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A REVIEW ON DIABETES MELLITUS

Shahbaz Ahmad*, Pritt Verma, Amresh Gupta, Amit K. Srivastava and Rohit Mohan

Goel Institute of Pharmacy and Sciences, Faizabad Road, Lucknow,
Uttar Pradesh – 226028.

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***Corresponding Author**
Shahbaz Ahmad
Goel Institute of Pharmacy and Sciences, Faizabad Road, Lucknow,
Uttar Pradesh – 226028.

ABSTRACT

Diabetes mellitus (DM), generally known as diabetes, is a set of metabolic disease characterised by persistently high blood sugar levels. The signs of elevated blood sugar include frequent urination, increased thirst, and increased hunger. Diabetes mellitus is divided into three types: Type 1 diabetes is caused by the body's inability to produce enough insulin. Previously, this condition was known as "insulin-dependent diabetes mellitus" (IDDM) or "juvenile diabetes." The reason behind this is unknown. Insulin resistance is the first symptom of Type 2 diabetes. The reason behind this is unknown. Insulin resistance, a disease in which cells do not respond appropriately to insulin, is the starting point for type 2 diabetes. A shortage of insulin may occur as the condition advances. Previously, this condition was known as "non-insulin-dependent diabetes mellitus" (NIDDM) or "adult-onset diabetes." Excessive body weight and a lack of exercise are the key causes. The third type of diabetes is gestational diabetes, which happens when a pregnant woman without a history of diabetes has a high blood glucose level. A good diet, physical activity, not smoking, and maintaining a normal body weight are all part of the prevention and therapy process. Controlling blood pressure and taking care of one's feet are also vital for those who have the disease. Insulin injections are required to manage type 1 diabetes. Type 2 diabetes can be managed with or without the use of insulin. Low blood sugar can be caused by insulin and some oral medicines.

KEYWORDS: Diabetes mellitus, Diagnosis, Cause and Treatment.

INTRODUCTION

Diabetes mellitus is a macromolecule metabolism illness characterised by the body's inability to supply or respond to endocrine signals and so maintain proper sugar (glucose) levels in the blood.[1] Malady is a chronic condition that develops when the duct gland is no longer able to create endocrine or when the body is unable to detect the use of the endocrine it produces. endocrine is an endocrine produced by the duct gland that works as a key to let aldohexose from the food we eat to move from the bloodstream into the body's cells to provide energy. Within the circulation, all macromolecule meals are countermined into aldohexose. Endocrine promotes aldohexose absorption into cells.[2] The endocrine system transports sugar from the bloodstream into your cells, where it is stored or used for energy. Your body will either not produce enough endocrine or will not use the endocrine it does produce efficiently if you have polygenic illness. Polygenic illness causes high blood glucose, which can harm your nerves, eyes, kidneys, and other organs if left untreated.[3] Because there are 200 million diabetic persons in the globe, it's one of the most frequent metabolic syndromes; this motivates a desire to understand the aetiology of the condition and the factors that influence its beginning. Many infectious processes are involved in the development of diabetes, ranging from reactive destruction of the duct gland's -cells with subsequent endocrine deficit to anomalies that result in endocrine resistance. Deficient action of endocrine not off course tissues and symptom square measure the idea of the abnormalities in macromolecule, fat, and super molecule metabolism, inflicting diabetes 'characteristic clinical options, small and-macro tube complications and exaggerated risk of upset.[4] Inadequate production of endocrine (which is created by the duct gland and lowers blood glucose), or Inadequate sensitivity of cells to the action of endocrine.[5] The duct gland produces endocrine, but the endocrine produced does not function properly. Endocrine resistance is the medical term for this illness. It is beneficial to gain a better understanding of how the body uses food for energy in order to better comprehend polygenic disease (a method known as metabolism). Your body is made up of billions of cells. To generate energy, the cells require food in a very basic form. When you eat or drink, a large portion of your meal is converted to aldohexose, a simple sugar. aldohexose gives your body the energy it needs for daily tasks.[6] An excessive amount of sugar persists in your blood if you produce little or no endocrine or if you are endocrine resistant. For persons with polygenic illness, glucose levels are higher than average.[7] On the list of polygenic illness prevalence, the Islamic Republic of Pakistan is ranked eighth.[8] According to a recent report on the prevalence of polygenic disease, around four.7 million people are affected.[9] Excessive thirst, frequent urination, sweating, hazy vision, rapid weight loss, exhaustion, and slow healing wounds are all indications of polygenic illness. Patients with polygenic illness frequently experience thirst, polyphagia, and nephropathy.[10] Polygenic disease is a type of sickness that occurs only in a physiological state. Secretion alterations affect endocrine function, resulting in inadequate endocrine synthesis and a rise in blood aldohexose blood sugar glucose levels, which has an effect on the embryo.[11] Fast dysglycemia was detected in 38.95 percent of a Venezuelan sample, with DM incidence of 14.25 percent and prediabetes prevalence of 40.7%. High blood pressure, hypercholesterolemia, dysglycemia, and diabetes mellitus were all shown to be more common in women.[12] The WHO data, on the other hand, states that DM has an estimated frequency of 8.8% in the South American country. In its 2016 report, the International Polygenic Disease Federation (IDF) estimates a prevalence of 11.1%.[13] Because of the rise in fleshiness rates, there will be a significant increase in the prevalence of diabetes-related comorbidities. The risk that the growing number of people with diabetes, as well as the complexity of their care, would overwhelm existing health-care infrastructure. The requirement to take use of recent discoveries on the individual and social edges of enhanced polygenic illness management and interference by bringing life-saving discoveries to a wider audience.[14]

