

Diabetology

1. Blood Sugar Management

- **Type 1 Diabetes:**
 - Insulin therapy (basal, bolus, or pump-based systems).
 - Continuous glucose monitoring (CGM).
- **Type 2 Diabetes:**
 - Oral antidiabetic drugs (e.g., Metformin, Sulfonylureas, DPP-4 inhibitors, SGLT-2 inhibitors).
 - Injectable medications (e.g., GLP-1 receptor agonists, insulin).
- **Gestational Diabetes:**
 - Lifestyle modifications and insulin or oral medications if necessary.
- **Pre-Diabetes:**
 - Prevention strategies with diet, exercise, and weight loss programs.

2. Diabetes Education and Counseling

- **Dietary Counseling:**
 - Personalized meal planning (low glycemic index diets).
- **Exercise Guidance:**
 - Developing safe and effective physical activity plans.
- **Self-Monitoring Training:**
 - Teaching patients how to monitor blood sugar levels.
- **Lifestyle Modification:**
 - Smoking cessation and stress management techniques.

3. Prevention of Complications

- **Diabetic Neuropathy:**
 - Pain management (e.g., pregabalin, gabapentin).
 - Foot care and prevention of foot ulcers.
- **Diabetic Retinopathy:**
 - Regular eye screenings and treatment with laser therapy or injections.
- **Diabetic Nephropathy:**
 - Blood pressure and glucose control.

- ACE inhibitors or ARBs to protect kidney function.
- **Cardiovascular Disease:**
 - Statins, antiplatelet therapy, and hypertension management.
- **Diabetic Foot Care:**
 - Wound management, offloading techniques, and amputations if necessary.

4. Insulin Management

- **Initiation and Adjustment:**
 - Starting insulin therapy and titrating doses based on blood sugar levels.
- **Insulin Pump Therapy:**
 - Advanced options for patients requiring intensive insulin regimens.
- **Training:**
 - Proper injection techniques and site rotation education.

5. Diagnostic Services

- **Blood Sugar Testing:**
 - Fasting blood glucose and postprandial glucose tests.
- **HbA1c Testing:**
 - Long-term glucose control monitoring.
- **Continuous Glucose Monitoring (CGM):**
 - Real-time tracking of blood sugar trends.
- **Lipid Profile:**
 - Monitoring cholesterol and triglycerides.
- **Kidney Function Tests:**
 - Monitoring for early signs of diabetic nephropathy.
- **Foot Screening:**
 - Assessment for neuropathy and circulation issues.

6. Special Diabetes Programs

- **Intensive Diabetes Management (IDM):**
 - Tailored therapy for uncontrolled diabetes.
- **Weight Management Programs:**
 - For overweight or obese patients with diabetes.

- **Bariatric Surgery Support:**
 - Pre- and post-operative care for diabetes remission.

7. Emergency Diabetes Care

- **Diabetic Ketoacidosis (DKA):**
 - Fluid replacement, insulin therapy, and electrolyte management.
- **Hyperosmolar Hyperglycemic State (HHS):**
 - Intensive hydration and blood sugar correction.
- **Hypoglycemia Management:**
 - Quick glucose replacement and prevention strategies.

8. Advanced Diabetes Therapies

- **Artificial Pancreas Systems:**
 - For patients needing tight glucose control.
- **Islet Cell Transplantation:**
 - For select cases of Type 1 Diabetes.

9. Pregnancy and Diabetes Management

- **Pre-Conception Counseling:**
 - Optimizing blood sugar before pregnancy.
- **Gestational Diabetes Care:**
 - Monitoring and management during pregnancy.
- **Postpartum Diabetes Screening:**
 - Testing for persistent diabetes after delivery.

10. Research and Clinical Trials

- **Participation in New Drug Trials:**
 - Access to cutting-edge therapies under supervision.