

APPENDIX A

Proposed patient visit sheet

Appendix A

APPENDIX A

DIABETIC CLINIC PATIENT MANAGEMENT CHART:

Name of the patient:

Age:

Gender:

Social background:

Medical history:

Surgical history:

Allergies:

Cardiovascular risk factors:

-Hypertension:

-Hyperlipidaemia:

-Family history of premature CAD:

-Smoking:

-Alcohol:

Target organ damage: - Microvascular

- Macrovascular

Exercise (encourage daily exercise for 30 minutes if no contra indications):

Control of glucose at home (ask the patient to bring a glucose diary):

Check finger-prick blood glucose at each visit. Aim for 4-6 mmol/l fasting (6-8 is acceptable) and 4-8 (8-10 is acceptable) 2-hour post-prandial.

Eye care (make sure that dilated eye exam is done yearly):

Comprehensive foot exam (at least yearly or more often if high risk):

Blood pressure (each visit). Recommended target <130/80 mmHg or <120/70 mmHg if dipstick proteinuria:

BMI and Waist circumference (done at first visit with weight at each visit):

Aim for BMI <25 kg/m², Waist circumference < 94cm male, <80cm female.

BLOOD TESTS:

1. Glycated haemoglobin (two times per year or quarterly if not at goal reading). Recommended: <7% (7-8% is acceptable).
2. Lipid profile (yearly or less often if normal). Recommended: TC<5.0, LDL<2.6, HDL> 1.2 and TG<1.5 mmol/l
3. Serum creatinine (yearly).
4. Urine microalbumin (yearly if no persistent dipstick proteinuria).
5. Other tests: individualised

Please note all the blood results must be charted on a flow chart to allow easy access and bloods should be requested with the last medicine repeat so that all the results are available during the visit.

Electrocardiogram (yearly).

Other:

1. Ensure that all the patients have diabetic education and nutritional counselling.
2. Do not forget ASPIRIN: secondary prevention all and primary prevention if the patient has the following risk factors: family history of CAD, cigarette smoking, hypertension, obesity, albuminuria, age>30 years or dyslipidaemia. (enquire about contra-indications).
3. Copy of revised SEMDSA guidelines for diagnosis and management of type 2 diabetes mellitus patients will be available at the diabetes clinics to assist all the doctors with glucose, blood pressure and lipid treatment recommendations.

Aim for better diabetic care.

Comprehensive management is the key to success!

APPENDIX B

Ethics approval

UNIVERSITY OF THE WITWATERSRAND, JOHANNESBURG

Division of the Deputy Registrar (Research)

HUMAN RESEARCH ETHICS COMMITTEE (MEDICAL)

R14/49 Klisiewicz

CLEARANCE CERTIFICATE

PROTOCOL NUMBER M060807

PROJECT

Comprehensive Management of
Type 2 Diabetes Mellitus Patients
Study 2006

INVESTIGATORS

Dr AM Klisiewicz

DEPARTMENT

Department of Medicine

DATE CONSIDERED

06.08.25

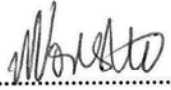
DECISION OF THE COMMITTEE*

APPROVED UNCONDITIONALLY

Unless otherwise specified this ethical clearance is valid for 5 years and may be renewed upon application.

DATE 06.09.13

CHAIRPERSON


HP (Professor A Dhali)

*Guidelines for written 'informed consent' attached where applicable

cc: Supervisor : Prof FJ Raal

DECLARATION OF INVESTIGATOR(S)

To be completed in duplicate and **ONE COPY** returned to the Secretary at Room 10005, 10th Floor, Senate House, University.

I/We fully understand the conditions under which I am/we are authorized to carry out the abovementioned research and I/we guarantee to ensure compliance with these conditions. Should any departure to be contemplated from the research procedure as approved I/we undertake to resubmit the protocol to the Committee. **I agree to a completion of a yearly progress report.**

PLEASE QUOTE THE PROTOCOL NUMBER IN ALL ENQUIRIES

APPENDIX C

C 1 HJH DATA

C 2 CHB DATA

C3 JHB DATA

PATIENT DATA SHEET

PATIENT INFORMATION SHEET

CONSENT FORM

LETTER FOR THE DIABETIC CLINIC SISTER

number	age	sex M/F	ethnicity	duration	waist (cm)	height (m)
1	56	M	black	5years 6 months	62	1,65
2	59	F	black	>10 years	76	1,40
3	64	M	black	27years	97	1,80
4	55	F	black	5 years	104	1,75
5	56	F	black	2 months	100	1,70
6	63	F	black	10 years	119	1,60
7	62	F	indian	6 years	103	1,55
8	58	M	white	2 years	170	1,83
9	57	F	coloured	2 years	101	1,67
10	63	F	coloured	6 years	101	1,71
11	49	F	black	2 years	98	1,49
12	64	M	indian	22 years	104	1,72
13	69	M	black	>10 years	85	1,70
14	57	F	black	7-8 years	112	1,65
15	59	M	black	5 years	108	1,72
16	64	F	coloured	10 years	122	1,57
17	69	F	black	2 years	115	1,50
18	64	F	indian	8 years	97	1,70
19	53	F	indian	2 years	92	1,58
20	52	F	black	2 years	91	1,58
21	75	F	indian	12 years	80	1,60
22	79	M	coloured	18 years	70	1,60
23	69	F	indian	1 year	89	1,68
24	72	M	black	31 years	98	1,76
25	62	M	coloured	20 years	106	1,71
26	53	F	black	9-10 years	106	1,59
27	80	F	coloured	3 years	106	1,55
28	41	F	black	2 years	91	1,72
29	47	M	black	1 month	94	1,65
30	75	M	coloured	17 years	83	1,65
31	79	M	coloured	21 years	76	1,61
32	51	M	indian	18 years	91	1,87
33	59	F	black	3 years	110	1,65
34	61	M	white	3 years	87	1,82
35	61	M	indian	8 years	99	1,82
36	55	F	coloured	17 years	100	1,74
37	44	F	black	2 years	92	1,61
38	66	F	coloured	15 years	97	1,69
39	61	F	black	7 years	109	1,65
40	61	M	white	10 years	127	1,86
41	66	M	coloured	14 years	104	1,75
42	59	F	black	14 years	92	1,72
43	44	F	coloured	10 years	90	1,60
44	55	F	black	6 years	127	1,76
45	59	M	indian	10 years	110	1,76
46	48	F	white	19 years	112	1,78
47	42	M	black	2 years	100	1,81
48	55	F	indian	13 years	120	1,65
49	72	F	coloured	5 years	90	1,62
50	56	M	black	11 years	98	1,78

