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Autore	Dunning Trisha
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glucose/ketones and blood ketones; 4.9 Key points; 4.10 Introduction; 4.11 Limitations of urine glucose testing; 4.12 Indications for urine glucose tests; 4.13 Monitoring ketones; 4.14 Urine tests of kidney function; 4.15 Micral-test; Monitoring 3: additional assessment; 4.16 Nursing responsibilities  
4.17 Blood glucose 4.18 Glycosylated haemoglobin (HbA1c); 4.19 Fructosamines; 4.20 Serum lipids; 4.21 C-peptide; 4.22 Islet cell antibodies; 4.23 Creatinine clearance and urea; 4.24 Oral glucose tolerance test (OGTT) ; References; 5 Nutritional Aspects of Caring for People with Diabetes; 5.1 Key points ; Rationale; 5.2 Role of the nurse; 5.3 Obesity; 5.4 Method of screening for dietary characteristics and problems; 5.5 Principles of dietary management for people with diabetes; 5.6 'Sugar-free'foods; 5.7 Non-nutritive sweeteners; 5.8 Carbohydrate modified foods; 5.9 Dietetic foods; 5.10 Alcohol 5.11 'Exchanges'and portions'5.12 Glycaemic index; 5.13 Exercise/activity; 5.14 Example questions to ask when taking a diet history ; References; 6 Oral Hypoglycaemia and Lipid Lowering Agents; 6.1 Key points ; Rationale; 6.2 Introduction; 6.3 Sulphonylureas; 6.4 Biguanides; 6.5 Glitinides; 6.6 Thiazolidinediones; 6.7 Alpha-glucosidase inhibitors; 6.8 Drug interactions; 6.9 Combining OHAs; 6.10 Combining OHAs and insulin; 6.11 Lipid lowering agents ; References; 7 Insulin Therapy; 7.1 Key points ; Rationale; 7.2 Basic insulin action; 7.3 Objectives of insulin therapy  
7.4 Types of insulin available

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## Sommario/riassunto

Diabetes Mellitus is a chronic disease affecting a large percentage of the population world-wide. In the UK alone there are over 1.4 million people diagnosed with diabetes, a new diagnosis of type 2 diabetes is made every five minutes, and as many as a million people are suspected to have the condition without knowing it. As many as one in ten patients in hospital have diabetes and diabetes accounts for almost a tenth of NHS spending, largely due to the high costs of complications such as heart disease, blindness, kidney disease, stroke, and amputation which all require specialist nursing care

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