents
clinical manifestations, 302
detection, 299–300
diabetic nephropathy, 321, 325–326
diabetic retinopathy, 329
diagnosis, 199–202, 298, 301
diuretics, 202, 205, 303, 304
drug therapy, 203–205, 305–306
ethnicity, 297, 302
lifestyle modification, 305
medical nutrition therapy, 202, 305
proteinuria, 305
practice guidelines, 199–203, 300–301
self-monitored blood pressure, 301
staged management, 301–307
starting treatment, 302–305
treatment, 298–300, 325–326
type 1 diabetes/type 2 diabetes differences, 298
“white coat”, 301
hypoglycemia
DecisionPaths, 141, 401, 402
glucagon for, 140, 240, 372
hospitalization, 371–373
insulin therapy, 124, 140, 185
meglitinides, 52
metformin, 52
sulfonylureas, 51
thiazolidinediones, 54
type 1 diabetes, 240
type 2 diabetes, 141–143

ibuprofen, 341
illness
changes in diabetes therapy, 378
hospitalization, 378–380
type 1 diabetes, 240
type 2 diabetes, 143
imipramine, 343
immediate response, 127, 187, 229
impaired fasting glucose (IFG), 23, 82
impaired glucose homeostasis, 82, 83, 92–95, 170
children and adolescents, 170
diagnostic criteria for, 91
pregnancy, 257, 258
impaired glucose tolerance (IGT), 23, 82
implementation, 45
impotence, 347
infection, hospitalization, 378
inflammation, macrovascular disease, 296
information provision, 36–37
informed consent, 29
insulin/insulin therapy, 56–64
acarbose and, 119, 139
action, 56–64
action times, 56
adjustment guidelines, 44
alpha-glucosidase inhibitors and, 139
aspart, 56, 57, 283
children, 155, 185–196
combined with oral agents, 54, 119–120
diabetic ketoacidosis, 43
dose, 44
gestational diabetes, 282–287
glargine, 56, 59, 283
hypoglycemia, 124, 140, 185
immediate therapy, 43
infusion pump, 56, 64, 236
inhaled, 56–58
intermediate-acting, 59
lispro, 56, 57, 283
long-acting analog, 56, 59
medical nutrition therapy and, 125, 130
metformin and, 64, 119, 120, 139, 183–184
mixed, 59
prolonged intermediate-acting, 59
rapid-acting analogs, 57
regular, 57
self-monitored blood glucose schedule, 65
short-acting, 58
split-mixed, 59
stage numbers, 6, 60–64. See also specific Insulin Stages
thiazolidinediones and, 64, 119, 120, 138
timeline to reach glycemic control, 42
type 1 diabetes see under type 1 diabetes
type 2 diabetes see under type 2 diabetes
ultralente, 59
visual impairment, 336
weight gain, 123–124, 185
Insulin levels, 92
insulin receptor substrates (IRS-1, 2 and 3), 81
insulin receptors, 81
insulin resistance
body fat distribution, 81–82
cardiovascular disease, 297–299
information provision, 36–37
needs assessment, current health care system, 28–29
obesity, 81
treatment phases, 7
type 2 diabetes, 80–81, 97
insulin resistance syndrome, see metabolic syndrome
insulin secretagogues, 51, 52
insulin sensitizers, 52, 53
Insulin Stage, 6, 60–64
gestational diabetes, 283–287
type 1 diabetes, 225–238
Insulin Stage (contd.)
  type 2 diabetes, 127, 128–138
  children and adolescents, 188–194
Insulin therapies, 85
  Stage 2 insulin (mixed), 128–131
  Stage 3 insulin (mixed), 131–136
  Stage 4 insulin (basal/bolus), 136–138
  type 2 diabetes, 123–128
intensive therapy, 19–22, 157
interleukin-6, macrovascular disease, 296
International Classification of Diseases (ICD9-CM),
type 2 diabetes, diagnostic codes, 31
intestinal disease, alpha-glucosidase inhibitors, 54
joint mobility, 360
ketone monitoring, 41, 74. See also urine ketones
kidney, see renal disease
Kroc Study, 328
laboratory data review, 32
lactation
  alpha-glucosidase inhibitors, 54
  metformin, 53
lactic acidosis, biguanides, 53
laser photocoagulation, 335
  focal, 335
  panretinal, 336
latent autoimmune diabetes of adults (LADA), 126,221,224
Latinos, type 2 diabetes, 169
LDL cholesterol, 208, 209, 308, 310, 311
lifestyle modification
dyslipidemia, 310
  hypertension, 305
limited joint mobility, 360
lipo toxicity, 80
lispro, 56, 57
gestational diabetes, 283
liver disease, oral agents, 54, 98, 113
local diabetes associations, lay members, 33
loperamide, 343
losartan, 305
macrolubuminuria, 206
macronutrients, type 1 diabetes, 245
macrovascular disease, 295–315
macular edema, 327, 335
maintain phase, 7
malnourishment-related diabetes, 170
Master DecisionPaths, 10
gestational diabetes, 268–287
  metabolic syndrome, children and adolescents, 198
  sharing, 43

