

CPG Updates in the Management of Type 2 Diabetes Mellitus

The latest diabetes CPG was launched early this year and represents the 6th edition. Since the previous edition, we have seen tremendous breakthroughs and availability of newer medications. The aim of this guideline is to incorporate new knowledge into day-to-day clinical decision-making. Since there are many faces of diabetes, large number of specialists in various disciplines were involved in the development of the CPG.

The aim of the current edition was to build on what was already a very comprehensive 5th edition. We now know more about diabetes and its complications than we did 5 years ago. For example, Cardiovascular outcome studies have shown benefit of certain classes of medications beyond glucose lowering and show significant MACE benefit. Renal protection has also been enhanced by the newer agents, particularly the SGLT2 inhibitors. These agents also show benefit in heart failure. We now can advocate early combination therapy which has been shown to be durable and delays the need for Insulin (Verify study). Equally important updates are seen in the section on NASH, periodontal disease, diabetes in Ramadan to name a few.

I will try to highlight some of these changes in the lecture but for a complete experience I would recommend reading the actual booklet. It can be downloaded from the Academy of medicine or from the MEMS websites.

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