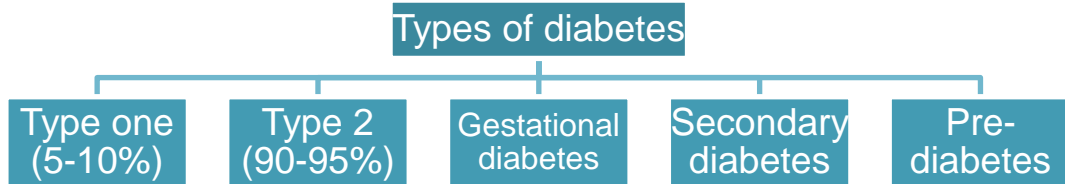


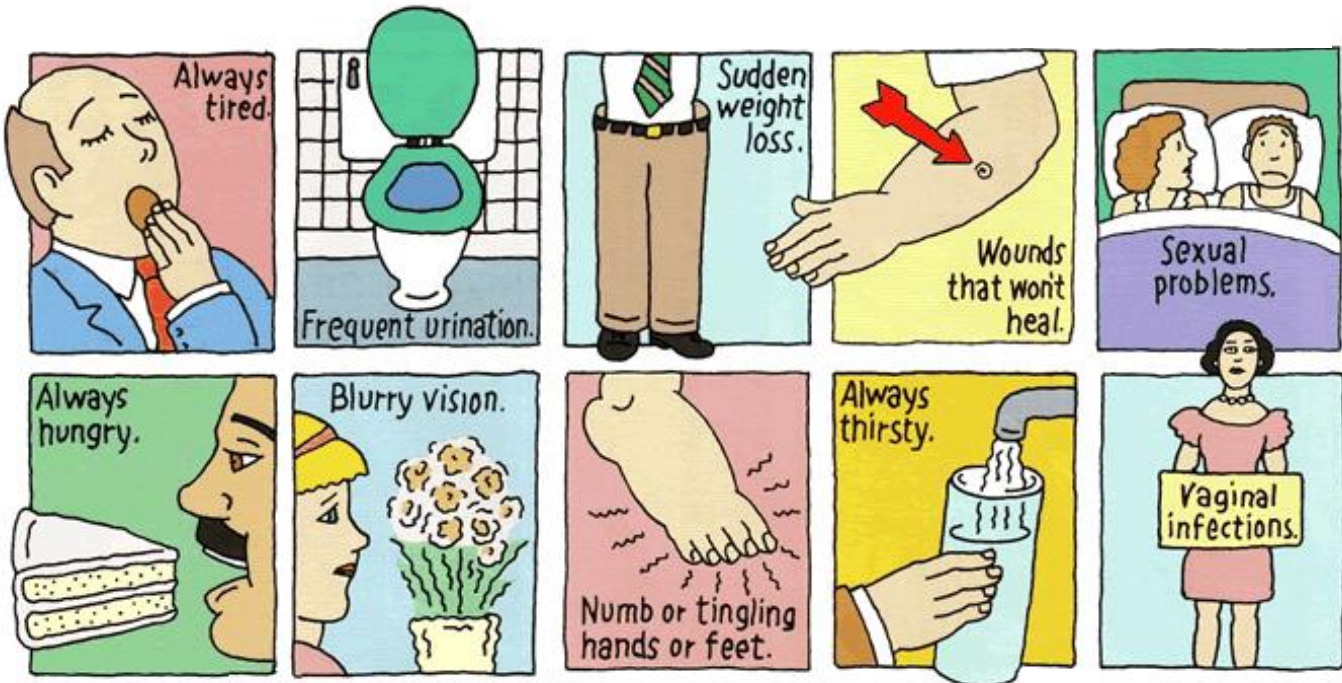
SUMMARY

Diabetes Mellitus: Metabolic disorder characterized by chronic hyperglycaemia, disturbances of carbohydrate, fat and protein metabolism resulting from defects in insulin secretion, insulin action or both.



