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ICMR issues guidelines for management of Type 1 Diabetes

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With the arrival of Continuous Glucose Monitoring (CGM), a paradigm shift in the monitoring and control of type 1 diabetes has occurred all over the world although again, cost considerations remain an issue in India



The Indian Council of Medical Research (ICMR) has released guidelines for the management of type 1 diabetes in the country.

The ICMR type 1 diabetes guidelines come at a time when the SARS-CoV-2 pandemic has disproportionately affected people with diabetes population, exposing them to a high risk for severe illness and mortality.

The ICMR type 1 diabetes guidelines is a comprehensive document providing advice on care of diabetes in children, adolescents and adults with type 1 diabetes. All chapters in this guideline have been provided with formation to reflect advances in scientific knowledge and clinical care that have occurred in the recent past.

The guidelines focus on several aspects related to diabetes such as epidemiology, lifestyle, drugs, monitoring, complications, education etc.

There are still formidable challenges in providing equitable treatment to everyone with type 1 diabetes in the world and India is no exception to this. It is hoped that with improved diabetes control, the dreaded complications of diabetes like blindness, kidney failure, amputations, heart attacks and stroke, not to mention diabetic ketoacidosis, impotence and painful neuropathy can all be reduced, if not totally eliminated.