INDEX
  type 1 diabetes, 225–238
  type 2 diabetes, 97–138
  children and adolescents, 173–196
  weight management, children and adolescents, 163,
  165
  maturity onset diabetes in youth (MODY), 170
  medical emergencies, type 2 diabetes, 88
  children and adolescents, 169
  medical nutrition therapy (MNT), 49–50
  blood glucose effects, 49
  children and adolescents, 174–180
  complications, 50
dyslipidemia, 208, 210, 311
  exercise and, 49
  functions, 49
  gestational diabetes, 266, 271–280
  hypertension, 202, 305
  insulin therapy and, 125, 130
  self-monitored blood glucose, 50
timeline to reach glycemic control, 42
  type 1 diabetes, 227
  education, 244–250
type 2 diabetes, 98, 101–111
  medical visit DecisionPath, 398, 399
  medication adherence, 416
meglitinides, 52
memory based reflectance meter, 39
metabolic syndrome, 22–23, 83, 87, 197–215
  assessment, 197–198
  chart review, 32
  children see under children and adolescents
  DecisionPaths, 15
  identification criteria, 22
  Master DecisionPath, 198
  renal disease, 321
  risk factors, 22
metformin
  addition of insulin, 182
  alcohol consumption, 53
  anorexia, 52
  children and adolescents, 157, 171, 173, 181–184
  clinically effective dose, 52
  congestive heart failure, 53
  contraindications, 53
  elderly, 53
  extended release formula, 52–53
  gastrointestinal side effects, 52
  glucose lowering effect, 52
  hepatic dysfunction, 53
  hypoglycemia, 52
  initiation of, 181
  insulin and, 64, 119, 120, 139, 183–184
  lactation, 53
  lactic acidosis, 53
  mechanism of action, 52
  polycystic ovary syndrome, 53, 54, 213, 364
  pregnancy, 53
  pulmonary disease, 53
  radiography, 53
renal dysfunction, 53
repaglinide and, 52
start dose, 52
metoclopramide, 343, 347
Mexican–Amercians, type 2 diabetes, 169
mexiletine, 343
microalbuminuria, 207–208, 324
cardiovascular disease, 296
Microalbuminuria Collaborative Study Group, 321
microvascular complications, 319–364
microvascular insufficiency, diabetic neuropathy, 338
miglitol, 54
insulin and, 139
miscarriage, 259, 261
monitoring
ongoing, 47
practice guidelines, 39–41
morphine, 341
mouth dryness, 363
myocardial infarction, 378
myo-inositol, 338
nateglinide, 52
National Cholesterol Education Program (NCEP) guidelines, 307, 309
Native Americans, acanthosis nigricans, 360
nausea, type 2 diabetes, 143
necrobiosis lipoidica diabeticorum (NLD), 361
needs assessment, 27–32, 386–395
negotiation, 252, 254
nephropathy, 205–208. See also diabetic nephropathy
nicotinic acid therapy, 311
nutrient composition, gestational diabetes, 271–273
nutrition education, 406–408
type 1 diabetes, 246
type 2 diabetes, 146
nutritional needs, type 1 diabetes, 245
nutritional therapy, cardiovascular disease, 314–315.
See also medical nutrition therapy
adherence assessment DecisionPath, 150
nystatin pastilles, 363

