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Prevention of the development of diabetes by early intervention a retrospective study

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The current research, a retrospective study on early stage intervention on the development of diabetes, is based on a concept discussed in 2011 by Ralph A De Fronzo and Muhammad Abdul-Ghani in a publication by American Diabetes Association. The research comprises of early recognition of the patients at the stage of developing IGT and initiation of treatments with oral hypoglycemic agents in order to reach a normal HbA1C. The overall numbers of patients in practice were 5000 and those with IGT were 26. The research was started 7 years ago and has resulted in these patients reaching an HbA1C of 5.2; the target of treatment was maintaining lower than 5.2. Metformin has been mostly effective in patients reaching the target value, however in rare cases Gliclazide was needed. In one case Actos and insulin treatment was essential for a female patient with polycystic ovarian syndrome. The current success has resulted in preventing further complications from diabetes. In earlier years, clinicians were advised to start oral hypoglycemic agents, once the patients had shown an HbA1C of 7.5. However, the evidences have shown that by this stage many complications from diabetes would have occurred.

Biography

Vinod C Tawar has earned BSc Hons. and BSc Tech. Pharmaceuticals from University of Bombay. He was offered a Teaching Assistantship at the School of Pharmacy, University of Manitoba, Canada, where he achieved a Post-graduate (MSc) degree in Pharmacology followed by working as a Toxicologist at a university hospital in Winnipeg for a duration of 10 years. In due course, he developed a toxicology laboratory for patient management and forensic purposes. This later became a reference laboratory for the Province of Manitoba. In 1981, he decided to study medicine and graduated Medicine in 1985. Subsequently, he joined Douglas Hospital Research Centre at McGill University as a Psychiatry Research Consultant with participation in projects on depression, Alzheimer's disease, alcoholism and schizophrenia. Here he had co-authored many research papers. After 5 years, he was offered a two year Residency Position for licensure in general practice. Currently, he has been in an office based group family medicine practice for 16 years. Eight years ago, he has completed Post-graduate studies in Family Medicine for the specialty while working. During his practice, he had conducted research on depression, hypertension, GERD and asthma. At present, he has maintained his interest on nephropathy and challenging tasks of medicine.

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