

EDITORIAL

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Type 2 diabetes is a clinical syndrome that virtually affects the entire body, including vital organs like heart and kidneys. Consequently, type 2 diabetes itself is considered an independent risk factor for developing cardiovascular and renal disease. Cardiovascular disease develops at an accelerated rate in type-2 diabetes mellitus with ASCVD known to occur nearly 14.6 years earlier in diabetics. Similarly, chronic kidney disease sets in much earlier in type 2 diabetes and may also be present at the time of its diagnosis. Both these comorbidities have also been found to be more prevalent in Asians as compared to the Caucasians.

Clear understanding of the diagnostic and management perspectives of cardio-renal comorbidities in type 2 diabetes remains limited among the physicians, which at the same time is compounded by limited guidance available on the same, especially in the Indian context. The available guidance documents are broader in scope and have limited focus on cardiovascular and

renal comorbidity perspectives.

Before developing the current consensus guidance, a nationwide KAP (Knowledge, Attitude and Practice) survey was conducted with ~300 physicians and clinical data of ~1500 OPD patients was collected. This was undertaken to understand the current prevalence of cardiac and renal comorbidities in the OPD setting and the knowledge, attitude and practice of physicians for screening, diagnosing and managing cardio-renal comorbidities in type 2 diabetic patients. This data, which has been briefly discussed in the document, gave us valuable insights on the current situation, which mandated to us to come out with this guidance document.

A steering committee of experts together with some additional key experts guided the development of this statement, through detailed academic deliberations. Much emphasis has been laid to incorporate perspectives based

on up-to-date scientific evidence; however, expert-group opinion has been given due emphasis, wherever appropriate.

This guidance statement is intended to serve as a reference source for the Indian physicians, who are associated with the management of type 2 diabetes mellitus and its complications, especially cardiovascular and chronic kidney disease. In this statement, emphasis has been given to the preventive, diagnostic and treatment aspects of T2DM, with coexisting CVD and / or CKD in adult patients with type 2 diabetes. Key screening/diagnostic and management aspects have also been summarized for quick reference.

With this initiative, I sincerely hope that we can improve the diagnosis and management of type 2 diabetes with cardio-renal comorbidities in India, which will go long way in serving our patients and make India the "diabetes care" capital of the world.