## **Contents**

## **VOLUME 1: PROGRESS IN MEDICINE 2016**

SECTION 1	DIA	BETES Mon and Management of Acuta Kidney Injury in Critical III	
	1.	Can We Change the Natural History of Type 2 Diabetes Mellitus?  V Mohan, A Amutha	3
	2.	Diabetes is a Vasculopathy: Not Lone Endocrinopathy Rajeev Chawla	8
	3.	Heart Disease in Diabetes: Indian Pattern YP Munjal, Bhagya N Pandit, Anmol S Pannu	14
	4.	Childhood Onset Diabetes Ranjit Unnikrishnan	18
	5.	Brittle Diabetes: Current Approach SV Madhu, Sundaram Gopalakrishnan	21
	6.	Diabetes Educators: A New Paradigm for Management of Indian Diabetics Shilpa Joshi	24
	7.	Home Monitoring in Diabetes RK Goyal	27
	8.	Going Beyond HbA1c: Ambulatory Glucose Profiling Prasanna Kumar KM	29
	9.	Diet and Diabetes Pramod K Sinha, Mandip S Bhangoo	32
	10.	Sulfonylureas: A Reappraisal of their use in Clinical Care Krishna G Seshadri	37
	11.	Role of Newer Antidiabetic Agents in Indian Diabetic Patients  Anuj Maheshwari	40
	12.	Glycemic Variability and Role of Alpha-glucosidase Inhibitors  Banshi Saboo, Ravinder Garg, Geeti Puri Arora	45
	13.	Dipeptidyl Peptidase-4 Inhibitors  Ajay Kumar	49
	14.	Newer Hypoglycemic Agents for Type 2 Diabetes Harbir K Rao, Rajinder S Gupta, Simar Rajan Singh	52
	15.	When to Initiate and how to Intensify Insulin Therapy in Type 2 Diabetes  Sanjeev Phatak	56
	16.	Peripheral Neuropathy in Diabetes R Rajasekar, M Nataraj	62
	17.	Diabetic Foot Vijay Viswanathan, Anitha Rani	65
	18.	Management of Hyperglycemia in Critical Care Setting  Apurba Mukherjee, Giridhari Kar	67
	19.	Prevalence of Noncommunicable Diseases in India: Results from the ICMR—INDIAB Study (Phase I) Ranjit Mohan Anjana, Tanvir Kaur, Rajendra Pradeepa	72

	20.	Mobile Technologies in Managing Diabetes  Viral N Shah, Narenderpal Jain	77
	21.	Evolution of Path-breaking Technologies in Diabetes  Jothydev Kesavadev	83
	22.	Saroglitazar, a Novel Agent: Role in Diabetic Dyslipidemia Bipin Kumar Sethi, V Sri Nagesh, Ayesha Vaseen, Jayant Kelwade	88
	23.	Bionic Pancreas Shalini Jaggi, Rajeev Chawla, Aastha Chawla	91
SECTION 2	RHE	UMATOLOGY WAS AND THE WASHINGTON	
	24.	Laboratory Investigations and Interpretations in Rheumatic Diseases  Paramjeet Singh, Ghan Shyam Pangtey, Amit Kansal	97
	25.	Hyperuricemia: Relevance in Clinical Practice Vikram Londhey, Tarun Satija	103
	26.	Asymptomatic Hyperuricemia: Not so Benign Renu Saigal	107
	27.	Recent Guidelines for Management of Gout  URK Rao	113
	28.	Rheumatoid Arthritis: Recent Advances and an Indian Perspective Milind Y Nadkar, Abhinav Anand	116
	29.	Biologicals In Rheumatoid Arthritis Gauri Liyakat Ali, Sharanbasu, Asim Khan, Ambreen Liyakat	119
	30.	Low-dose Methotrexate: A Widely Misunderstood Drug  Anand N Malaviya	128
	31.	Art and Science of Using Corticosteroids in Rheumatic Disease  Rohini Handa	137
	32.	Changing Concepts in Spondyloarthropathy Kishore Babu, B Lakshmi Narasimha Rao, G Narasimulu	141
	33.	Evidence-based Medical Management of Osteoarthritis RN Sarkar, K Bhattacharyya	144
	34.	Lupus Nephritis: The Current Scenario Siddharth Jain, Uma Kumar	148
	35.	Vasculitis versus Pseudovasculitis: A Challenge to Clinicians Arup Kumar Kundu, Anupam Maity	155
	36.	Systemic Vasculitis: An Enigma Unfolding Aman Sharma	160
	37.	Immunoglobulin G4-related Disease: Cause or Effect?  Harvinder Luthra	167
	38.	Ocular Inflammatory Diseases: What a Physician should Know? Yojana Gokhale, Eesha Shukla, Akruti Desai	172
	39.	Biosimilars: The Future of Biological Drugs Praveen Hissaria, Manisha Ginde	179
SECTION 3	ONC	COLOGY	
	40.	New Diagnostics and Screening Methods for Cancer TVSVGK Tilak, Amit Dhiman	189
	41.	Immunological Aspects of Cancer  Jayanta Chatterjee, Sadaf Ghaem-Maghami	194

