

A Patient with a high blood sugar report

Your patient is an actor but you are NOT. Do what you could do as a third year student. Try to gather knowledge in advance.

Your patient is waiting to discuss about his blood sugar report. The blood sugar report indicates blood sugar level of 245 mg/dl.

You don't know anything about this patient. You are going to meet him for the first time.

Diabetes information sheet

Diabetes mellitus is a chronic disease due to absolute deficiency of insulin, resistance to its action or both.

Generally, diabetes is diagnosed when the plasma fasting glucose (defined as a blood glucose value after an over night fast of 8-10 hours) exceeds 126mg/dl.

Diabetes mellitus can also be diagnosed when the 2 hour-blood glucose value following an Oral Glucose Tolerance Test (OGTT) exceeds 200mg/dl. This test is performed by asking the patient to have an overnight fast of 8-10 hours, then drawing their blood for FBS at time 0 and giving the patient a drink of 75g of glucose mixed in 300 ml of water. Then the patient's blood is drawn again at 2 hours to estimate the 2-hour plasma glucose value.

In both cases, the FBS and the OGTT needs to be repeated on a subsequent day to confirm the abnormal results.

Diabetes can be symptomatic or asymptomatic at the time of diagnosis. The common symptoms include, weight loss, polyuria, excessive thirst and hunger. Some may have fungal infection of the genitalia with itching.

Diabetes mellitus is broadly divided into 2 types, Type 1 and Type 2. Type 1 is generally seen in young people and the hallmark of the disease is an absolute deficiency of insulin. Type 2 disease is seen in middle-aged men and women and is mostly due a resistance to the action of insulin.

Diabetes is a chronic illness if mismanaged can result in complications involving most organ systems of the body. In particular the retina, brain the heart, kidneys and peripheral vessels and nerves are the sites that would get involved.

The management of diabetes relies upon lifestyle modification (diet and exercise and choosing the appropriate medication for each individual