weight(kg)	BMI (kg/m ²)	BP mmHg	TC mmol/l	TG mmol/l	HDL mmol/l	LDL mmol/l
49	17.90	122/83	4.9	2.1	1.0	2.9
40	20.40	130/90	4.7	1.3	1.5	4.7
75	23.10	110/60	2.6	1.2	0.6	1.5
97	31.60	130/70	4.2	1.7	0.8	2.7
83	28.70	120/60	8.0	1.8	0.8	6.3
82	32.00	120/70	2.8	0.9	0.8	1.6
67	27.80	110/60	5.2	1.4	1.0	3.6
173	51.00	100/60	3.1	1.5	0.6	1.7
95	34.00	110/70	6.6	2.2	1.3	4.4
71	24.20	140/60	3.9	3.2	0.7	1.7
73	32.80	150/90	3.0	1.5	0.5	1.8
79	26.50	120/60	3.5	1.3	0.6	2.3
66	22.80	121/79	3.0	0.6	0.8	1.9
87	31.90	118/87	3.9	2.0	0.5	2.5
85	28.50	120/60	3.4	0.1	0.6	2.8
104	42.10	150/95	3.3	0.7	1.0	2.0
100	44.44	120/60	3.3	1.8	0.5	2.0
58	20.06	150/90	3.6	1.6	0.6	2.3
72	28.88	140/82	4.8	1.0	1.4	3.0
61	24.41	140/80	4.4	0.9	1.0	3.0
60	23.43	140/60	3.4	1.2	1.0	1.2
50	19.55	90/50	1.8	0.6	0.3	1.1
78	27.47	140/80	3.6	1.3	1.2	1.8
79	25.50	110/80	3.7	1.0	0.8	2.4
86	29.41	110/60	4.3	1.7	0.7	2.8
91	35.83	110/60	5.4	2.0	0.8	3.6
73	30.36	120/80	4.2	1.3	0.9	2.7
82	27.75	90/60	4.2	1.2	1.1	2.6
71	26.07	104/79	5.5	0.7	0.8	4.4
62	22.77	130/80	2.9	0.7	0.6	2.0
41	15.81	133/66	1.8	0.6	0.3	1.1
73	20.87	120/70	4.6	1.6	0.9	3.0
85	31.22	170/80	7.2	2.2	0.7	5.5
64	19.32	130/80	4.6	1.0	1.0	3.1
80	24.12	110/60	4.2	2.0	0.6	1.6
82	27.04	130/80	4.8	1.1	1.1	3.2
63	24.30	130/80	5.8	0.8	1.1	4.3
74	25.90	140/80	5.0	2.6	0.9	2.9
76	27.91	150/70	3.7	1.2	0.9	2.2
119	34.39	140/80	3.9	2.1	0.8	2.1
80	26.12	120/80	5.8	2.9	1.0	3.6
73	24.67	118/62	3.3	0.5	0.9	2.1
73	28.51	116/68	5.9	1.0	1.5	3.9
115	37.14	130/80	5.4	1.7	1.1	3.5
68	21.95	140/60	4.6	1.7	0.8	3.0
102	32.19	160/80	5.9	1.0	1.0	4.4
79	24.11	130.80	5.0	2.2	1.1	2.9
95	34.74	145/75	4.6	1.1	1.4	2.7
66	25.07	145/75	6.1	2.1	1.1	4.0
82	26.17	150/80	3.9	1.8	0.7	2.3

HBA1c %	MI/CABG	TIA/ CVA	PVD	History of BP	Lipids
13.1	MI 2002	NO	NO	YES 2002	YES
3.6	NO	NO	NO	YES >10yrs	YES
4.9	NO	NO	NO	YES 1980	YES
7	NO	NO	NO	NO	NO
11.8	NO	NO	NO	YES 2001	YES
8.1	IHD dx 2003	NO	NO	YES 1996	YES
8.8	MI in 2000	NO	NO	YES 1998	YES
8.7	MI 2003	NO	NO	NO	YES
6.9	NO	CVA 1998	NO	YES 2003	YES
6.3	MI2006	CVA 2001	NO	YES 2003	YES
9.7	NO	NO	NO	YES 2002	YES
8.4	MI / CABG 1997	NO	NO	YES 2000	NO
8.3	NO	NO	NO	NO	NO
5.1	MI 2004	NO	NO	YES 1995	YES
6.8	NO	NO	NO	NO	NO
6.3	MI in 2003/4/5	NO	NO	YES>10years	NO
6.6	NO	CVA 2005	NO	YES 2004	NO
8.0	CABG 2001	NO	NO	YES 5/12	NO
10.1	NO	NO	NO	YES 2004	NO
13.6	NO	NO	NO	YES 2004	NO
8.7	NO	NO	NO	YES 1994	NO
12.7	NO	NO	NO	YES 1988	NO
10.8	NO	NO	NO	YES 1991	YES
6.1	NO	NO	NO	YES 1986	NO
7.7	NO	NO	NO	YES	NO
13.9	NO	NO	NO	YES 2001	NO
4.7	NO	NO	NO	YES 2003	NO
4.2	NO	NO	NO	NO	NO
10.1	NO	NO	NO	NO	NO
6.2	YES MI 4 times	NO	NO	YES 1984	YES
11.0	NO	NO	NO	YES 1985	NO
7.8	NO	NO	NO	NO	YES
7.1	NO	NO	NO	YES 2002	YES
5.5	NO	TIA 2004	NO	YES	YES
6.2	NO	NO	NO	NO	YES
11.6	Angina	NO	NO	YES recent	YES
15.3	NO	NO	NO	NO	NO
8.8	NO	NO	NO	YES 1983	YES
5.5	NO	NO	NO	YES 1999	not known
4.8	NO	NO	NO	YES 1996	NO
9.8	NO	NO	NO	NO	NO
13.7	NO	CVA 2005	NO	NO	never told
5.0	NO	NO	NO	NO	NO
10.3	NO	CVA 2000	NO	YES 2000	YES
6.2	NO	NO	NO	YES 1996	NO
8.0	NO	NO	NO	YES 1991	YES
4.2	NO	NO	NO	YES ?	not known
6.9	MI 2004	NO	NO	YES 2002	not known
5.2	NO	NO	NO	YES 2001	YES
5.0	NO	NO	NO	YES 1995	YES

Family hist.	Exercise	Smoking	Alcohol	Diet	Metformin
NO	2/7 30 mins	stopped 1993	NO	YES	850 mg bd po
NO	NO	NO	NO	YES	850 mg bd po
YES	NO	1985-2004	NO	YES	850 mg bd po
NO	NO	NO	NO	YES	850 mg bd po
YES	NO	1965-Jan 2006	1965-2004	YES	850 mg bd po
NO	NO	NO	NO	YES	NO
YES	7/7 20-30mins	NO	NO	YES	850 mg bd po
YES	3/7 30mins	YES 22years	NO	YES	850 mg bd po
YES	2/7 30 mins	NO	NO	YES	NO
YES	2/7 45 mins	YES 46yrs	stopped	YES	NO
NO	3/7 5 mins	NO	NO	YES	850 mg bd po
YES	2-3/7 30 mins	NO	NO	NO	850 mg bd po
NO	NO	NO	NO	YES	850 mg bd po
NO	7/7 30 mins	NO	NO	YES	850 mg bd po
NO	NO	NO	NO	YES	NO
NO	5/7 30 mins	NO	NO	YES	850 mg bd
NO	3/7 30 mins	NO	NO	YES	NO
YES	NO	NO	NO	YES	850 mg bd po
YES	NO	YES long time	NO	YES	850 mg bd po
YES	7/7 15-20 mins	NO	NO	YES	NO
NO	2/7 20 mins	NO	NO	YES	850 mg bd po
NO	NO	YES for 40yrs	NO	YES	850 mg bd po
YES	3/7 30 mins	NO	NO	YES	850 mg bd po
NO	NO	NO	NO	YES	850 mg bd po
YES	2/7 30 mins	NO	NO	YES	NO
YES	NO	stopped	NO	YES	850 mg bd po
NO	NO	NO	NO	YES	850 mg bd po
NO	NO	NO	NO	YES	850 mg bd po
NO	NO	NO	NO	YES	850 mg bd po
YES	NO	ex-smoker	NO	YES	850 mg bd po
NO	NO	1947-now	NO	YES	850 mg bd po
YES	NO	NO	NO	YES	850 mg bd po
YES	3/7 1 hour	NO	NO	YES	850 mg bd po
YES	NO	stopped 15yrs	NO	NO	NO
YES	3-4/7 for 1hour	YES 45yrs	NO	NO	850 mg bd po
NO	1/7 5 mins	NO	NO	YES	850 mg bd po
NO	1/7 1 hour	NO	NO	YES	NO
YES	7/7 1 hour	NO	NO	YES	NO
YES	7/7 30 mins	NO	NO	YES	850 mg bd po
NO	NO	NO	NO	NO	850 mg bd po
YES	1/7 30 mins	NO	NO	YES	850 mg bd po
YES	3/7 30 mins	NO	NO	NO	850 mg bd po
YES	7/7 30 mins	NO	NO	YES	NO
NO	7/7 30 mins	NO	NO	YES	850 mg bd po
YES	NO	NO	NO	NO	850 mg bd po
YES	NO	stopped 22 yrs	NO	YES	850 mg bd po
NO	NO	NO	NO	NO	NO
YES	NO	stopped 12 yrs	NO	YES	850 mg bd po
YES	NO	NO	NO	YES	NO
YES	NO	NO	NO	YES	850 mg bd po