obesity, 22, 159–165, 198
   cardiovascular fitness, 164
   children see under children and adolescents
diagnosis, 159
   exercise assessment, 164–165
   family history, 159
   follow-up, 163
gestational diabetes, 276–277
   insulin resistance, 81
monitoring, 163
   risk factors, 159
   screening, 159
targets, 161
treatment options, 160
type 2 diabetes, 98, 103
octreotide, 345
omega-3 fatty acids, 315
ongoing monitoring, 47
onychomycosis, 361
ophthalmologist referral, 331
oral agents, 50–56, 83–84, 98, 100
   alternative mono therapy, 118
   classification, 50–51
   clinically effective dose, 117, 118
   combinations, 54, 84–85, 113, 115, 118–119
   contraindications, 113–115
   diabetic nephropathy, 325
dose criteria, 14
failure, 118
insulin therapy and, 54, 119–120
liver disease, 55, 98, 113
selection, 113–115
selection and contraindications, 181
self-monitored blood glucose, 55
targeted defects, 51
timeline to reach glycemic control, 42
oral complications, 362–363
oral contraceptive, polycystic ovary syndrome, 213, 364
oral glucose tolerance test, type 2 diabetes, 91
organizational information, 28
orthostatic hypotension, 342
orthostatic proteinuria, 207–208
“out of control” diabetes, 373–374, 375, 378
outcome, 31–32
   measures, 46–47
outliers, customization, 37
overweight, see obesity
oxycodone, 341

Pacific Islanders
gestational diabetes, 257, 263
type 2 diabetes risk, 89, 169
pain management, diabetic neuropathy, 342, 343
Patient Chart Audit Form, 31, 32, 46, 396, 397
patient education
costs, 48
gestational diabetes, 271, 272, 273
   individual vs groups, 48
type 1 diabetes, 241–250
type 2 diabetes, 145–148
patients
   acceptance, 98
   booklets for, 17
   member of care team, 17
   progress record, 17
   role in Staged Diabetes Management, 17
   “shopping around”, 38
pattern response, 127, 140, 187, 229, 238
PDSA cycle, 47
periodontal disease, 362
peroxisome proliferator activated receptors, 53
phases of therapy, 6–7
phenformin, lactic acidosis, 53
phenytoin, 343
phosphotyrosine phosphatase (PTPase), 81
Physiologic Insulin Stage, 63
gestational diabetes, 286–287
type 2 diabetes, 127, 139
children and adolescents, 194–196
pioglitazone, 53, 54
insulin and, 138
Pittsburgh Epidemiology of Diabetes Complications Study, 296
polycystic ovary syndrome, 198, 211–214, 363–364
antiandrogen therapy, 364
DecisionPath, 213
diagnosis, 213, 364
follow-up, 213, 364
metformin, 53, 54, 213, 364
monitoring, 213, 364
oral contraceptive, 213, 364
practice guidelines, 212, 213
risk factors, 213, 364
screening, 213, 364
signs, 364
symptoms, 213, 364
targets, 213
testosterone levels, 213, 364
thiazolidinediones, 54
treatment, 213, 364
Polynesians, thrifty genes, 80
polyol pathway, 338
practice guidelines, 8–10
customizing, 37
defined, 8
diabetic nephropathy, 321–326
diabetic neuropathy, 338–347
diabetic retinopathy, 329–336
diagnosis, 38
dyslipidemia, 208–209
foot management, 348–360
gestational diabetes, 263–268
hospitalization, 370
hypertension, 199–203, 300–301
monitoring, 40–41
nephropathy, children and adolescents, 205–207
polycystic ovary disease, 212, 213
principles, 8, 9
scientific basis, 8
sharing, 43
specificity, 9
treat to target, 38–39
treatment, 38
type 1 diabetes, 219–224
type 2 diabetes, 9, 87–97
children and adolescents, 167–173
weight management, children and adolescents, 159–163
pramlintide, insulin and, 64
‘‘prayer sign”, 360
preconception planning, 241, 260–261
Pre-diabetes, 82–83
pregestational diabetes, 260–262
amniocentesis, 288
congenital malformations, 259
fetal assessment, 288
postpartum visit, 288
prevalence, 257
treatment, 21, 287
pregnancy
alpha-glucosidase inhibitors, 54
amniocentesis, 288
blood glucose goal, 7
fetal anomalies, 259
fetal assessment, 288
fetal growth, 259
fetal macrosomia, 159
HbA1c goal, 7
hyperglycemia, 257–259
impaired glucose homeostasis, 257, 258
ketone monitoring, 41, 74
maternal monitoring, 262
metformin, 53
miscarriage, 259, 261
obese teenagers, 169
outcome measures, 47
self-monitored blood glucose, 50
sulfonylureas, 52
thiazolidinediones, 54
tocolytic related hyperglycemia, 257–259
type 1 diabetes, 241, 243, 261
type 2 diabetes, 143, 260–261
weight gain, 276
weight reduction, 50
primary care
clinical guidelines and algorithms, 3
described, 3–4
inconsistent approaches, 3
provider, 18
team members, 17
process measures, 46
process variable list, 31–32
progress record, 17
prostaglandins, 347
protein-reduced diets, 50, 208, 326
proteinuria, hypertension, 305
providers, 27, 29, 30, 32, 36
psychological adjustment, type 1 diabetes, 250
psychological assessment, 419
gestational diabetes, 289–292
type 1 diabetes, 252–254
type 2 diabetes, 149–152
psychologists, 17–18, 151
psychosocial adjustment, type 1 diabetes, 241
psychosocial assessment, 214–215
children and adolescents, 214–215
pulmonary disease, metformin, 53
pupil dilation, 331
INDEX

