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EDITOR

Principles of Diabetes Mellitus

SECOND EDITION

 Springer

Leonid Poretsky
Editor

Principles of Diabetes Mellitus

Second Edition



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Principles of Diabetes Mellitus

Second Edition

Preface to the Second Edition

Seven years have elapsed since the first edition of the *Principles of Diabetes Mellitus* appeared. It is sobering to realize how much new important information on the subject of this textbook has been developed during this relatively short period of time. Hence, the second edition.

Every chapter has been updated in terms of both material it covers as well as the references and the websites where additional useful information can be found. Several new chapters have been added. These chapters cover such topics as the role of brain in glucose metabolism, the role of incretins in the pathogenesis and therapy of diabetes, the relationship between diabetes and cancer and between diabetes and human immunodeficiency virus infection, diabetes among minorities, and hospital management of diabetes. Many authors who contributed to the first edition worked on the second edition as well, but many new writers joined the “crew.” We thank *all* of the authors of the first edition for their role in preparing this textbook.

The goals of this text are outlined in the preface to the first edition, which follows. We hope that our readers will continue to find *Principles of Diabetes Mellitus* both useful and enjoyable.

New York
2009

Leonid Poretsky

Preface to the First Edition

Diabetes mellitus is a very common disease. Described initially in the Egyptian papyrus *Ebers* in 1500 BC and now affecting approximately 150,000,000 people worldwide, with its prevalence rising rapidly, diabetes continues to mystify and fascinate both practitioners and investigators by its elusive causes and multitude of manifestations.

A neurosurgeon operating on a patient with a life-threatening brain tumor, an obstetrician delivering a baby, a psychiatrist trying to penetrate deep into a patient's emotional life – all will encounter diabetes from their very early days of medical practice. This disease will significantly affect the choice of therapeutic approaches throughout their careers, regardless of their specialty. Hence, there is need for every student of medicine, whatever his or her ultimate career goals, to understand and learn to manage diabetes.

Many excellent diabetes textbooks exist. Most of them, however, are written for endocrinologists. This textbook is written not only for endocrinologists, but also for other specialists, primary care physicians, housestaff, and particularly for medical students.

The needs of the latter group are well understood by the authors of this text, most of whom have been medical students and all of whom continue to teach medical students on a regular basis. The main challenge for a medical student is to “digest” a large amount of complicated, rapidly changing information under heavy time pressure. Therefore, a book written for medical students must be up-to-date and cover all aspects of the disease, from its pathogenesis on the molecular and cellular levels to its most modern therapy. Such textbook must also be concise, clear, and easy to use. To achieve these goals, we have made liberal use of illustrations and tables, provided a summary after each chapter, and added website addresses where additional information can be found to the lists of references. Each chapter is written to stand on its own, and readers who wish to explore a particular subject should not have to search through many chapters. This may have resulted in redundancies noticeable to readers of the entire text, but the pages where the most detailed discussion of a given topic can be found are highlighted in the index in bold print.

We hope that these features will make *Principles of Diabetes Mellitus* user-friendly. We also hope that readers will find this volume useful for studies of diabetes throughout their professional lives: first in medical school, then during the years of residency, and, finally, as they enter their chosen specialty.

The authors would like to dedicate this book to those from whom we learned and continue to learn about diabetes: our teachers, who inspired us to undertake studies of the challenging diabetes problems and then supported us throughout these studies; our students, who lead us to ponder new questions; and finally, our patients, who live with the disease every moment of every day and in some ways know more about it than we do.

We thank Jill Gregory for her expert help with illustrations and Anthony J. DiCarlo for help with computer programming. We also gratefully acknowledge the efforts of Marilyn Small Jefferson, who helped coordinate the work of 61 writers, and without whose patience, diligence, and dedication this book would not have been possible.

New York, 2002

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Contents

Part I

- 1 The Main Events in the History of Diabetes Mellitus** 3
Jacek Zajac, Anil Shrestha, Parini Patel, and Leonid Poretsky

Part II Physiology of Glucose Metabolism

- 2 Normal Glucose Homeostasis** 19
Muhammad Z. Shrayyef and John E. Gerich
- 3 Endocrine Pancreas** 37
Barry J. Brass, Zinoviy Abelev, Emilia Pauline Liao, and Leonid Poretsky
- 4 The Role of Incretins in Insulin Secretion** 57
Brock E. Schroeder and Orville Kolterman
- 5 Cellular Mechanisms of Insulin Action** 75
Theodore P. Ciaraldi
- 6 The Role of Brain in Glucose Metabolism** 89
Silvana Obici and Paulo José Forcina Martins

Part III Diagnosis and Epidemiology of Diabetes

- 7 Diagnostic Criteria and Classification of Diabetes** 107
James P. Leu and Joel Zonszein
- 8 Epidemiology** 117
Shadi Chamany and Bahman P. Tabaei
- 9 Diabetes in Culturally Diverse Populations: From Biology to Culture** 129
A. Enrique Caballero

Part IV Genes and Diabetes

- 10 Genetics of Type 2 Diabetes: From Candidate Genes to Genome-Wide Association Analysis** . . 147
Kevin Brown and Alan R. Shuldiner
- 11 Rodent Models of Diabetes** 165
Ronald J. Christopher, Koji Takeuchi, and Bumsup Lee