Diamicron	Other OHG	Protaphane	Aspirin	Statin/Fibrate
160 mg bd po	NO	NO	NO	Zocor 20 mg
160 mg bd po	NO	NO	NO	NO
80 mg bd po	NO	NO	150 mg daily	Zocor 20 mg
NO	NO	NO	NO	NO
NO	NO	NO	150 mg daily	Zocor 20 mg
160 mg bd po	NO	10 u nocte	75 mg daily	Zocor 20 mg
160 mg bd po	NO	NO	150 mg daily	Zocor 20 mg
160 mg bd po	NO	NO	150 mg daily	Zocor 20 mg
160 mg bd po	NO	NO	150 mg daily	Zocor 20 mg
160 mg bd po	NO	NO	150 mg daily	NO
160 mg bd po	NO	10 u nocte	NO	NO
160 mg bd po	NO	NO	150 mg daily	Zocor 20 mg
160 mg bd po	NO	NO	NO	NO
80 mg bd po	No	NO	NO	Zocor 20 mg
NO	NO	NO	NO	NO
160 mg bd po	NO	NO	NO	Zocor 20 mg
80 mg bd po	NO	NO	150 mg daily	Zocor 20 mg
160 mg bd po	NO	NO	150 mg daily	Zocor 20 mg
NO	NO	NO	NO	NO
NO	NO	16 u nocte	150 mg daily	NO
160 mg bd po	NO	6 u nocte	150 mg daily	NO
NO	NO	14 u nocte	NO	Zocor 20 mg
NO	NO	NO	150 mg daily	Zocor 20 mg
NO	NO	10 u nocte	150 mg daily	NO
160 mg bd po	NO	16 u nocte	150 mg daily	Lipitor 20 mg
160 mg bd po	NO	20 u nocte	NO	NO
160 mg bd po	NO	20 u nocte	150 mg daily	NO
NO	NO	NO	NO	NO
NO	NO	NO	NO	NO
160 mg bd po	NO	NO	150 mg daily	Zocor 40 mg
NO	NO	14 u nocte	NO	Zocor 20 mg
160 mg bd po	NO	12 u nocte	NO	Zocor 20 mg
80 mg bd po	NO	NO	150 mg daily	Bezalip 400mg
80 mg bd	NO	NO	150 mg daily	Zocor 20 mg
160 mg bd po	NO	10 u nocte	150 mg daily	Zocor 20 mg
160 mg bd po	NO	14 u nocte	150 mg daily	Zocor 20 mg
80 mg bd po	NO	8 u nocte	NO	NO
160 mg bd po	NO	20 u nocte	150 mg daily	Zocor 10 mg
160 mg bd po	NO	NO	NO	Zocor 20 mg
80 mg bd po	NO	NO	150 mg daily	Zocor 20 mg
160 mg bd po	NO	NO	150 mg daily	NO
160 mg bd po	NO	15 u nocte	150 mg daily	Zocor 20 mg
160 mg bd po	NO	NO	150 mg daily	NO
160 mg bd po	NO	10 u nocte	NO	Zocor 20 mg
NO	NO	26 u nocte	150 mg daily	NO
160 mg bd po	NO	40 u nocte	150 mg daily	NO
40 mg bd po	NO	NO	NO	Zocor 20 mg
160 mg bd po	NO	16 u nocte	150 mg daily	NO
120 mg bd po	NO	NO	NO	NO
160 mg bd po	NO	10 u nocte	NO	NO

Antihypertensives
ACE-I, CCB
ACE-I
ACE-I, CCB
NO
ACE-I, D
ACE-I, BB
ACE-I, BB, D
ACE-I for CAD
ACE-I, CCB, D
ACE-I, BB
D, ACE-I, CCB
ACE-I, BB, CCB
NO
CCB, ACE-I, D
CCB for CRF
BB, CCB
CCB, D
D, ACE-I, BB
ACE-I, D
CCB, ACE-I, D
CCB, BB, D
D, Alpha blocker
CCB
CCB, ACE-I
Aldomet
ACE-I, D
CCB, BB, ACE-I
NO
NO
ACE-I, BB
D, Alpha blocker
NO
BB,ACE-I,CCB,aldomet
BB, CCB, D
ACE-I for proteinuria
BB, ACE-I, D
NO
D, BB, ACE-I
ACE-I, D, CCB, BB
ACE-I, CCB, D
ACE-I for proteinuria
ACE-I, D for CVA
NO
ACE-I,CCB,BB,D
ACE-I, D
ACE-I, CCB, BB
ACE-I, D
CCB, ACE-I
CCB
CCB, ACE-I, D

number	age	sex M/F	ethnicity	duration	waist (cm)	height (m)
51	76	M	black	10 years	111	1,76
52	57	F	black	14 years	100	1,55
53	53	M	black	16 years	107	1,61
54	64	F	black	6 years	107	1,68
55	55	M	black	30 years	96	1,64
56	50	F	black	5 years	104	1,76
57	50	F	black	16 years	97	1,75
58	74	F	black	10 years	107	1,55
59	75	F	black	8 years	102	1,72
60	57	M	black	5 years	91	1,68
61	51	F	black	14 years	132	1,60
62	34	M	black	3 months	81	1,74
63	76	F	black	20 years	82	1,44
64	65	F	black	5 years	108	1,52
65	46	F	black	13 years	85	1,64
66	73	F	black	13 years	109	1,60
67	43	F	black	3 years	86	1,54
68	70	M	black	7-8 years	101	1,77
69	46	M	black	4 years	96	1,73
70	41	F	black	3 years	98	1,73
71	44	F	black	1 month	119	1,65
72	70	F	black	29 years	103	1,67
73	74	F	black	15 years	119	1,70
74	59	F	black	20 years	92	1,71
75	68	M	black	7 years	100	1,74
76	87	M	black	26 years	101	1,82
77	64	F	black	20 years	103	1,68
78	70	F	black	>10 years	104	1,57
79	59	F	black	1 year	87	1,60
80	56	F	black	1 year	106	1,65
81	53	F	black	9 years	147	1,73
82	54	M	black	1 year	109	1,74
83	79	F	black	12 years	114	1,66
84	46	F	black	9 years	94	1,52
85	68	F	black	4 years	106	1,68
86	70	M	black	15 years	91	1,74
87	67	M	black	6 years	93	1,74
88	53	F	black	5 years	101	1,67
89	67	M	black	2 years	112	1,91
90	78	F	black	14 years	96	1,64
91	71	F	black	14 years	95	1,67
92	62	F	black	>10 years	101	1,77
93	56	M	black	19 years	110	1,77
94	58	M	black	13 years	90	1,90
95	86	F	black	>8 years	114	1,64
96	51	F	black	5 years	105	1,63
97	63	F	black	30 years	115	1,69
98	59	F	black	10 years	95	1,65
99	53	F	black	1 year	112	1,68
100	54	F	black	6-7 years	112	1,68