Polygenic disorder risks in every physiological condition

Diabetes will enhance lethal and maternal morbidity and mortality regardless of physiological status. Metabolism distress, symptom, symptom, pathology, polycythaemia, and hyper viscosity are all risks for new-borns.[15]

Poor management of a pre-existing (Presentational) or physiological state polygenic disease during organogenesis (Up to about ten weeks of pregnancy) increases the risk of the following:

1) Major innate malformations
2) Spontaneous abortion

Poor management of polygenic disorder later in physiological condition will increase risk of the following.

- Preeclampsia
- Shoulder dystocia
- Cesare AN delivery
- Stillbirth

- Fatal macrosomia (generally defined as a fatal weight > 4000 g or > 4500 g at birth). Physiological condition polygenic disorder, on the other hand, can cause lethal macrosomia, even if glucose levels are close to normal.[16]

Classification of diabetes

The first principally accepted classification of diabetes was revealed by UN agency within the year 1980[17] and, it's changed within the year 1985.[18] The most frequent and required type of diabetes is Primary or disturbed diabetes, which is the subject of our discussion. It should be distinguished from secondary diabetes, which includes a variety of symptoms caused by identifiable reasons such as inflammatory exocrine gland illnesses, surgery, tumours, some medications, iron overload (Hemochromatosis), and certain acquired or congenital endocrinopathies.[19] Each clinical stage and aetiological type of diabetes, as well as distinct types of hyperglycemia, are included in the classification.[20] Assigning a polygenic illness to a person is mainly based on the conditions present at the time of diagnosis, and many diabetics do not fit into a single category.[21] Primary diabetes is most likely a diverse set of illnesses with symptom as a defining feature.[19] The new diabetes classification includes stages that reflect the various degrees of symptom in individuals with any of the disease processes that might produce diabetes.[22,23] The terms insulin-dependent (IDDM) and noninsulin-dependent (NIDDM), which were proposed by a UN agency in 1980 and 1985, have vanished, as have the terms of the most recent classification system, which recognises four types of polygenic disorder mellitus: type 1 (IDDM), type 2 (NIDDM), other specific types, and gestational polygenic disorder (WHO professional Committee 1999). The subsequent International Terminology of Diseases (IND) in 1991 and the tenth version of the International Classification of Diseases (ICD-10) in 1992 reflected these changes.[20]