quality measurement, 45–48
quality of care, 8
  benchmarks, 23
Quick Guides, 44

radiography, metformin therapy, 53
random plasma glucose, 73
Reaven’s syndrome, see metabolic syndrome
Recognized Physician, 18
referral, 6
renal disease, 198
  alpha-glucosidase inhibitors, 54
  children and adolescents, 198
  metabolic syndrome, 321
  metformin, 53
  sulfonylureas, 52
  type 2 diabetes, 321
repaglinide, 52
replace, reduce, restrict approach, 104, 175–176, 210
resources, 33
retinal detachment, 328
rosiglitazone, 53, 54
  insulin and, 138
rubeosis, 328

saliva overproduction, 362
Samoans, type 2 diabetes, 157
San Antonio Heart Study, 295
saturated fat, 50
scleroderma-like syndrome, 361
self-monitored blood glucose (SMBG)
  adherence, 417
  blood glucose control evaluation, 65–67
  blood pressure control indicator, 204
  clinical decision making, 39, 65
  correlation with HbA1c, 72, 96
  data analysis, 66–67
  gestational diabetes, 39, 66, 267, 275
  HbA1c with, 41
  initial visit education, 69
  insulin action curve, 56–57
  insulin therapy schedule, 65
  medical nutrition therapy, 50
  memory based reflectance meter, 39
  meter accuracy checks, 67, 67
  oral agents, 55
  pregnancy, 50
  testing frequency/day, 13, 40, 66, 66
  therapeutic goal, 15
  therapy efficacy, 43, 65
  type 1 diabetes, 39, 66, 223–224
  type 2 diabetes, 39, 66, 96–97, 107, 171, 177–178
  verified data, 67
  visual impairment, 336
self-monitored blood pressure, 301
Semmes-Weinstein monofilament, 348
shin spots, 361
“shopping around”, 38
sialorrhea, 362
sildenafil citrate, 347
Six Sigma, 47, 48
sixth complication of diabetes, 362
snacks, weight management, 163, 164
“snowflake” cataracts, 328
social assessment, 419
  gestational diabetes, 289–292
  type 1 diabetes, 252–254
  type 2 diabetes, 149–152
social worker, 17–18, 151
sodium consumption, 50, 310
somatostatin, 345
Somogyi effect, 133
sorbitol, 328, 329, 338
specific DecisionPaths, 10–15
  review, 44
  Stage 2 insulin (mixed), insulin therapy, 128–131
  Stage 3 insulin (mixed), insulin therapy, 131–136
  Stage 4 insulin (basal/bolus), insulin therapy, 136–138
Staged Diabetes Management (SDM), 3–24, 182
  customization, 35–45
  development, 4–6
  evaluation, 45–48
  orientation process, 34–35
  patient participation, 17
  purpose, 4
  steps to success, 27
  structure, 6–7
  timeline for implementing, 45
stages of therapy, 6
Start DecisionPath, 10–12
start phase, 7
statins, 211
  anti-inflammatory properties, 296
Steno-2 Study, 297
strength, 147
stress, 380
  type 1 diabetes, 241
stroke, 378
Strong Heart Study, 295
surgery, 380–383
  changes in diabetes therapy, 381
  emergency, 383
  planned, 381–383
  post surgery, 383
surveillance, 41
syndrome X, see metabolic syndrome