	42.	Management of Infections in Immunocompromised Patients  Sanjeet Dadwal	199
	43.	Chronic Myeloid Leukemia: An Overview Hemant Malhotra	204
	44.	An Approach to a Solitary Pulmonary Nodule  Madhuchanda Kar, Angira Dasgupta	210
SECTION 4	NEF	PHROLOGY	
	45.	Prevention and Management of Acute Kidney Injury in Critical III  NP Singh, Anish Kumar	219
	46.	Cardiorenal Syndrome: An Overview Ananda Bagchi, Avijit Bhattacharya, Aradhya Sekhar Bagchi	224
	47.	Hypertension and the Kidney  MK Mani	229
	48.	How to Handle the CKD Epidemic in India? PP Varma, R Nair	234
	49.	Practical Approach to Glomerular Diseases Ratan Jha, Kiran Chandra Patro, Shekhar Shiradhonkar	237
	50.	Diabetic Kidney Disease: Indian Perspective  Arvind Gupta, Rajeev Gupta	243
	51.	Management of Hyperkalemia in Chronic Kidney Disease Asif Hasan, Muhammad Uwais Ashraf, Sekhar Chakravarthy	247
	52.	Recurrent Urinary Tract Infections in the Elderly Y Sathyanarayana Raju, Y Rahul	250
	53.	Frontier in Nephrology: Onconephrology Tejas Patel	253
SECTION 5	HEN	MATOLOGY TO THE PROPERTY OF TH	
	54.	Anemia: A Clinical Approach PS Ghalaut, Anubha Garg, Arvind Chahal, Varun Yadav	261
	55.	Total and Differential Leukocyte Count: Changes in Disease States Rumma Manchanda	265
	56.	Aplastic Anemia: Current Concepts in Management Velu Nair	268
	57.	Thrombocytopenia: Rational Approach SV Ramanamurty, DJK Chakravarthy	276
	58.	Interpretation of CBC and Thrombocytopenia with Special Reference to ITP Rekha Bhat, Swati Pai	282
	59.	Heparin-induced Thrombocytopenia BL Bhardwaj, Harnoor S Bhardwaj, Kanchan Saini	286
	60.	Thrombophilia: When and how to Investigate/Manage? Charu Jani, Kanjaksha Ghosh	288
	61.	Blood Component Therapy: Which, when and how much?  Mathew Thomas	294
	62.	Classification of RBC Disorders Sudhir Mehta, Shaurya Mehta	297