weight (kg)	BMI (kg/m ²)	BP mmHg	TC mmol/l	TG mmol/l	HDL mmol/l	LDL mmol/l
81.50	26.30	200/79	2.0	1.0	1.2	0.3
61.00	25.30	150/80	5.1	0.6	1.5	3.3
72.50	27.96	160/90	6.8	1.5	1.1	5.0
60.00	21.20	106/69	4.1	1.7	0.9	2.4
72.40	26.91	185/105	4.0	0.5	1.2	2.6
76.61	24.73	144/72	3.8	1.2	0.9	2.3
85.40	27.88	120/62	3.2	0.5	1.5	1.5
88.40	41.78	171/90	3.5	0.8	1.6	1.5
100.4	29.88	144/74	4.2	0.4	1.3	2.7
88.40	24.30	127/86	4.5	0.8	1.0	2.6
157.0	61.30	157/87	5.4	3.4	0.8	3.0
68.80	22.72	120/80	2.8	0.6	0.3	2.2
51.00	24.59	180/60	4.3	0.9	2.0	1.9
85.80	37.13	143/63	4.3	2.9	0.8	2.2
84.60	31.45	107/45	3.4	1.4	1.2	1.5
95.80	37.42	215/88	4.9	3.9	1.0	2.1
74.60	31.45	142/96	3.1	1.0	1.3	1.3
76.40	24.38	170/81	4.5	2.3	1.0	2.4
66.00	22.05	145/86	5.5	2.3	0.6	3.8
98.00	32.74	167/87	3.5	0.9	1.0	2.1
91.20	33.49	133/91	6.0	2.4	1.1	3.8
78.00	27.96	179/99	2.8	0.6	1.3	1.2
90.00	31.14	206/87	3.3	2.1	0.9	1.5
63.20	21.61	171/87	4.4	1.4	1.0	2.8
65.00	21.46	185/75	4.4	1.1	1.5	2.4
69.00	20.83	171/74	4.3	1.5	1.0	2.6
77.80	27.56	177/86	3.4	0.7	0.9	2.2
62.80	25.47	161/80	3.7	0.7	1.5	1.9
63.80	24.92	116/75	3.4	0.1	2.0	1.3
85.20	31.29	164/84	2.2	0.7	1.0	0.9
137.0	45.77	113/73	3.3	0.8	0.8	2.1
83.20	27.48	135/80	6.6	3.8	1.1	3.8
86.00	31.20	153/60	4.2	0.6	2.2	1.7
75.60	32.72	159/87	4.8	1.4	1.0	3.1
84.00	29.76	171/75	4.5	1.2	1.3	2.7
60.40	19.94	130/70	3.8	1.2	1.0	2.3
72.60	23.97	130/79	3.5	0.6	1.2	2.0
93.00	33.34	174/106	6.3	2.7	1.1	3.9
91.40	25.05	171/98	5.3	0.9	1.1	2.4
89.60	33.31	149/77	4.3	0.8	1.5	2.4
64.20	23.01	177/87	2.8	0.4	1.1	1.2
78.00	24.89	117/71	4.4	1.8	1.3	2.3
88.40	28.21	153/79	5.9	2.0	0.2	4.1
98.00	27.14	137/86	4.0	0.8	1.1	2.5
87.60	32.56	181/74	4.2	1.5	1.1	2.1
69.00	25.97	130/80	3.2	1.1	0.7	2.0
98.00	34.31	209/88	3.3	1.4	1.3	1.4
82.80	30.41	137/72	5.0	0.9	1.6	3.0
121.4	43.01	103/71	4.0	1.3	1.2	2.2
102.4	36.28	148/60	5.7	2.3	1.0	3.6

HbA1c%	MI/CABG	TIA/CVA	PVD	History of BP	Lipids
12.3	NO	NO	NO	YES 2000	NO
7.3	NO	NO	NO	YES 2003	NO
14.0	NO	NO	NO	YES 1989	NO
9.6	NO	NO	NO	NO	YES
8.8	NO	TIA 1998	NO	YES	NO
6.2	NO	NO	NO	YES 2003	YES
6.3	NO	NO	NO	YES 1990	NO
16.1	NO	NO	NO	YES	YES
8.3	NO	NO	NO	YES	NO
15.2	NO	NO	NO	YES 2001	NO
13.2	NO	NO	NO	YES 1995	YES
6.8	NO	NO	NO	NO	NO
10.6	NO	NO	NO	YES	NO
7.2	NO	NO	NO	YES 2004	NO
7.9	NO	CVA 2005	NO	NO	NO
8.1	NO	NO	NO	YES 1991	NO
10.2	NO	NO	NO	YES 4/12	NO
10.2	NO	CVA3-4yrs ago	NO	YES 1997	NO
7.4	NO	NO	NO	YES	NO
8.4	NO	NO	NO	YES 2003	NO
12.0	NO	NO	NO	never told	NO
6.2	NO	NO	NO	YES 1977	YES
8.6	NO	NO	NO	YES 1991	NO
8.5	NO	NO	NO	YES 2001	NO
5.4	NO	NO	NO	YES	YES
16.9	NO	NO	NO	YES 1973	NO
12.6	NO	NO	NO	YES 1986	NO
6.9	NO	NO	NO	YES >10 yrs	never told
11.3	NO	NO	NO	NO	NO
10.5	NO	NO	NO	YES 2005	NO
6.4	NO	NO	NO	YES 1997	NO
11.1	NO	NO	NO	YES 1992	NO
8.5	NO	CVA 2006	NO	YES 1994	NO
12.1	NO	NO	NO	YES	YES
8.5	NO	NO	NO	YES 2002	NO
14.2	NO	NO	NO	NO	YES
10.7	NO	NO	NO	YES >10 yrs	Unknown
14.6	NO	NO	NO	YES 2001	YES
8.2	NO	NO	NO	YES 2-3 yrs	NO
8.4	NO	NO	NO	YES 1992	Unknown
7.5	NO	NO	NO	YES 1992	Unknown
14.7	NO	NO	NO	YES >10 yrs	YES
10.2	NO	NO	NO	YES 1987	YES
9.3	NO	CVA 2005	NO	YES14-15yrs	NO
9.0	NO	CVA 2003	NO	YES 1998	NO
9.3	NO	NO	NO	YES 1996	NO
10.8	NO	NO	NO	YES 1990	NO
8.5	NO	NO	NO	YES 2000	Unknown
6.10	NO	NO	NO	YES 2005	Unknown
12.5	NO	NO	NO	YES >11 yrs	NO