teenage pregnancy, 169
terbutaline sulfate, 258
testosterone, 213, 364
tetracycline, 343

therapy
adjustment criteria, 15
change, 15, 42
chart review, 32
choice, customizing, 42
initial choice, 43
phases, 6–7
practice guidelines, 38
stages, 6
thiazide diuretics, 304, 307
thiazolidinediones, 53–54
ALT monitoring, 54
congestive heart failure, 54
edema, 54
glucose lowering effect, 54
hypoglycemia, 54
insulin and, 64, 119, 120, 138
metabolic effects, 55
polycystic ovary syndrome, 54
PPAR-binding, 53
pregnancy, 54
weight gain, 54
thrifty genes, 80, 157
throughputs, 33
tinea pedis, 361
tocolytic related hyperglycemia, 257–259
treat to target, practice guidelines, 38–39
treatment, see therapy
triglyceride level, 208, 211, 308, 310, 311, 313
troglitazone, 53
tumor necrosis factor α (TNFα)
insulin resistance, 81
macrovacular disease, 296
tuning fork testing, 350–351
type 1 diabetes, 217–254
HbA1c, 39, 227
adherence assessment, 250–252
behavioral issues and assessment, 250–254
blood glucose target, 39
casual plasma glucose, 219, 221
children, 218
classification, 37
clinical presentation, 261
co-empowerment, 254
co-management, 235
complications
acute, 239–241
surveillance, 224
depression, 254
detection, 218
development, 224

