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Study of metabolic control, body weight, BMI and BP in Type 2 diabetic patients with insulin resistance with intensified insulin therapy

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Back ground and Aims: Type 2 Diabetes is a heterogeneous group of disease with variable degree of insulin resistance and insulin deficiency. Intensified Insulin Therapy (IIT) with pre prandial regular insulin and long acting insulin overnight is superior to Conventional Insulin Therapy (CIT) with pre mixed regular and long acting insulin twice a day for glycaemic control.

Materials & Methods: 606 Type 2 Diabetes patients with insulin resistance, aged 40-50 years, duration of Diabetes 5-6 years and taking insulin are taken up for the study from the daily O.P. of Diabetes research center, sainagar, Anantapur,, A.P. India, from march 2014 to June 2015.patients with two or less injections per day are regarded as CIT and more than 2 insulin injections per day as IIT. B.P., body weight, B.M.I, HbA1c are studied at the beginning of the study and 6 months later.

Results: CIT-n = 167, Iit-n = 439. Patients receiving CIT at baseline had lower weight ($p<0.05$), B.M.I ($p<0.05$) and B.P.($p<0.05$). At re-examination after 6 months both groups had significantly lower HbA1c ($p<0.001$) body weight ($p<0.001$) and B.M.I ($p<0.001$).B.P. control was significant in patients with IIT ($p<0.001$).

Conclusion: Metabolic control in terms of HbA1c does not differ between IIT and CIT but B.P control and quality of life was significantly better in patients receiving IIT.

Biography

Harshitha Kamatham is studying final year part-1 in Kurnool Medical College, Kurnool. She is very individualistic and hard working person. She ranked top 2 in schooling and scored 94% in all my academic endeavors. She has passion in doing medical research in fields of endocrinology particularly Diabetes Mellitus.

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