Biochemical tests:

- Random plasma glucose
- Fasting plasma glucose
 1. **Non diabetic:** < 110 mg/dl (6.1 mmol/dl).
 2. **Glucose Intolerance:** 110 -125 mg/dl (6.1-6.9 mmol/dl).
 3. **Diabetic:** >126 mg/dl (>7 mmol/dl)
 4. **Random:** >200 mg/dl (>11.1 mmol/dl) .
- Oral glucose tolerance test – 2h glucose (The diagnosis based on it):
 1. If < 7.8 mmol/L = normal GTT
 2. If ≥ 7.8 mmol/L and < 11.1 mmol/L = Impaired GTT
 3. If ≥ 11.1 mmol/L = provisional diagnosis of Diabetes



Patho-physiological changes: weight gain, insulin resistance and reduction of insulin secretion → may lead to glucose intolerance and diabetes.

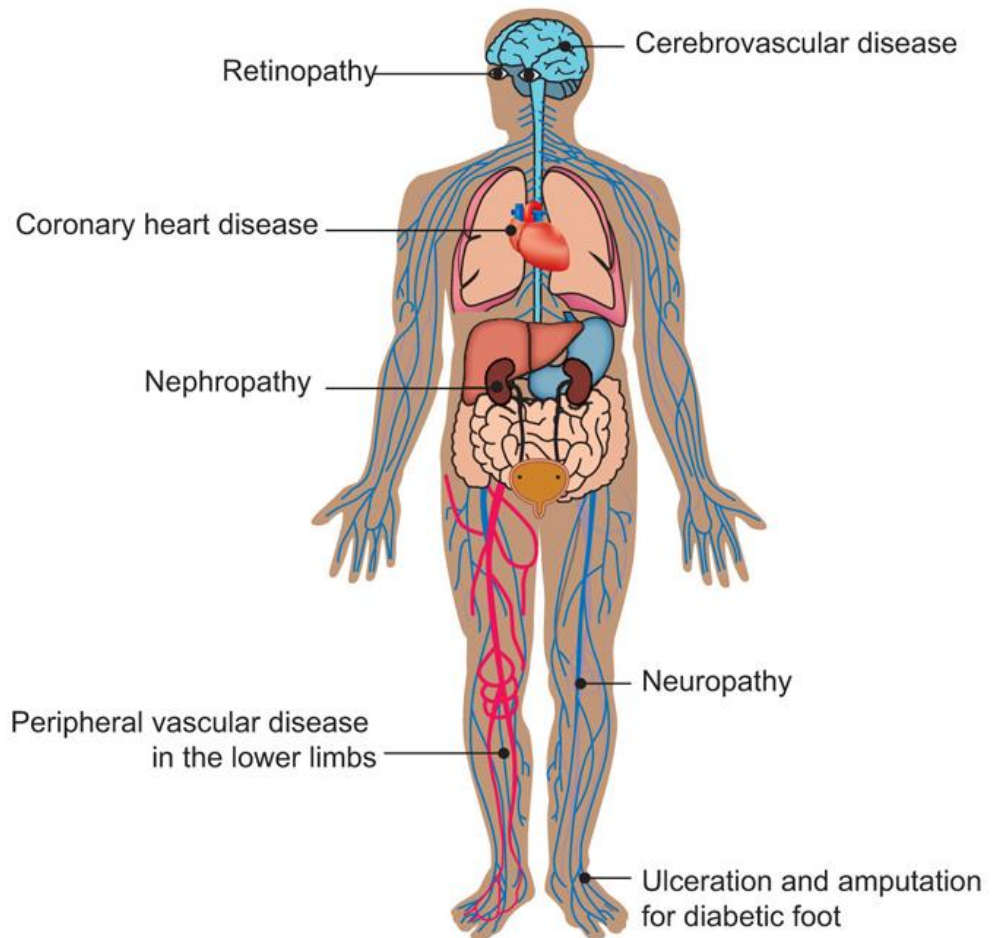
Risk factors for Type 2 DM (complex):

- **Obesity.**
- **Genetic.**
- **Life style factors (overfeeding and sedentary life).**
- **Dietary imbalance.**
- **Infections.**
- **Genetic.**
- **Stress.**

Predisposing factors:

- **Pregnancy:** Estrogen antagonize insulin.
- **Medications:** thiazide diuretics, adrenal corticosteroids, oral contraceptives.

Major diabetes complications



DONE BY :
Maha Alrubaiah