Family History	Exercise	Smoking	Alcohol	Diet
YES	2/7 2 hours	1942-1991	NO	YES
NO	NO	NO	NO	YES
YES	NO	NO	NO	YES
YES	1/7 30 mins	NO	NO	YES
NO	NO	NO	NO	YES
YES	NO	NO	NO	YES
NO	7/7 30 mins	NO	NO	YES
YES	3/7 30 mins	NO	NO	YES
YES	NO	NO	NO	YES
NO	NO	NO	NO	YES
YES	7/7 15 mins	NO	NO	YES
YES	2/7 3 hours	NO	NO	YES
NO	NO	NO	NO	YES
NO	1-2/7 30 mins	NO	NO	YES
NO	7/7 30 mins	NO	NO	YES
YES	NO	NO	NO	NO
YES	3/7 15-20 mins	NO	NO	YES
YES	5/7 30 mins	stopped	NO	YES
YES	NO	NO	NO	NO
NO	NO	NO	NO	YES
NO	NO	NO	NO	YES
NO	7/7 30 mins	NO	NO	YES
NO	3/7 30 mins	NO	NO	YES
YES	3/7 30 mins	NO	NO	NO
NO	NO	stopped	NO	YES
NO	1-2/7 30 mins	NO	NO	NO
NO	2-3/7 15 mins	NO	NO	YES
NO	3/7 30 mins	NO	NO	YES
YES	3/7 30 mins	NO	NO	YES
NO	2-4/7 5 mins	NO	NO	YES
YES	7/7 30 mins	NO	NO	YES
NO	NO	NO	NO	YES
NO	7/7 30 mins	NO	NO	YES
YES	3/7 for 30 mins	NO	NO	YES
YES	2/7 for 30 mins	NO	NO	YES
NO	2/7 30 mins	NO	NO	YES
YES	NO	NO	NO	YES
YES	2-3/7 15 mins	NO	NO	YES
NO	7/7 30 mins	stopped	NO	YES
NO	2-3/7 30 mins	NO	NO	YES
YES	5/7 1 hour	NO	NO	YES
YES	7/7 30 mins	NO	NO	YES
YES	NO	NO	NO	YES
NO	NO	stopped	NO	NO
NO	NO	NO	NO	YES
YES	NO	NO	NO	YES
YES	NO	NO	NO	YES
YES	2/7 15 mins	NO	NO	YES
NO	2/7 1 hour	NO	NO	YES
YES	2-3/7 1 hour	NO	NO	YES

Metformin	Diamicron	Other OHG	Protaphane
850 mg bd po	160 mg bd po	NO	14 u nocte
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	8 u nocte
850 mg bd po	160 mg bd po	NO	15 u nocte
850 mg bd po	80 mg bd po	NO	6 u nocte
850 mg bd po	40 mg bd po	NO	10 u nocte
NO	NO	NO	20 u nocte
850 mg bd po	160 mg bd po	NO	10 u nocte
850 mg bd po	160 mg bd po	NO	6 u nocte
850 mg bd po	NO	NO	NO
850 mg bd po	160 mg bd po	NO	12 u nocte
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	10 u nocte
850 mg bd po	80 mg bd po	NO	NO
850 mg bd po	40 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	20 u nocte
850 mg bd po	160 mg bd po	NO	NO
NO	NO	NO	16 u nocte
850 mg bd po	160 mg bd po	NO	8 u nocte
850 mg bd po	NO	NO	18 u nocte
850 mg bd po	80 mg bd po	NO	NO
850 mg bd po	NO	NO	14 u nocte
850 mg bd po	160 mg bd po	NO	12 u nocte
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	NO	NO	22 u nocte
850 mg bd po	NO	NO	14 u nocte
850 mg bd po	NO	NO	30 u nocte
850 mg bd po	160 mg bd po	NO	10 u nocte
850 mg bd po	80 mg bd po	NO	6 u nocte
850 mg bd po	160 mg bd po	NO	8 u nocte
850 mg bd po	NO	NO	20 u nocte
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	20 u nocte
850 mg bd po	80 mg bd po	NO	15 u nocte
850 mg bd po	80 mg bd po	NO	20 u nocte
850 mg bd po	160 mg bd po	NO	10 u nocte
850 mg bd po	NO	NO	12 u nocte
850mg bd po	160 mg bd po	NO	NO
850 mg bd po	80 mg bd po	NO	NO
850 mg bd po	NO	NO	12 u nocte
850 mg bd po	160 mg bd po	NO	12 u nocte
850 mg bd po	160 mg bd po	NO	12 u nocte
850 mg bd po	NO	NO	24 u nocte
850 mg bd po	80 mg bd po	NO	NO
850 mg bd po	NO	NO	10 u nocte
850 mg bd po	40 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	18 u nocte
850 mg bd po	NO	NO	20 u nocte
850 mg bd po	80 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	12 u nocte

Aspirin	Statin/Fibrate	Antihypertensives
NO	NO	ACE-I, D
150 mg daily	Zocor 20 mg	ACE-I, D
150 mg daily	NO	ACE-I,D
150 mg daily	Zocor 20 mg	NO
150 mg daily	NO	ACE-I, D
NO	Zocor 20 mg	CCB, ACE-I
NO	NO	ACE-I, D
150 mg daily	Zocor 10 mg	ACE-I, D
NO	NO	ACE-I, CCB, D
150 mg daily	NO	ACE-I, CCB
150 mg daily	NO	D, ACE-I, CCB
NO	NO	NO
150 mg daily	NO	NO
150 mg daily	NO	ACE-I
NO	NO	NO
NO	Zocor 20 mg	CCB, D, ACE-I
150 mg daily	NO	D, BB, CCB
NO	NO	CCB, ACE-I, alpha bl
150 mg daily	NO	NO
150 mg daily	NO	D, ACE-I
150 mg daily	Zocor 20 mg	ACE-I
150 mg daily	Zocor 20 mg	D, CCB, ACE-I
150 mg daily	Zocor 20 mg	BB, CCB
150 mg daily	NO	CCB, ACE-I, D
NO	NO	ACE-I, CCB, D
150 mg daily	Zocor 20 mg	CCB, D, alpha bl
150 mg daily	NO	BB, ACE-I, CCB, D
150 mg daily	NO	ACE-I, BB, CCB
NO	NO	NO
150 mg daily	Zocor 20 mg	ACE-I, D
150 mg daily	NO	CCB
NO	NO	ACE-I, D
NO	NO	CCB,D. alpha bl
NO	NO	NO
150 mg daily	NO	ACE-I, D
150 mg daily	NO	NO
150 mg daily	NO	ACE-I, D, CCB
150 mg daily	NO	ACE-I, D, CCB
150 mg daily	NO	D, CCB, ACE-I
150 mg daily	NO	CCB, ACE-I
150 mg daily	NO	D, ACE-I
150 mg daily	NO	D, CCB
150 mg daily	NO	ACE-I, D
150 mg daily	NO	ACE-I, CCB, D
150 mg daily	NO	CCB,ACE-I,BB,alpha bl
NO	NO	ACE-I, D
150 mg daily	Zocor 40 mg	CCB,ACE-I, alpha bl
150 mg daily	Zocor 20 mg	ACE-I, CCB, D
NO	NO	CCB
150 mg daily	Zocor 20 mg	ACE-I