Part V Diabetes Syndromes

12 Type 1 Diabetes Mellitus: Epidemiology, Genetics, Pathogenesis, and Clinical Manifestations	181
Omar Ali	
13 Type 2 Diabetes Mellitus: Epidemiology, Genetics, Pathogenesis, and Clinical Manifestations	203
Vivian Fonseca and Jennifer John-Kalarickal	
14 Maturity-Onset Diabetes of the Young: Molecular Genetics, Clinical Manifestations, and Therapy	221
Markus Stoffel	
15 Diabetes in Pregnancy	233
Adina E. Schneider, Elliot J. Rayfield, Agustin Busta, and Yuriy Gurevich	
16 Secondary Causes of Diabetes Mellitus	245
Yana B. Garger, Prajesh M. Joshi, Ashutosh S. Pareek, Carla M. Romero, Amit K. Seth, and Adrienne M. Fleckman	
17 Syndromes of Extreme Insulin Resistance	259
George Grunberger and Bianca Alfonso	

Part VI Complications of Diabetes

18 Acute Hyperglycemic Syndromes: Diabetic Ketoacidosis and the Hyperosmolar State	281
Yun Feng and Adrienne M. Fleckman	
19 Hypoglycemia in Diabetes Mellitus	297
Mazen Alsahli and John E. Gerich	
20 Intake of Advanced Glycation Endproducts: Role in the Development of Diabetic Complications	313
Helen Vlassara and Gary E. Striker	
21 Diabetic Retinopathy	331
Ketan Laud and Uri Shabto	
22 Diabetic Nephropathy	347
James F. Winchester, Donald A. Feinfeld, Nikolas B. Harbord, and Alan Dubrow	
23 Diabetic Neuropathy	357
Russell L. Chin and Michael Rubin	
24 Peripheral Vascular Disease in Diabetes	371
Jennifer K. Svahn, Jeffrey S. Kirk, Omar H. Llaguna, and Nancy Habib	
25 The Diabetic Foot	381
Dennis Shavelson, John S. Steinberg, and Bradley W. Bakotic	
26 Male Sexual Dysfunction in Diabetes Mellitus	401
Barry M. Mason, Albert C. Leung, Michael E. DiSanto, and Arnold Melman	
27 Gastrointestinal Manifestations of Diabetes	419
Donald P. Kotler and Stanley Hsu	
28 Dyslipidemia: Pathogenesis and Management	435
Om P. Ganda	

- 29 Dermatological Complications of Diabetes Mellitus; Allergy to Insulin and Oral Agents** 457
George I. Varghese, Ellen S. Marmur, and Mathew C. Varghese

Part VII Related Disorders

- 30 Obesity – Genetics, Pathogenesis, Therapy** 475
William C. Hsu, Kalliopi M. Arampatzi, and Christos S. Mantzoros
- 31 Hypertension** 489
Samy I. McFarlane, Ho Won Lee, Sara Choudhry, and Nathaniel Winer
- 32 Coronary Artery Disease and Cardiomyopathy** 499
Richard B. Devereux
- 33 Polycystic Ovary Syndrome** 515
Susan B. Zweig, Marsha C. Tolentino, Marina Strizhevsky, and Leonid Poretzky
- 34 Insulin Resistance and the Metabolic Syndrome** 531
Mary Ann Banerji and Rochelle L. Chaiken
- 35 Diabetes and Liver Disease** 557
Douglas F. Meyer and Henry C. Bodenheimer, Jr.
- 36 The Increased Risk of Cancer in Obesity and Type 2 Diabetes: Potential Mechanisms** 579
Emily Jane Gallagher, Ruslan Novosyadlyy, Shoshana Yakar, and Derek LeRoith
- 37 Diabetes and Sleep Disorders** 601
Abhijith Hegde and Steve H. Salzman
- 38 HIV Infection and Diabetes** 617
Madhu N. Rao, Kathleen Mulligan, and Morris Schambelan

Part VIII Therapy of Diabetes Mellitus – General Principles

- 39 Glycemic Goals** 645
David J. Brillon
- 40 Behavioral and Educational Approaches to Diabetes Self-Management** 659
Maria A. Mendoza, Monique Welbeck, and Grishma Parikh
- 41 Dietary Therapy of Diabetes Mellitus** 677
Gladys Witt Strain, Rosalia Doyle, and Faith Ebel
- 42 Exercise in the Therapy of Diabetes Mellitus** 687
Sefton Vergano, Rajiv Bhambri, and Stephen H. Schneider
- 43 Therapy of Type 1 Diabetes Mellitus** 709
Pejman Cohan and Anne L. Peters
- 44 Treating Type 2 Diabetes Mellitus** 731
Susan Herzlinger and Martin J. Abrahamson
- 45 Prevention of Microvascular Complications
of Diabetes – General Overview** 749
Vincent Yen
- 46 Psychiatric Care of the Patient with Diabetes** 755
Jennifer L. Kraker and Stephen J. Ferrando

47	Management of Diabetes and Hyperglycemia in the Hospital Setting	773
	Samantha DeMauro-Jablonski and Silvio E. Inzucchi	
48	The Future of Diabetes Therapy	787
	Graham T. McMahon	
Part IX Diabetes Prevention		
49	Prevention of Type 1 Diabetes Mellitus	803
	Paolo Pozzilli and Chiara Guglielmi	
50	Prevention of Type 2 Diabetes Mellitus	821
	Edward S. Horton	
Part X		
51	Resources for Patients with Diabetes	835
	Marina Krymskaya	
	Subject Index	845

