

The Glycemic Pentad: A Key Element in Management of Type 2 Diabetes

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- In addition to the triad of FPG, PPG, and HbA1c, several studies have suggested the need to incorporate glycemic variability and quality of life in the diabetes control regimen.
- **A forum of 55 expert diabetologists (from different regions of India) came to a consensus that FPG, PPG, HbA1c, glycemic variability and quality of life (termed the Glycemic Pentad) are five arms of antidiabetic therapy.** Group also agreed that diabetes management in Indians needs to consider their distinct dietary habits (high carbohydrate content) and socio-economic status.
- The forum believes that the **triple fixed dose combination of metformin, glimepiride and voglibose would best address this.** The combination is safe, affordable and effective in attaining optimal glucose levels and reducing complications.

Glycemic pentad deserves a prominent position in the diabetes management in India.

The triple fixed dose combination of metformin, glimepiride, and voglibose has essential elements to achieve glycemic pentad targets.