number	age	sex M/F	ethnicity	duration	waist (cm)	height (m)
101	57	F	black	10 years	102	1.64
102	53	F	white	9 years	89	1.73
103	64	F	black	12 years	90	1.55
104	56	M	white	15 years	87	1.61
105	57	F	white	2 years	110	1.50
106	54	F	black	8 months	122	1.56
107	61	F	black	10 years	79	1.55
108	69	F	black	5 years	107	1.73
109	42	M	indian	5 years	98	1.87
110	54	F	black	14 years	91	1.50
111	81	M	white	45 years	91	1.64
112	59	F	indian	59 years	100	1.53
113	60	M	white	10 years	108	1.62
114	64	M	black	13 years	100	1.75
115	49	M	indian	10 years	101	1.80
116	59	F	black	11 years	86	1.57
117	84	F	white	>4 years	88	1.58
118	67	M	white	4 years	108	1.71
119	67	F	white	13-14 years	102	1.55
120	63	M	black	16 years	98	1.66
121	75	M	indian	23 years	94	1.74
122	57	F	black	8-9 years	104	1.60
123	65	M	white	7 years	113	1.73
124	49	F	black	3 years	100	1.65
125	58	F	indian	6 years	91	1.51
126	53	F	black	6 years	106	1.54
127	50	F	black	5 years	112	1.60
128	62	F	white	>6 years	115	1.70
129	62	F	black	16 years	106	1.54
130	71	F	white	35 years	90	1.65
131	56	M	white	6 years	100	1.80
132	71	F	indian	8 years	89	1.53
133	52	F	black	9 years	92	1.61
134	63	F	white	>10 years	118	1.45
135	51	F	black	10 years	125	1.58
136	79	M	white	14-15 years	109	1.75
137	56	F	black	6 years	100	1.47
138	36	F	black	6 months	95	1.50
139	57	F	black	>10 years	95	1.64
140	64	F	black	11 years	120	1.78
141	58	M	black	13 years	87	1.56
142	55	F	black	4 years	105	1.46
143	60	F	black	12 years	106	1.57
144	69	F	black	8 months	111	1.69
145	50	M	black	6 years	118	1.80
146	69	F	white	5 years	102	1.51
147	42	F	black	3 years	90	1.55
148	36	M	black	5 years	86	1.62
149	39	M	black	3 years	97	1.59
150	38	M	black	6 months	86	1.87

weight (kg)	BMI (wt/ht ²)	BP mmHg	TC mmol/l	TG mmol/l	HDL mmol/l	LDL mmol/l
78.2	29.07	150/90	6.6	1.1	1.5	4.5
74.4	24.85	110/70	6.1	0.9	1.6	4.1
61.5	25.59	150/90	4.3	0.9	1.5	2.4
77.0	29.70	155/89	6.2	1.7	1.1	4.3
87.0	38.66	150/80	3.4	0.9	1.2	1.8
95.5	38.99	140/80	8.0	3.2	1.5	5.1
60.0	24.97	177/89	4.0	0.8	1.5	2.1
94.0	31.40	130/60	3.8	1.3	1.6	1.6
98.4	28.13	150/90	17.3	6.9	2.6	-
58.6	26.04	120/80	3.7	1.3	0.8	2.3
70.5	26.21	140/60	5.1	2.2	0.9	3.2
74.8	31.95	150/60	3.9	1.9	1.5	1.5
97.0	36.96	128/80	4.4	1.9	1.5	2.1
86.8	28.34	140/85	4.8	0.7	1.5	3.0
89.4	27.59	140/83	3.1	1.7	0.8	1.5
57.6	23.36	150/90	4.8	1.6	0.8	3.3
60.0	24.03	130/80	4.8	1.4	1.7	2.5
85.0	29.06	110/60	3.8	0.6	1.2	2.3
75.0	31.21	130/70	5.6	2.5	1.1	3.3
78.0	28.30	120/80	4.0	1.4	1.1	2.3
63.0	20.80	130/60	3.6	1.1	0.7	2.4
73.6	28.75	130/80	5.7	1.7	1.5	3.4
92.8	31.00	130/70	4.2	1.5	1.4	2.1
91.2	33.49	130/90	5.4	2.1	1.5	3.1
62.0	27.19	136/74	3.3	1.4	1.3	1.4
78.0	32.88	150/92	4.4	0.8	1.5	2.5
101.4	39.60	136/82	4.2	2.5	1.2	1.9
92.6	32.00	130/78	3.8	2.5	1.2	1.5
67.0	28.25	160/90	4.6	2.3	1.3	2.3
63.0	23.14	150/70	5.1	2.0	1.6	2.5
84.4	26.04	118/73	5.0	2.0	0.6	3.4
61.5	26.27	130/52	4.4	1.3	1.3	2.5
92.0	35.49	162/90	4.3	1.8	1.2	2.3
81.0	38.52	170/90	3.7	1.8	1.2	1.6
108.0	43.26	148/80	4.1	1.0	1.1	2.5
82.4	26.90	112/70	6.1	4.8	1.4	-
81.0	37.48	130/82	4.9	1.3	1.8	2.5
78.6	34.93	130/70	4.6	2.2	1.0	2.6
66.0	24.53	138/89	5.7	2.4	0.9	3.7
89.0	28.08	160/80	5.8	1.6	1.2	3.9
61.0	25.06	110/70	3.5	1.3	1.3	1.7
79.6	37.34	110/70	3.7	1.4	1.1	2.0
92.2	37.40	130/70	5.3	4.1	0.8	2.6
95.2	33.33	130/80	5.1	1.4	1.6	2.9
93.0	28.70	110/80	4.6	3.9	0.8	2.0
87.6	38.41	142/85	5.1	2.5	1.1	3.8
68.0	28.30	140/83	4.8	1.7	1.1	2.9
63.4	24.15	105/56	5.3	1.6	0.7	3.8
78.2	30.93	90/70	5.8	3.0	1.2	3.2
80.2	22.93	100/60	3.1	1.0	1.0	1.7