1. Hormone dependent diabetes (Type1 IDDM)

This type of diabetes is additionally known as reaction diabetes and antecedent referred to as juvenile-onset or ketosis prone polygenic disease. The individual may additionally ask for with different autoimmune disorders like Graves ‘malady, Hashimoto‘s thyroiditis, and Addison ‘s malady.[24] Type I diabetes, also known as insulin-dependent diabetes mellitus (IDDM), is a type of diabetes that affects primarily children and young adults. Its onset is usually abrupt and can be life-threatening.[4] Anti– glutamic acid decarboxylase, island cell, or hormone antibodies, which determine the reaction pathways that lead to beta-cell death, are sometimes present in type one.[34] class one polygenic disease (owing to b-cell death, which usually leads to absolute hormone deficit) (American Diabetes Association, 2014). The rate at which beta cells are destroyed varies; it can happen quickly in some people and slowly in others. Because the ß-islets cells of the duct gland have been destroyed, there is a severe deficit or absence of hormone secretion. Hormone injections are required for treatment.[4] When fasting diabetic hyperglycemia is first diagnosed, markers of immune damage, such as island cell auto-antibodies and/or motorcar antibodies to hormone, and auto antibodies to amino acid enzyme (GAD), are present in 85-90 percent of persons with type 1 diabetes.[19] The actual cause of diabetes is uncertain, while there is evidence of a response mechanism involving auto-antibodies that destroy beta islet cells in the majority of cases.[4]

2. Non-Insulin Dependent polygenic disorder Mellitus (Type2 Niddm)

Type a pair of diabetes is additionally called ketosis-resistant diabetes mellitus. The progressive hypoglycaemic agent secretary defect on the background of insulin resistance (American polygenic disorder Association, 2014).[20] People with this type of polygenic condition are frequently resistant to the effects of hypoglycaemic agents.[21] Each kind has semi-permanent issues in the blood vessels, kidneys, eyes, and nerves, which are the leading causes of morbidity and death due to polygenic condition.[1] Obesity, inactivity, growing age (affecting middle-aged and older adults), and genetic issues are all factors that predispose patients to macrovascular and small-tube difficulties (Ross and Wilson 2010).[22,23]

3. Gestational diabetes

The aldohexose intolerance occurring for the primary time or diagnosed throughout gestation is brought up as physiological state diabetes mellitus (GDM).[2] Women who develop Type 1 diabetes mellitus during pregnancy are classed as physiological state Diabetes Mellitus, as do women who have undetected symptomless Type 2 diabetes found during pregnancy (GDM).[16] gestational diabetic mellitus (GDM) (diabetes diagnosed during pregnancy but not definitely over diabetes).[17] The physiological state diabetes may develop during pregnancy may and should disappear after delivery; in the long run, children born to mothers with GDM are more likely to be overweight and develop a pair of polygenic disorders later in life, a development attributed to the effects of intrauterine hyperglycemia.

4. Alternative specific sort (Monogenic types)

The most common variety of heritable kinds of polygenic disease is developed with mutations on body twelve in a very internal organ transcription issue brought up as hepatocyte nuclear issue (HNF)-1a. They additionally brought up as genetic defects of beta cells. They were also mentioned as beta cell genetic abnormalities. These types of polygenic disease are frequently characterised by the start of symptoms at a young age (generally before age of twenty-five years). They're sometimes referred to as MODY (maturity onset polygenic disease of the young).[18] Persons with illnesses of the exocrine duct gland, such as rub or cystic fibrosis; persons with pathology due to alternate endocrinopathies (e.g. acromegaly); and persons with pancreatic pathology induced by drugs, chemicals, or infections.[23] Some medicines are also used in combination with HIV/AIDS treatment or after organ transplantation. Only a few families have been identified with genetic defects that result in a lack of ability to convert proinsulin to internal secretion, and such features are inherited in a chromosomal dominant pattern. They account for 100 percent of all DM cases.[17]

