



Intensive Diabetes Management

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Intensive diabetes management is the process by which blood glucose levels are closely controlled using multiple daily insulin injections or an insulin pump. People who use this method of diabetes management must be closely aligned with their health care team and highly motivated because it not only requires close scrutiny of blood glucose levels, but also constant monitoring of food intake and medication dosage, among other things.

Although difficult to maintain, intensive diabetes management has proven very effective and is now the rule, rather than the exception, in diabetes care. Virtually all patients with diabetes—type 1 or type 2—can improve their glycemic control and overall health through intensive diabetes management.

Intensive Diabetes Management is geared toward the health care practitioner who wants to implement this method in his or her patients. It emphasizes a team approach to patient care and offers guidance in helping patients move toward treatment goals appropriate for their individual skills and medical condition.

Individual sections address all of the key topics in intensive diabetes management, including rationale/physiological Basis, team approach, education, psychosocial issues patient selection/goals of therapy, insulin regimens, insulin pump therapy, monitoring, and nutrition management.

This new edition is updated to cover the latest advances in medical research. New insights into diabetes and how they impact this particular treatment are covered. In addition, the data, guidelines, and procedures have been revised to reflect that newest positions of the American Diabetes Association's standards of care.

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