HBA1c %	MI/CABG	TIA/CVA	PVD	History of BP	Lipids
8.6	NO	NO	NO	YES 1996	YES
9.3	NO	NO	NO	YES 1996	YES
12.7	NO	NO	NO	YES 1994	NO
6.7	MI	NO	NO	YES 1991	YES
6.5	NO	TIA 2002	NO	YES 2005	YES
10.5	NO	NO	NO	YES 2006	YES
6.9	NO	NO	NO	YES 1996	NO
7.1	NO	NO	NO	YES 2002	NO
8.3	NO	NO	NO	YES 2002	YES
7.1	NO	NO	NO	YES 2003	NO
5.4	NO	NO	NO	YES 2002	NO
7.6	NO	TIA 2002	NO	YES 2002	YES
9.2	NO	NO	NO	YES 2001	YES
7.8	NO	NO	NO	YES 1993	NO
7.6	MI	NO	NO	YES 1996	YES
8.2	NO	NO	NO	YES 1995	NO
6.7	NO	NO	NO	YES 2002	YES
10.1	NO	NO	NO	YES 2002	NO
9.3	NO	CVA 13-14 yrs	NO	YES 1993/4	YES
7.5	NO	NO	NO	YES 1990	NO
8.4	MI	NO	NO	YES 1983	NO
6.1	NO	NO	NO	YES 1986	YES
6.2	MI	NO	NO	YES 1999	YES
6.6	NO	NO	NO	YES 2003	NO
8.4	NO	NO	NO	YES 2000	YES
6.0	NO	NO	NO	YES 1996	unknown
11.9	NO	NO	NO	YES 1999	NO
8.1	MI	NO	NO	YES 1996	YES
8.0	NO	NO	NO	YES 2001	NO
7.1	NO	NO	NO	YES 1971	YES
9.7	NO	NO	NO	NO	never told
6.2	NO	NO	NO	NO	YES
12.8	NO	NO	NO	YES	never told
6.2	NO	NO	NO	YES 1996	YES
10.0	NO	NO	NO	YES 1996	YES
7.3	NO	NO	NO	NO	NO
8.2	NO	NO	NO	YES	NO
6.6	NO	NO	NO	YES 2003	NO
8.5	NO	CVA 2003	NO	YES 2003	YES
12.1	NO	NO	NO	YES 1993	YES
9.2	NO	NO	NO	NO	NO
5.8	NO	NO	NO	YES 2002	YES
8.4	NO	NO	NO	YES 1995	never told
6.0	NO	NO	NO	YES 2001	doesn't know
9.4	NO	NO	NO	YES > 5 years	NO
6.3	NO	NO	NO	YES 30years	NO
9.1	NO	NO	NO	YES 2003	NO
13.5	NO	NO	NO	NO	NO
7.0	NO	NO	NO	YES 2004	YES
6.6	NO	NO	NO	NO	NO

Family hist.	Exercise	Smoking	Alcohol	diet
YES	7/7 30 mins	NO	NO	YES
YES	3/7 30 mins	NO	NO	YES
NO	2/7 30 mins	NO	NO	YES
NO	NO	stopped	NO	YES
YES	2-3/7 30 mins	NO	NO	YES
NO	7/7 15 mins	NO	NO	YES
YES	2/7 30 mins	NO	NO	YES
NO	NO	NO	NO	YES
YES	2-3/7 30 mins	NO	NO	YES
NO	NO	NO	NO	YES
YES	7/7 ?duration	stopped	NO	YES
YES	7/7 10 mins	NO	NO	YES
NO	1/7 10 mins	stopped	NO	YES
YES	3/7 30 mins	NO	NO	YES
YES	NO	smoker	NO	NO
NO	7/7 30 mins	NO	NO	NO
YES	5/7 30 mins	NO	NO	YES
NO	7/7 30 mins	NO	NO	YES
YES	NO	NO	NO	YES
NO	NO	NO	NO	YES
NO	NO	stopped	NO	YES
YES	NO	NO	NO	YES
YES	2/7 30 mins	stopped	NO	YES
YES	7/7 1 hour	NO	NO	YES
YES	7/7 30 mins	NO	NO	YES
YES	7/7 30 mins	NO	NO	YES
YES	NO	NO	NO	YES
NO	NO	NO	NO	YES
NO	7/7 30 mins	NO	NO	YES
NO	NO	NO	NO	YES
YES	7/7 30 mins	smoker	NO	YES
YES	NO	NO	NO	YES
YES	2/7 20 mins	NO	NO	YES
doesn't know	3/7 1 hour	NO	NO	YES
YES	NO	NO	NO	YES
YES	NO	NO	NO	YES
NO	NO	NO	NO	NO
YES	1/7 20 mins	NO	NO	YES
YES	7/7 30 mins	NO	NO	YES
YES	NO	NO	NO	YES
YES	3/7 1 hour	smoker	NO	YES
YES	7/7 30 mins	NO	NO	NO
YES	7/7 15 minutes	NO	NO	YES
YES	7/7 15 minutes	NO	NO	YES
YES	NO	NO	NO	YES
YES	NO	NO	NO	YES
YES	NO	NO	NO	NO
YES	NO	NO	NO	YES
YES	7/7 30-45 mins	NO	NO	YES
YES	7/7 40 mins	NO	NO	YES

Metformin	Diamicron	Other OHG	Protaphane
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	80 mg bd po	NO	16 u nocte
850 mg bd po	NO	NO	10 u nocte
NO	80 mg bd po	NO	NO
850 mg bd po	NO	NO	NO
850 mg bd po	80 mg bd po	NO	NO
NO	80 mg bd po	NO	NO
850 mg bd po	NO	NO	NO
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	NO
NO	NO	NO	10 u nocte
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	20 u nocte
850 mg bd po	80 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	10 u nocte
850 mg bd po	NO	NO	34 u nocte
850 mg bd po	80 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	16 u nocte
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	NO	NO	NO
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	NO	NO	NO
850 mg bd po	120 mg bd po	NO	NO
850 mg bd po	40 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	NO	NO	NO
NO	NO	glucomed 80bd	NO
850 mg bd po	80 mg bd po	NO	22 u nocte
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	NO	NO	32 u nocte
NO	NO	NO	16/20
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	80 mg bd po	NO	NO
850 mg bd po	NO	NO	NO
850 mg bd po	NO	NO	38/36
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	NO	NO	NO
850 mg bd po	NO	NO	40 u nocte
850 mg bd po	80 mg bd po	NO	NO
850 mg bd po	160 mg bd po	NO	NO
850 mg bd po	NO	NO	NO
NO	160 mg bd po	NO	14 u nocte
NO	160 mg bd po	NO	30 u nocte
850 mg bd po	80 mg bd po	NO	NO
850 mg bd po	NO	NO	NO

Aspirin	Statin/Fibrate	Antihypertensives
150 mg daily	Zocor 20 mg	ACE-I, D
NO	Zocor 10 mg	ACE-I
NO	NO	D, ACE-I,CCB
150 mg daily	Lipitor 20 mg	ACE-I
NO	Zocor/Bezalip	
150 mg daily	Zocor 10 mg	ACE-I, D
NO	NO	ACE-I,CCB,BB
NO	NO	ACE-I, CCB
NO	Zocor 20 mg	ACE-I
150 mg daily	NO	ACE-I
150 mg daily	NO	ACE-I, CCB
NO	Lipitor 20 mg	ACE-I, CCB, BB
NO	Zocor 20 mg	ACE-I, D
NO	NO	ACE-I, D
150 mg daily	Zocor/BezalipR	BB
NO	NO	ACE-I, D
150 mg daily	Zocor 20 mg	D, CCB, ACE-I
150 mg daily	NO	D
NO	NO	ACE-I
NO	NO	ACE-I, CCB, D
NO	NO	ACE-I
NO	NO	ACE-I, CCB, D
NO	Zocor 20 mg	ACE-I, CCB
NO	NO	ACE-I, CCB, D
150 mg daily	Zocor 20 mg	ACE-I, D
NO	Zocor 10 mg	ACE-I,CCB,D,aldomet
NO	NO	D
NO	Zocor 20 mg	BB, CCB
NO	Bezalip R 400	ACE-I, D, CCB
NO	Bezalip R 400	BB
NO	Bezalip R 400	BB
NO	Bezalip R 400	BB
NO	NO	NO
NO	Bezalip R 400	BB
NO	NO	ACE-I, CCB, BB
NO	Zocor/Bezalip	ACE-I
150 mg daily	Zocor 40 mg	CCB, D, ACE-I
NO	NO	NO
NO	Zocor 20 mg	ACE-I, CCB
150 mg daily	Zocor 20 mg	D,CCB,ACE-I
NO	NO	NO
NO	Zocor 20 mg	D, Hydralazine
NO	Zocor/Bezalip	ACE-I,D,BB,Reserpine
NO	NO	D, BB, CCB
10 u nocte	NO	NO
NO	NO	ACE-I, BB, CCB
NO	NO	CCB,ACE-I
NO	Zocor 20 mg	ACE-I
150 mg daily	Zocor/Bezalip	ACE-I, D
NO	Zocor 20 mg	NO

PATIENT DATA SHEET:

PATIENTS NAME:.....

