Diabetes & Metabolism
DISEASES TREATED UNDER DIABETES AND ENDOCRINE DEPARTMENT

- Diabetes mellitus
- Obesity
- Thyroid related disorders
- Pituitary disorders (Acromegaly, Cushing syndrome, hyperprolactinemia etc.)
- Adrenal disorders
- PCOS, hirsuitism (excessive unwanted hairs) & menstrual disorders in females
- Menopause
- Sex hormone disorders (low testosterone levels, etc.)
- Growth disorders (short or tall child)
- Puberty disorders (delayed/early puberty)
- Ambiguous genitalia in newborn
- Metabolic bone disorders and Osteoporosis
- Calcium & vitamin D related problems (Rickets)
- High cholesterol & lipid disorders
- High blood pressure due to endocrine disorders
- Other hormonal disorders

COMPREHENSIVE DIABETES MANAGEMENT

- Management of all types of diabetes mellitus (type 1, type 2, diabetes in pregnancy & other types)
- Screening for complications of diabetes mellitus & its management
- Patient education regarding diabetes, diet, exercise and foot care
What Is Diabetes?

Diabetes means you have too much sugar in your blood. High blood sugar problems start when your body no longer makes enough of a chemical, or hormone, called insulin.

Your body changes much of the food you eat into a type of sugar called glucose. This sugar travels in your blood to all the cells in your body. Your body cells need the sugar to give you energy.

Insulin helps sugar move from your blood into your cells. Without insulin, your cells can’t get the sugar they need to keep you healthy.

By moving sugar from your blood to your body’s cells, insulin helps keep your blood sugar level normal (not too high or not too low). When you don’t have enough insulin to lower high blood sugar levels, you have diabetes.

Are all Diabetes same?

**Type 1 Diabetes**
- Body does not make insulin
- Children or young adults
- Normal Weight
- Must take insulin daily to live

**Type 2 Diabetes**
- Not enough insulin being produced Cells do not use insulin properly
- Adulthood
- Overweight
- Many different ways to treat, including diet and exercise, pills, or insulin
Know the Symptoms

Who are at risk?

- Obese individuals
- Physical inactivity
- Family member with diabetes
- Women who delivered a baby weighing > 4 kg or were diagnosed with GDM
- Hypertension
- Cholesterol abnormalities
- Cardio vascular disease (Heart attack)
- Age > 45 years

What are the Tests?

American Diabetes Association, 2011
Diagnostic criteria for Diabetes Mellitus

<table>
<thead>
<tr>
<th></th>
<th>Normal Glucose Tolerance</th>
<th>Impaired Glucose Tolerance</th>
<th>Diabetes Mellitus</th>
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</thead>
<tbody>
<tr>
<td>Fasting plasma glucose</td>
<td>&lt;100 mg/dL</td>
<td>100-125 mg/dL</td>
<td>≥126 mg/dL</td>
</tr>
<tr>
<td>2 hr plasma glucose</td>
<td>&lt;140 mg/dL</td>
<td>140-199 mg/dL</td>
<td>≥200 mg/dL</td>
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<tr>
<td>during an OGTT**</td>
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<tr>
<td>Random Blood glucose</td>
<td>&lt;5.6%</td>
<td>5.7-6.4%</td>
<td>≥6.5%</td>
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<tr>
<td>+ Symptoms of diabetes*</td>
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</tbody>
</table>

*polyuria, polydipsia, weight loss
*after a glucose load of 75g anhydrous glucose dissolved in water
CIMS Diabetes and Endocrine Department is a state of the art department with all advanced facility for treatment of complicated endocrine problems with availability of expert super-speciality consultation for adult & paediatric endocrine disorders.
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