



INTRODUCTION

Dear Colleagues,

Diabetes Study Group of SEMT would like to share with you English version of the updated fourth edition of 'Clinical Practice Guidelines for Diagnosis, Treatment and Follow-up of Patients with Diabetes Mellitus and its Complications'.

Increasing frequency of diabetes in our country due to rapid changes in diet and lifestyle resulted in an increased economical and social burden of the disease on the society, and leads to a joint effort to prepare national consensus on diagnosis, treatment and monitoring of diabetes and specific complications. The idea to prepare a clinical practice guide on diabetes was a great responsibility, and the first activity had began with the decision of the board of our society in 2005-2006, and encouraged with the increased support and contributions of all our members.

To tell you the truth, reaching the fourth edition of 'SEMT Clinical Practice Guidelines for Diagnosis, Treatment and Follow-up of Patients with Diabetes Mellitus and its Complications' reflects that this guide is well accepted by our colleagues and this is very exciting for our committed study group. Prior to each edition Diabetes Study Group as well as all members of our society start mutual communications, respond to inquires and review detailed multi-faceted contributions. While preparing the fourth edition in your hand, the same track has been followed. Members were asked via questionnaires about necessary changes for the new issue, suggestions were evaluated by the writing committee, draft version was presented to the group members in a meeting and it was shared through e-mails as well. Moreover written and verbal critics have been obtained, contributions were re-evaluated and the guide was brought to the final shape.

According to our study group the most important aspect is that the guide develops specific recommendations on several issues in the light of the realities of our country. SEMT recommendations are given at the end of the each topic.

In the recent years great efforts have been initiated in priority to create health awareness, to prevent the spread of diabetes by informing the society and with early and appropriate treatment. These efforts help shaping the modern health service by minimizing the costs of health care.

Now, we would like to present this issue prepared in the light of current opinions in diabetes to your benefit. As we have expressed all the time, some flaws and imperfections are inevitable. This may not be perfect work but we believe that it is good work and a consensus. 'Perfect is the enemy of the good' and we have put a lot of effort and care into our work to make it 'GOOD'. All the good things you found belong to our association and our members, however the omissions belong to the editors.

Criticism and contributions from you will be the most important guide for future editions. We hope this guide will be useful in your daily practice.

With our very best regards,

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On Behalf of Writing Committee

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