

Monitoring and Taking medicine

Case Sharing Experience



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Contents

- ❧ Introduction
- ❧ Case sharing
 - ❧ Case1
 - ❧ Case2
 - ❧ Case3
 - ❧ Case4
 - ❧ Case5
 - ❧ Case6
 - ❧ Case7
- ❧ Conclusion for case management



the “Magical Cure”
for Diabetes



ถ้าขอพรให้ผู้ป่วยเบาหวานที่ท่านดูแลได้ 3 ข้อ
ท่านจะขออะไร?





A.



B.



C.



D.

Who's the oldest princess?

Disney ANIMATED LADIES CENSUS

AGE

UNDER 13



14-16



17-19



20+





A.



B.

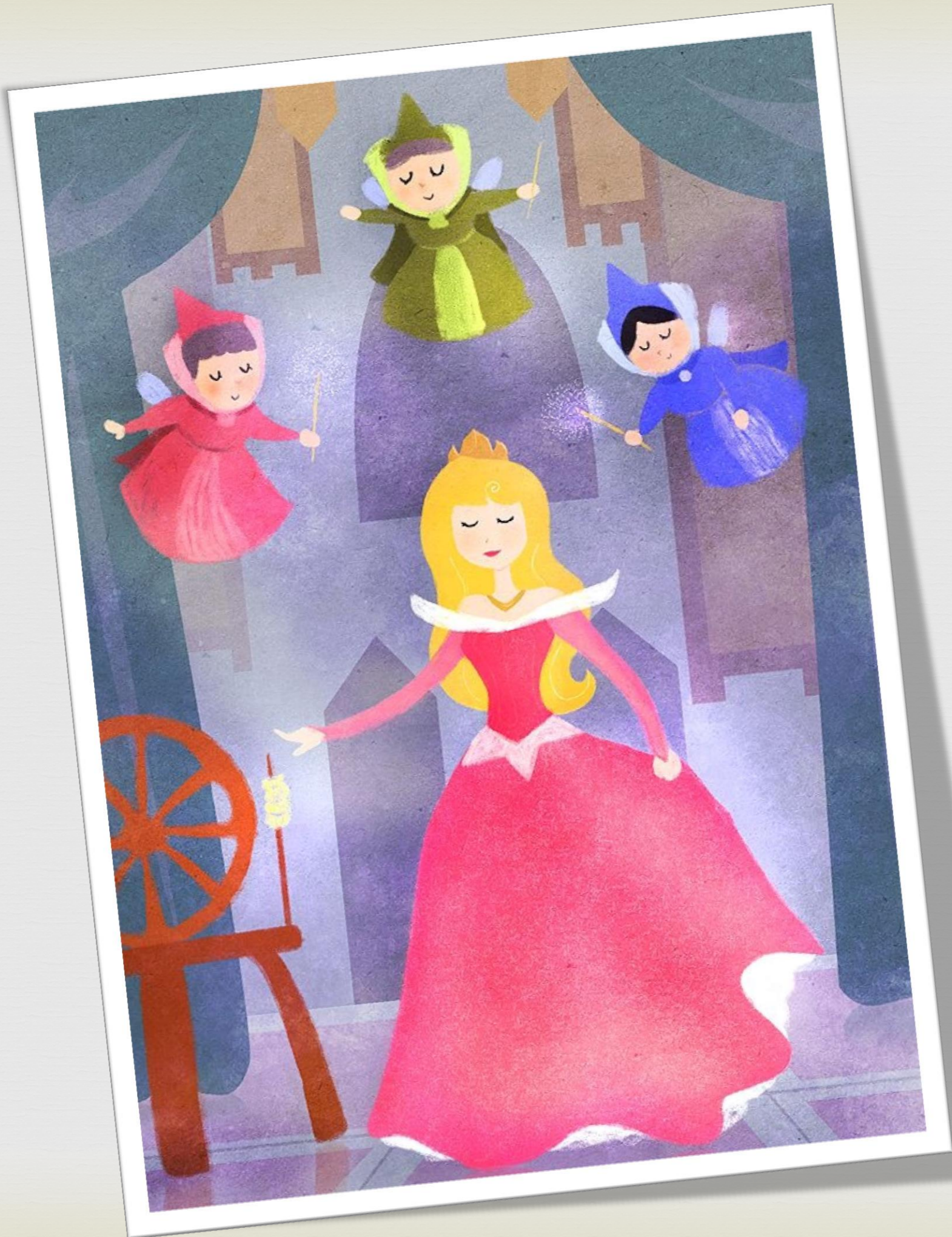


C.



D.

Who's favorable to control blood sugar by insulin if she got diabetes?





A.



B.



C.



D.

Who should not recommend to used TZD if she got diabetes?





A.



B.