Diabetes Control and Complications Trial (DCCT), 19–21
diabetes education, 241–244
diabetic ketoacidosis, 218, 239–240
diagnosis, 219–221
diagnostic criteria, 221
disagreement, 252
eating disorders, 254
ethnicity and risk, 219
etiology of, 217–218
exercise, 245, 250, 251, 252
failure to thrive, 219
fasting plasma glucose, 221
follow-up, 224
food plan, 244–245
growth, 224
HbA1c, 7
high-risk groups, 218
honeymoon period, 225, 238
hypoglycemia, 240
illness, 240
insulin therapy
adherence, 253
adjusting and maintaining, 238
conventional, 222
infusion pump, 236
Insulin Stage, 225–238
intensive, 19–21, 223
synchronizing with food, 244–247
ketone monitoring, 41, 74
macronutrients, 245
Master DecisionPath, 225–238
medical nutrition therapy
DecisionPath, 227
education, 244–250
monitoring, 223–224
nutrition education, 246
nutritional needs, 245
outcome measures, 47
patient education, 241–250
physiologic state of, 218
practice guidelines, 219–224
preconception management, 242, 261
pregnancy, 241, 243, 261. See also gestational diabetes mellitus; pregestational diabetes
psychological adjustment, 250
psychological assessment, 252–254
psychosocial adjustment, 241
review and update process, 5
screening and diagnosis DecisionPath, 222, 224–225
self-monitored blood glucose, 39, 66, 223–224, 228
social assessment, 252–254
stress, 241
symptoms, 218
targets, 223
treatment, 218, 221–223
type 2 diabetes differentiation, 221
urine ketones, 223, 233, 244
type 2 diabetes, 22–23, 79–152, 166–196
adherence assessment, 148–149
behavioral issues and assessment, 148–152
β-cell function, 80
blood glucose target, 7, 39
C-peptide, 92, 169
carbohydrate counting, 176
cardiovascular fitness, 111
casual plasma glucose, 89, 91
children see under children and adolescents
classification, 37
clinical presentation, 261
co-empowerment, 152
co-management, 140
complications
acute, 141–143
surveillance, 97
complications surveillance, 173
detection, 86
diabetes education, 145–146
diabetes specialist role, 140
diagnosis, 90, 91–92, 95, 169–170
dietary changes, 80
differential diagnosis, 169–170
ethnicity and risk, 79, 83, 89, 155, 169
etiology, 79–83
etiology of, 156
exenatide, 120–123
exercise/activity, 49–50, 86, 94, 98, 106, 109–111
education, 146–148
fasting plasma glucose, 91, 92
fitness evaluation, 147, 148
follow-up, 97, 172
 genetic predisposition, 80, 83
gestational diabetes, 83
gestational diabetes link, 259–260
glucose monitoring, 177–178
HbA1c, 7, 39, 83–85, 91, 92, 97, 100, 101, 107, 170
hepatic glucose, 81, 82
hyperglycemia, 141
hypoglycemia, 141–143
illness, 143
impaired glucose homeostasis, 92–95
incidence, 79
insulin levels, 92
insulin resistance, 80–81, 97, 119, 124, 138
insulin secretion defects, 80
Insulin Stage, 4, 188–194
insulin therapy, 123–128, 155, 185–196
adjusting and maintaining, 140
back to baseline, 139
blood glucose monitoring, 127–128
conventional therapy, 124
at diagnosis, 187
hyperinsulinemia-induced atherogenesis, 124
hypoglycemia, 124, 133, 138–140
inpatient/outpatient basis, 126
Insulin Stage, 5, 127, 128–138
intensive therapy, 125
medical nutrition therapy and, 125, 130
oral agent combined, 119–120
patient preparation, 127, 187
Physiologic Insulin Stage, 127, 139
short-acting insulin, 125
treatment options, 124–125
weight gain, 123
intensive therapy, 20–22
intensive treatment, 157
ketone monitoring, 74
Master DecisionPath, 97–138, 173–196
medical emergencies, 88, 169
medical nutrition therapy, 83, 98, 101–111, 174–180
insulin therapy, 125, 130
metformin, 157, 171, 173, 181–184
monitoring, 96–97, 171
natural history, 80, 82, 82, 126
nausea, 143
nutrition education, 146
nutrition therapy, adherence assessment, 150
obesity assessment, 103
oral agents, 83–84, 113–122
alternative mono therapy, 118
clinically effective dose, 84, 117, 118
combinations, 54, 84–85, 113, 115, 118
contraindications, 113–115
failure, 118
insulin therapy and, 54, 119–120
selection, 113–115
outcome measures, 47
patient education, 145–148
Physiological Insulin Stage, 194–196
practice guidelines, 9, 87–97, 167–173
preconception planning, 260–261
pregnancy, 143, 260–261. See also gestational diabetes mellitus; pregestational diabetes
prevalence, 79
prevention, 86, 157
psychological assessment, 149–152
renal disease, 321
review and update process, 5
risk factors, 83, 88, 89, 89
screening, 37, 87–89, 90, 92, 167
self-monitored blood glucose, 39, 66, 96–97, 107, 171, 177–178
social assessment, 149–152
symptoms, 87, 168
targets, 96, 171
treatment options, 83–86, 95–96, 158, 171
type 1 diabetes differentiation, 221
urine ketones, 87, 168
vomiting, 143
weight loss, 87, 98, 104, 109, 110
tyrosine kinase, 81
ulcers, foot, 356–360
ultralente insulin, 59
United Kingdom Prospective Diabetes Study (UKPDS), 7, 19–22, 298, 298, 321, 327–329
urinary tract infections, 347
urine ketones
  gestational diabetes, 268
  type 1 diabetes, 223, 233, 244
  type 2 diabetes, 87
    children and adolescents, 168
utilization data, 28

vaginal dryness, 347
valsartan, 305
vegetables, 166
venlafaxine, 343
vibration sensation, 350–351
vitamins B6 and B12, 315
vitrectomy, 336
vitreous hemorrhage, 331, 334
vomiting, type 2 diabetes, 143

weight gain
  insulin therapy, 123, 185
  pregnancy, 276
  sulfonylureas, 51
  thiazolidinediones, 54
weight loss
  pregnancy, 49
  type 2 diabetes, 87, 98, 104, 109, 110
weight management, 159–165
  children and adolescents, 159–165
    Master DecisionPath, 163, 163
    practice guidelines, 159–163
weight measurement, 245
Wisconsin Epidemiologic Study of Diabetic Retinopathy (WESDR), 328–329
Women’s Health Initiative, 314
Women’s Health Study, 296
working group, 33

xanthoma diabeticorum, 361
xerostomia, 363