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Individualized diabetes care: The real-world experience

Diabetes is a clinical condition not only associated with insulin deficiency (absolute in Type-1 Diabetes Mellitus [T1DM] and relative in Type-2 Diabetes Mellitus [T2DM]), but also with number of hormonal and metabolic abnormalities. Control of diabetes and its complications mainly depends of the individual's engagement with self-management of glycemia and other metabolic abnormalities that varies from patient to patient. Individualized diabetes care is therefore the only option to optimize diabetes management. This must be through consideration of different issues faced by individual patients broadly guided various clinical guidelines. The role of diabetes care professional is mainly to empower the patient to identify his/her problems, motivate the individual to tailor an appropriate self-management algorithm during clinic visits and follow up the cases as and when necessary. With the aid of 3 unique case scenarios (an obese T1DM case with high degree of insulin resistance, an obese steroid-induced T2DM and a case of diabetic dyslipidemia) the role and importance of individualized diabetes care is discussed in this presentation.

Biography

Joseph M Pappachan is currently working as a Consultant in Endocrinology, Diabetes and Metabolism at the University Hospitals of Morecambe Bay NHS Trust, UK. He has obtained his graduation and post-graduation training in Medicine from India with further specialty training in Endocrinology and Metabolism from University of Nottingham and North Staffordshire, respectively. He has authored 64 scientific publications in various journals and books. His research interests are in obesity, diabetes and metabolic disorders. He is also an Editorial Board Member of the *World Journal of Diabetes* and has been the Guest Editor for journal special issues on endocrine and metabolic disciplines. He is serving as a Member of Diabetes, UK, US Endocrine Society and Scientific Reviewer to several medical periodicals in the branches of endocrinology and metabolism.

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