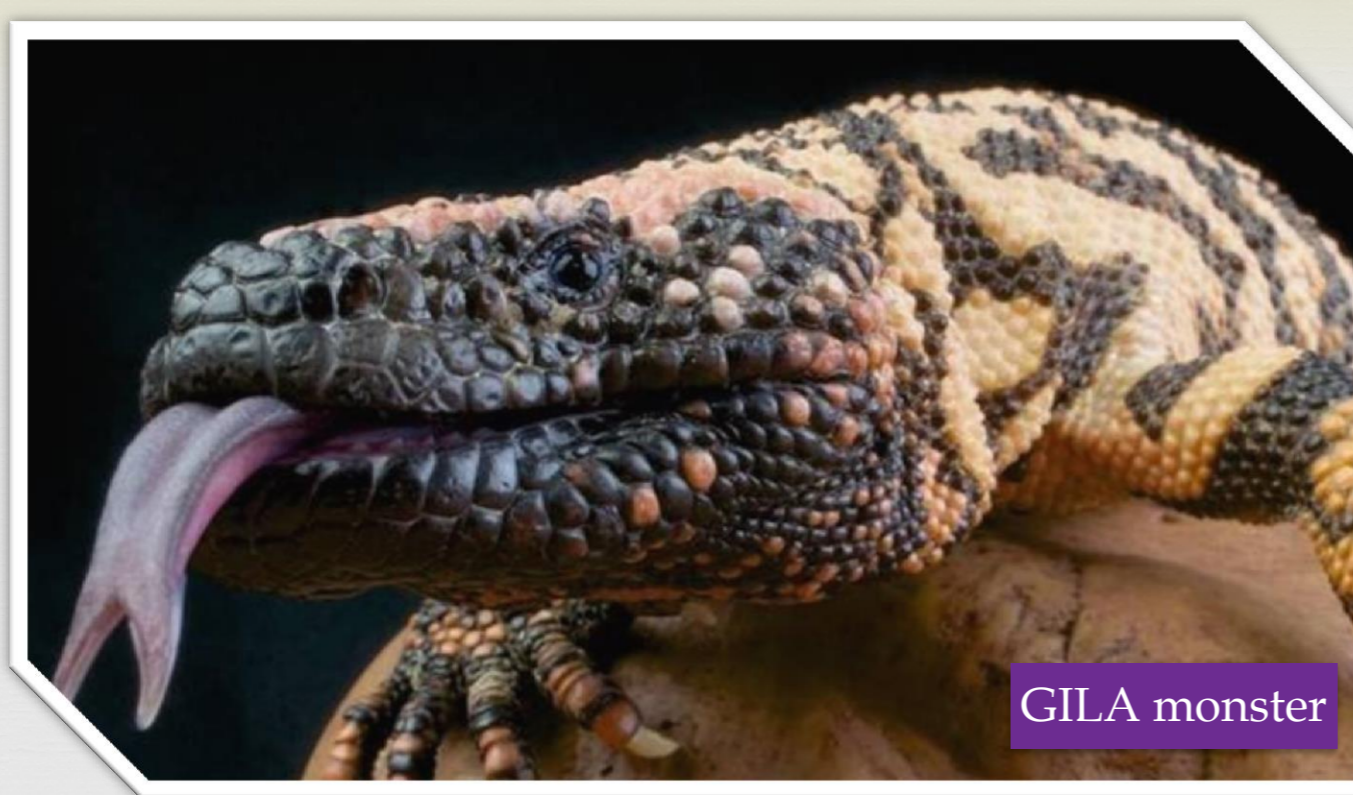


C.



D.

Who should be better weight control from diabetes treatment than others?



HISTORY

- Phlorizin, a bitter white glycoside isolated from apple tree bark by French chemists in 1835, is a naturally occurring inhibitor of both SGLT1 and SGLT2 and was used for the treatment of diabetes in the pre-insulin era.



Case experience sharing

Case 1

**Case female 32 years old , Nurse aid In Rajavithi Hospital
→ naïve T2DM just Dx T2DM 1 month ago**


Present with polyuria and polydipsia, weight loss 3
kgs./month

Consult endocrinologist by FBS=286, A1c= 10.9 and
LDL=106, Cr= 0.48, eGFR=134

Some degree of neuropathy, DR -ve, DN -ve

What would you do next?

Case 1

Parameters	9/12/60	6/1/61	17/3/61	12/5/61	11/8/61	
FBS	286		126		155	
A1c	10.9	9.5	8.0	7.5	8.4	
LDL	106	89		85	95	
Rx	-Metformin 2*2 -Glipizide 1*1 -NPH 8 unit sc	-Metformin 2*2 -Glipizide 1*2 -Decgludec 10 U hs				
			20	23	28	30

Case 2

Case experience sharing

Case Thai 61 years old male patient with T2DM for 5 yrs,
no complication (Husband of nurse)

Present with poor control diabetes , lung disease and
Hypertension

Polyuria and polydipsia, weight loss 1.5
kgs./month



Consult endocrinologist by FBS=178, A1c= 6-7
mg% along treatment by cardiologist

LDL=180-190, Cr= 1.34, eGFR=50.6

Neuropathy -ve, DR -ve, DN -ve

What would you do next?