PATIENTS HOSPITAL NUMBER:

HOSPITAL:

RESEARCH NUMBER:

AGE OF THE PATIENT:

SEX OF THE PATIENT: MALE FEMALE (CIRCLE THE APPROPRIATE ONE)

ETHNIC GROUP:

CONSENT:

DURATION OF T2DMYEARS AND.....MONTHS

OTHER CARDIOVASCULAR RISK FACTORS:

- PREVIOUS MI/ CABAG/ ANGIOPLASTY/ STENT:
- PREVIOUS TIA/ CVA:
- PERIPHERAL VASCULAR DISEASE:
- HYPERTENSION:
- FAMILY HISTORY OF PREMATURE CAD: < 55 IN MALES AND <65 IN FEMALES
.....
- HYPERLIPIDAEMIA:.....
- EXERCISE:
- SMOKING:
- ALCOHOL INTAKE:

OTHER COMORBID ILLNESSES AND DURATION:

- 1.
- 2.
- 3.
- 4.

TREATMENT AND DOSE:

1. DIET ONLY
2. ORAL AGENTS
 - GLUCOPHAGE.....
 - DIAMICRON.....
 - OTHER.....
3. PROTAPHANE.....(units)
4. OTHER THERAPY WITH DOSES:
 - 4.1 ASPIRIN.....
 - 4.2 LIPID LOWERING THERAPY.....
.....
 - 4.3 ANTI HYPERTENSIVES:.....
.....
.....
 - 4.4 OTHER AGENTS:

.....
.....
.....
.....
.....
.....

MEASUREMENTS:

1. **WAIST (cm)**

2. **HEIGHT (cm)**

3. **WEIGHT (kg)**

4. **BMI = weight / height²**

5. **BLOOD PRESSURE (mmHg)** 1. 2. **average:**

BLOOD RESULTS:

1. **TOTAL CHOLESTEROL (mmol/l)**

2. **TRIGLYCERIDES (mmol/l)**

3. **HDL (mmol/l)**

4. **LDL (mmol/l)**

5. **GLYCATED HAEMOGLOBIN (HbA1C)**

EDUCATION ON CHOLESTEROL TREATMENT: YES NO

ANY OTHER RELEVANT INFORMATION:

Patient Information Document:

Study title:

“ Comprehensive management of Type 2 Diabetes Mellitus patients” study 2006.

Good day.

My name is Dr A M Klisiewicz and I am doing research with Professor Raal on comprehensive management of Type 2 Diabetic patients at our clinics. Research is a means of finding an answer to a question that the researchers may have. I am doing this research to find out if our management of Diabetic patients is optimal and in accordance with the recommended guidelines.

We would like to **invite you** to participate in our research study.

The study is an audit. The study requires one patient visit, which will be conducted at the diabetic clinic to avoid having the patient to come especially for the benefit of the study. The sister at the clinic will invite you to participate and if you would like to take part in my research she will then refer you to me. I will see you and provide you with your routine treatment and in addition I would like to ask you to answer some questions relating to your diabetes. I would also like to take your blood pressure and measure your weight, height, waist circumference and use your records to obtain blood results for lipid studies and glycaemic control. I would like to include 50 patients from Johannesburg Hospital, 50 from Helen Joseph and 50 from Baragwanath thus in total 150 patients. All of my patients will be over 35 and have to be Type 2 Diabetics on oral agents or Protaphane and will be randomly selected during the clinic.

There are **no risks** associated with the study.

The **benefits** of participating in this study include improvement in the management of patients with diabetes at our clinics. We would like to ensure that the SEMDSA (Society for Endocrinology, Metabolism and Diabetes of South Africa) guidelines are followed at our clinics. The guidelines emphasize that sugar control is only one of the aspects that we should be looking at. It is also important to achieve good blood pressure control, healthy weight, height, waist measurements as well as good cholesterol levels with a special diet or tablets as this reduces morbidity and mortality associated with diabetes.

There are no alternative courses of treatment included in this study.

Participation in this study is **voluntary**. Refusal to participate will involve no penalty or loss of benefits to which you are otherwise entitled and you may discontinue participation at any time without penalty loss of benefits to which you are entitled.

There are no “out of pocket” expenses associated with this study and the study will be self-funded.

Efforts will be made to keep personal information confidential but absolute confidentiality cannot be guaranteed. Personal information may be disclosed if required by law.

Contact details of the researcher: Dr Anna Maria Klisiewicz 0829661207

Contact details of REC administrator and chair: Mrs A Keshav 717-1234

Written Consent will be obtained from the patient.

Thank you and regards
Dr A M Klisiewicz

CONSENT FORM

COMPREHENSIVE MANAGEMENT OF T2DM PATIENTS IN 2006 STUDY

I Mr/Mrs.....(name and surname of the patient) consent to participation in the above mentioned study. I understand that:

1. Participation is voluntary and refusal to participate will not involve any penalty or loss of benefits to which I am otherwise entitled.
2. The research will be over a 6-month period and will require one patient visit where a routine blood pressure, height and weight measurement will be done.
3. I will not be required to come specifically for the benefit of the study as the study will be conducted at the diabetes clinic and no additional visits will be required. The required information will be obtained from my records if available. Blood tests for fasting lipogram and glycated haemoglobin will be obtained from my 2006 hospital records.
4. There are no foreseeable risks or discomforts associated with this study.
5. There are no complications associated with my participation.
6. I have been invited to participate in the study having understood the aim of the research and that I shall remain anonymous.

The doctor in charge of the study: DR A M Klisiewicz Tel: 0829661207 (medical registrar- final year) can be contacted at any time.

Thank you for the participation

.....(signature of the patient)

.....(name and signature of the doctor in charge of the study)

.....(name and signature of the witness)

Dear Diabetic clinic sister:

Good day. My name is Dr Klisiewicz. I am a fourth year medical registrar in Internal Medicine. I am conducting a study called: “ Comprehensive management of Type 2 Diabetes Mellitus patients” and I would like to invite the patients at your clinic to participate. The aim of my study is to find out if recent guidelines published by the Society for Endocrinology, Metabolism and Diabetes of South Africa for the management of Type 2 Diabetics are being followed in our clinics. The guidelines emphasize that glycaemic (sugar) control is only one of the aspects that we should be looking at. It is also important to achieve good blood pressure control, healthy weight and waist measurements as well as good cholesterol levels with special diet and medication if diet proves inadequate. It is also important to exercise and avoid smoking. I would like to check the patients’ blood pressure, weight, height, and waist measurements and check blood results for cholesterol and sugar control from the patients’ records. May you kindly inform the patient about my study and if the patient is interested in participating please refer the patient to me.

Thank you for your participation and for your time.

Dr A M Klisiewicz