
Compendium De Specialitati Medico-chirurgicale Pdf 33

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Diabetes mellitus in the Netherlands As in other western countries, the incidence of type 1 diabetes mellitus (T1DM) has increased by 3% per year for the past 30 years in the Netherlands \[\[@B1]\]. This is probably related to changes in the dietary habits of the Western population (increase in energy intake, increase in carbohydrates), making diabetes more prevalent in obesity and higher socioeconomic groups \[\[@B2]\]. The incidence of type 2 diabetes mellitus (T2DM) remains stable \[\[@B3]\]. In the Netherlands, diabetes is the fourth most common chronic disease (after cardiovascular disease, neoplasms and chronic obstructive pulmonary disease) and the eighth most important cause of death \[\[@B4]\]. It is estimated that the number of diabetics will double by 2030 and that 6% of the Dutch population will have T2DM by that time \[\[@B5]\]. The treatment of diabetes mellitus is based on a combination of (nutritional) guidance and lifestyle changes (weight reduction, increase in physical activity, better nutrition) and/or medication. In T1DM patients, special diets and lifestyle changes are required. Sulfonylureas are the first-line oral therapy for T1DM. If these fail, metformin is the first-line therapy; insulin therapy is the second-line therapy \[\[@B6]\]. Glucagon-like peptide-1 receptor agonists are an alternative to the use of insulin for T1DM \[\[@B7]\]. The Dutch Diabetes Risk Test (DDRT) is a questionnaire used to estimate diabetes risk. The Diabetes Control and Complications Trial (DCCT) and the Epidemiology of Diabetes Interventions and Complications (EDIC) study showed that good glycemic control in

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