5. Some Common Symptoms and Signs

In DM, cells fail to metabolise aldohexose in the normal way, resulting in starvation.[25] The long-term effect of diabetes, which includes the progressive development of specific complications such as retinopathy with a potential visual defect, renal failure, and pathology with a risk of foot ulceration, neurologist joint, and features of involuntary pathology, as well as sexual dysfunction.[26] People who have polygenic disease have a higher risk of developing diseases. Other, more diverse symptoms have been discovered as a result of you. Gluconeogenesis (the production of glucose from amino acids and other bodily macromolecules), which causes muscle atrophy, tissue damage, and other problems, raises blood sugar levels. ii. Destructive metabolism of body fat, cathartic release of a significant amount of its energy, and excessive synthesis of organic chemical bodies.[25]

6. Etiology of DM

The word Etiology springs from Greek word ―aetiologia. Hence, Etiology is outlined because the science of finding causes and origins during which a unwellness is arise, It includes

1. It's currently thought that the juvenile-onset (Insulin-dependent) kind is caused by a car immune system.
2. Viruses may also be involved in the aetiology of polygenic diseases such as cox sackieB.
3. Epidemic parotitis and German measles viruses have all been found to cause morphologic abnormalities in the structure of islet cells.
4. The significance of genetics in the development of polygenic disease is debatable. Perhaps a genetic trait renders associate degree = individual's exocrine gland more

vulnerable to one of the aforementioned viruses.[45] Polygenic disease causes Mellites ß cell Gluco-receptor disturbances or abnormalities that cause them to respond to increased aldohexose concentrations or relative ß cell deficit. Hypoglycaemic agent secretion is impaired in either case, which could lead to ß cell failure.[25] the notion of hyperglycemia causing neural drive in small vascular disease, and hence the direct effects of hyperglycemia on vegetative cell metabolism.[26]

1. Reduced insulin sensitivity in peripheral tissues due to a reduction in the spectrum of hypoglycaemic agent receptors and hypoglycaemic agent receptor downregulation. Several super sensitized and hyper insulinemic individuals, despite being typical glycaemic, have been linked to dyslipidaemia, hyperuricaemia, and abdominal obesity. As a result, there is relative hypoglycaemic agent resistance, especially in the liver, muscle, and fat. Hyperinsulinemia has been linked to the development of angiopathy.[24]
2. Obesity; causes relative hypoglycaemic agent deficit –the ß cells lag behind due to hyperglycemia internal secretion (glucagon) and other factors. Two theories contend that anomalies in nitric oxide metabolism cause changes in perineural blood flow and nerve damage.[25]
3. Several rare kinds of DM, such as maturity onset diabetes of the young (MODY), various endocrine diseases, pancreatectomy, and physiological state DM, are caused by unique genetic flaws (type 3). (GDM).[24]
4. Polygenic disease mellitus will be caused by an imbalance of particular receptors. Glucagon-like peptide-1 (GLP-1) receptor, peroxisomes proliferator activated () receptor (PPAR), beta3 (ß3) ardent-receptor, and some enzymes such as glycosidase, dipeptidyl protease IV enzyme, and others.[24]
5. Current diabetes research focuses on oxidative stress, advanced glycation end products, protein kinase C, and hence the polyol pathway.[27]

Diagnosis of diabetes mellitus

The diagnosis of polygenic illness in asymptomatic individuals should never be made on the basis of a single aberrant blood sugar result. If a polygenic disease diagnosis is made, the practitioner should be confident that the diagnosis is completely confirmed because the repercussions for the individual are vast and long.[28] Polygenic disease is a term used to describe a condition that has multiple causes. aldohexose tolerance test, urinary organ threshold of aldohexose, reduced aldohexose tolerance, increased aldohexose tolerance, renal symptom, prolonged aldohexose tolerance curve, cortisone stressed aldohexose tolerance test, endo venous aldohexose tolerance test, oral aldohexose tolerance test.

Treatment of DM

The treatment is to beat the causative cause and to give high doses of normal hypoglycaemic agent. The hypoglycaemic agent demand comes back to traditional once the condition has been controlled[29] the aims of management of DM will be achieved by:

1. Restoring the diabetic's disrupted metabolism as close to traditional as possible while maintaining comfort and safety.
2. To prevent or delay the progression of the illness's immediate and long-term risks.
3. To provide the patient with the information, motivation, and resources necessary to carry out this self-administered enlightened care.