Case 2

Parameters	12/1/60	6/4/60	30/6/60	21/9/60	14/12/60	8/3/60	10/3/61		
FBS	128	265	126		155				
A1c	7.9	10.3	7.8	7.0	7.4	7.5	7.4		
LDL	187	195	88	111	91	124	98		
Rx	-Metformin 2*2 -Glipizide 1*2 -Xarator(40) 0.5 hs	-ddp4i+met 1*2 -Glimepiride 2*1 -Pitavastatin 1*1 -Decgludec 10 U sc							
									

Case 3

☞ Thai female 59 yrs , T2DM over than 10 yrs duration

☞ Complication DR=NPDR, DN -ve

☞ Last FBS = 251 mg/dl, A1c =10.0

☞ Medication

☞ Glimepiride(2) 3*1

☞ Metformin XR(1000) 2*1

☞ Pitavastatin(2) 1*1

Date	13/10/60	22/12/58	14/6/59	9/8/59	26/8/59	4/10/59	7/2/60	11/4/60	16/5/60	18/7/60	29/8/60
FBS		251	170	178			187		148		
A1c		10.0	8.4	8.6			7.1		7.8		
LDL		103	55				86		113		
BP	136/70	138/80		130/85		120/90	129/77	136/70	115/76		
BW	78	78	75	75.7	74	74	77		75.5	75	75
Rx	Forxiga(S)					J	Forxiga				
Amaryl 3*1			2*1				2*1			1*1	
Glu XR 2*1			2*1				1*1			1*1	
Livalo 1*1			1*1				1*1			1*1	
					Victoza 0.6			Victoza 1.2			

Case 4

☞ Thai male 54 yrs old ,underlying HT, thyroid CA

☞ Duration of T2DM 5+ yrs

☞ DR - , DN +, BP ~130/80 mmHg

☞ Medication

☞ Metformin (500) 2*2

☞ GPZ (5) 1*2

☞ Xarator (40) 1*1

Date	13/12/59	3/2/60	1/5/60	1/8/60
FBS				
A1c	6.9	6.8	7.1	5.8
LDL	71		95	79
Rx	MFM(500) 2*2 GPZ(5) 2-0-1 Xarator (40) 1*hs		Add Nesina/Pio 1*1	

Case 5

- ☞ Thai male 52 yrs old, Just diagnosis T2DM from annually check up, clinical of hyperglycemic symptoms
- ☞ Naive medication= no
- ☞ FBS =136
- ☞ A1c = 9.3%
- ☞ What would you do for this patient?

F/U	1	2	3	4	5
FBS	136	176	133		121
A1c	9.3	8.9	7.5	7.2	6.9
LDL	112	91	132	119	96
Rx	Consult	Dapagliflozin/met 1*1			

∞ Dapagliflozin/met --1*1 oral pc

∞ Enarapril + statin

Case 6

- ❧ A Thai female 83 yrs-old, T2DM over than 10 yrs duration
- ❧ Complication DN +, DR + / eGFR =
- ❧ MAU= overt proteinuria
- ❧ Consult from cardiologist for glycemic control
- ❧ Medication : Amaryl (2) 4*1 oral ac

Case 6

Date	10/1/60	11/4/60	4/7/60	19/9/60
FBS				
A1c	10.3	9.1	7.4	6.6
eGFR	39	27	22	22
BP				
LDL				
Rx	Glimepiride 4*1	Gli-3*1 Nesina/Pio 0.5 OD		

Case 7

- ☞ A Thai pregnant (Obs. nurse) 37 years old with history with type 2 Diabetes, BW 71.5 kgs.
- ☞ History of fetal loss
- ☞ On metformin (500) 1*2 oral pc, simvastatin(40) 1 tab once a day.

GA	18 wks.	20 wks.	22 wks.	24 wks.	26 wks.	28 wks.	30 wks.
Fast BS	<95	126-150	90-100		Fine adjusted		80-90
Postmeal 1 hrs BS	<140	163-206	140-180		For postpandial goal		110-150
NovoRapid	8-8-8	16-16-16	22-20-22	22-24-24	26-26-32	28-30-32	40-40-44
NPH	8	16	26	26	32	32	42
Other	SMBG					Dexa 6 mg q 12 hrs*2d	

How to achieved Diabetes control

1. Set target goal
2. Find out the ways for achieve goal (CPG)
3. Shaping the goal
4. Discussion with your diabetes patients
5. Make it easy / simplify





LIKE SO MANY THINGS
IT IS NOT
WHAT IS ON THE **OUTSIDE**
BUT WHAT IS
ON THE **INSIDE** THAT COUNTS