AND RESIDENCE OF THE PARTY OF T			
SECTION 6	ENI	DOCRINOLOGY	
	63.	Subclinical Hypothyroidism: To Treat or Not to Treat  Ankit Shrivastav, Abhijit Swami	303
	64.	Subclinical Thyroid Disorder: To Treat or Not to Treat  DC Sharma	306
	65.	Primary Hyperparathyroidism (Indian Scenario): Trends Over Past Two Decades Muthukrishnan J, Naveen Mittal	310
	66.	Polycystic Ovary Syndrome with Physicians Minal Mohit, Sanjiv Maheshwari	315
	67.	Polycystic Ovarian Syndrome Samar Banerjee, Suman Puri	319
	68.	Hyperprolactinemia: When to Suspect and How to Manage?  Piya Ballani Thakkar	326
	69.	Andropause, Prevalence and Presentation: Role of Testosterone in Clinical Practice Rakesh Sahay, Sandeep Sharma	330
	70.	Male and Female Sexual Dysfunctions in India Deepak Jumani, Shweta Gupta	334
SECTION 7	CLI	NICAL SYMPTOMS AND SIGNS	
	71.	Constipation: Evaluation and Management VG Mohan Prasad	343
	72.	Constipation in Clinical Practice: Causes and Management Tejinder Singh, Praneet Wander	350
	73.	Approach to a Patient with Chronic Diarrhea  Varun Mehta, Govind K Makharia	353
	74.	Vertigo: Clinical Approach and Management Mohan Kameswaran, Sunil Goyal	359
	75.	Hemoptysis: Diagnostic and Therapeutic Approach  Jai Kishan Karahyla	364
	76.	Dry Cough: Presentation, Causes and Management Algorithm AA Mahashur, R Banka	372
	77.	Noncardiac Chest Pain Rakesh Kalapala, Tarun Aggarwal	377
	78.	Headache in Medicine OPD Sanjay Prakash, K Ravishankar	381
	79.	A Case-based Approach to a Dizzy Patient Salil Gupta, Deepak Goel	386
	80.	Diplopia: Clinical Approach and Management  Vivek Lal, Monika Singla	390
	81.	Insomnia: A Disorder or a Symptom?  Manvir Bhatia, Abdul Muniem, BS Bal	396
<i>i</i>	82.	Cutaneous Manifestations of Systemic Diseases: Some Spotters  Eva Tsele, Sangeeta Punjabi	403
	83.	Physical Signs in Chest Examination: Clinical Relevance in Present Day Basanta Hazarika, Santokh Singh, Nayanjyoti Bez	410

	84.	Some Lessons for Internists on Bedside Clinical Cardiology for Valvular Heart Disease Jaganmohan A Tharakan, SP Abhilash	415
	85.	Vignettes in Respiratory Medicine: Some Interesting Cases with Clinical Lessons DP Singh, Sudhir Kumar	422
	86.	Pearls in Cardiology: Some Interesting Cases with Lessons Neeraj Pandit, Girish Narayan Mishra	426
SECTION 8	INV	ESTIGATIONS	
	87.	Procalcitonin Hope or Hype Sameer Gulati, Bhupendra Gupta	433
	88.	A Clinical Utility of Serum Galactomannan Test Shankha Shubhra Sen, Apu Adhikary	437
	89.	Polymerase Chain Reaction: Where is it Relevant as a Diagnostic Test?  Gandharba Ray, L Ravi Kumar, Deepinder Chhina	440
	90.	Clinical Utility of Getting CRP done in Infections, Inflammation and Healthy High-risk Individuals Nitin Sinha	444
	91.	Diagnostic Value of Sputum Induction in Respiratory Disorders: Present Status, Future Course RS Bhatia, Rajbir Singh, Akash Batta	448
	92.	Urinary Albumin and Creatinine Ratio versus 24-hour Urinary Protein Estimation Vivek Kumar, Harbir S Kohli	451
	93.	Role of Tumor Markers in Clinical Practice Gaurav Prakash, Anupriya Kaur, Sanjay Jain	454
	94.	Fibroscan: Potential Role in Clinical Practice GS Lamba, Monika Jain, RM Chhabra	459
*	95.	Antithyroid Peroxidase: Clinical Utility Hemant Thacker	463
	96.	D-dimer: Where to Send and how to Interpret?  Sudhir Bhandari	466
	97.	Clinical Utility of Serum Ferritin Asha N Shah	469
	98.	Chest Radiography (X-ray and CT Scan) for Internists  Udas Chandra Ghosh, Soma Saha, Kavita Saggar, Rajdeep Singh	472
	99.	From Basic Principles in Echocardiography to Newer Modalities  HP Singh, AP Singh, Gursewak S Gill	479
	100.	Role of Stress ECG Testing in Diagnosis and Prognostication of Coronary Artery Disease SB Gupta, Sudhir Verma, Samman Verma	485
	101.	Role of Echocardiography for Assessment of LV Function Rakesh Gupta, Parth Sthapak, A Sankaranarayanan, Garima Arora	491
	102.	Echocardiographic Evaluation for Valvular Heart Disease: A Guide for the Need of Intervention/Surgery Shravan NS Turaga, Saima H Khan, Rohit Tandon, Navin C Nanda	501
	103.	Echocardiography in Ischemic Heart Disease: Clinical Utility SK Parashar, Mahmoud Elsayed, Jugal R Chahwala, Parth K Parikh	512
	104.	Myocardial Viability Testing in Patients with IHD: Test Utility and Limitations  Arif Wahab, Vipul N Roy, Naresh Goyal	519