A. styles of medical aid concerned In DM

1 vegetative cell medical aid Researchers have shown that monocytes/ macrophages is also main players that contribute to those chronic inflammations and hypoglycaemic agent resistance in T2DM patients.[30] A completely new technology, vegetative cell professional medical help, is designed to regulate or reverse immunological dysfunctions.[31] The procedure entails collecting the patient's blood through a control system, purifying lymphocytes from the entire blood, co-cultivating them in vitro with adherent twine blood-derived multi-potent stem cells (CB-SCs), and reintroducing the educated lymphocytes (but not the CB-SCs) into the patient's circulation.[31]

A. Varieties of medical aid concerned in DM

1. Somatic cell medical aid

Researchers have shown that monocytes/ macrophages could also be main players that contribute to those chronic inflammations and hypoglycaemic agent resistance in T2DM patients.[30] A new technology, somatic cell professional person medical help, is designed to manage or reverse immunological dysfunctions.[31] The procedure entails collecting a patient's blood flow through a control system, purifying lymphocytes from total blood, co-cultivating them in vitro with adherent wire blood-derived multipotent stem cells (CB-SCs), and reintroducing the educated lymphocytes (but not the CB-SCs) into the patient's circulation.

2. Inhibitor medical care

In T2DM patients, antioxidants such as vitamins, supplements, plant-derived active substances, and medications with inhibitory actions are utilised to relieve aerophilic stress. Vitamin C, tocopherol tocopherol carotene, and tocopherol tocopherol carotene are excellent supplements for preventing aerophilic stress and associated consequences.[32] Antioxidants play an important function in reducing the risk of polygenic illness and its consequences. 3. the use of anti-inflammatory drugs the changes suggest that inflammation is a key factor in the pathophysiology of T2DM and its consequences. 32 and 33] T2DM causes changes in certain cytokines and chemokines, the number and activation state of various white blood corpuscle populations, enhanced programmed cell death, and tissue disease, particularly in animal tissue, exocrine gland islets, the liver, the vasculature, and current leukocytes[35,34] Immunomodulatory medicines are made available.

B. Dietary management

Adequate caloric worth Dietary management ought to be taken properly by each diabetic and non-diabetic patient such as.

1. Sugar intake must be limited in all circumstances, since it is balanced in terms of super molecules, sugar, and fats.
2. Should resemble traditional as far as possible
3. Food consumption should be divided into small, frequently spaced meals.
4. Reduce overall calorie intake by lowering fat and carbohydrate intake separately.
5. It should be urged to the patient that his food habits be consistent from day to day.

C. Newer endocrine delivery devices

A number of innovations are created to enhance ease and accuracy of endocrine administration further on attain tight glycaemia management. Endocrine syringes, pen devices, inhaled endocrine, endocrine pumps, implanted pumps, and various modes of endocrine delivery square measure examples.

D. Oral hypoglycaemic or medicament Agents

Clinically helpful biguanide phenformin was made parallel to sulfonylurea 's in 1957. Newer techniques are always being investigated, and the most recent results include thiazolidinediones, meglitinide analogues, -glucosidase inhibitors, and dipeptidyl peptidase 4(DPP-4) inhibitors.[17]

Important options of oral hypo glycaemic agents

Diabetes mellitus can be considered a modern-day sickness with a significant impact on morbidity, morality, and the affected person's quality of life. Diabetes is a common complication of neurologist syndrome, which is characterised by a variety of clinical symptoms such as central fat, proximal muscle weakness, hirsuteness, and neurological disruption, macro-vascular complication involuntary pathology, digestive problems, and dental concerns.[17]

CONCULSION

In today's world, diabetes is a critical and serious problem. The way people live and the conditions of today play a big part in the occurrence of catastrophic difficulties like this. This review gives us some insight into diabetes mellitus.

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