

CONTENTS

	Page no
ACKNOWLEDGEMENTS	i
ABSTRACT	ii-iii
CONTENTS	iv-vi
LIST OF TABLES	vii
ABBREVIATIONS	viii
CHAPTER 1 INTRODUCTION	1-8
1.1 General introduction	1
1.2 Global prevalence of diabetes	1
1.2.1 Prevalence of diabetes in Sri Lanka	1
1.3 Types of diabetes	2
1.4 Diabetes, Insulin & zinc	3
1.4.1 Effects of diabetes on zinc metabolism	4
1.4.2 Effects of zinc on diabetes	4
1.4.3 Zinc and insulin interactions	5
1.5 Purpose of the study and objectives	6
1.5.1 Purpose of the study	6
1.5.2 Multi mineral/ vitamin supplementation	7
1.5.3 Hypothesis	8
1.5.4 Specific objectives	8
CHAPTER 2 MATERIALS AND METHODS	9-20
2.1 Study population	9
2.1.1 Selection of study sample	9
2.2 Experimental design	11
2.3 Biochemical analyses	12
2.3.1 Blood sugar (Fasting and post-prandial) assays	12
2.3.2 Glycated haemoglobin ($Hb_{A1C}\%$) assay	12
2.3.3 Cholesterol and lipid profile assay	12
2.3.4 Zinc (serum and urine) assay	13
2.3.5 Creatinine assay (serum and urine)	14
2.3.6 Serum Insulin assay	15
2.4 Multi mineral/vitamin tablet preparation	16
2.5 Intervention	17
2.5.1 Implementation of supplementation programme	17

2.6	Ethical Considerations during the Study	18
2.7	Statistical Analysis	18
2.7.1	Defining categorical variables for blood sugar and serum/urine analysis	18
CHAPTER 3	RESULTS	21-43
3.1	Study 1	21
3.1.1	Baseline characteristics	21
3.1.2	Blood sugar assessment	21
3.1.3	Biochemical measurements	24
3.1.3.1	Serum creatinine, insulin and zinc levels	24
3.1.3.2	Lipid profile	24
3.1.3.3	Urine analysis	24
3.1.3.4	The adequacy/acceptability of metabolic control	24
3.1.4	Insulin Resistance (IR)	25
3.1.5	Regression analysis	25
3.1.6	Dietary Intake	31
3.2	Study II	37
3.2.1	Baseline characteristics	37
3.2.2	Effect on blood sugar levels	37
3.2.3	Effect on serum Insulin, zinc and lipid profile	40
CHAPTER 4	DISCUSSION	44 - 55
4.1	Zinc levels (serum and urinary) in type II diabetics and healthy controls.	45
4.2	Serum Insulin and Insulin resistance	46
4.3	Comparison of blood and serum biochemistry among Diabetics and Healthy controls	46
4.3.1	Post Prandial blood sugar status	47
4.3.2	Glycated haemoglobin levels (%Hb _{A1C})	47
4.3.3	Lipid profile	48
4.3.4	Renal function - serum Creatinine	49
4.4	Dietary Intake on glycaemic control	49
4.4.1	Fat and Energy intake	49
4.4.2	Carbohydrate intake	50
4.4.3	Protein intake	51
4.4.4	Zinc intake	51

4.5	Effect of zinc and other antioxidant micronutrients on glycaemic control	52
4.9.1	Effect on blood sugar	52
4.9.2	Effect on serum zinc	53
4.9.3	Effect on lipid profile	53
4.9.4	Effect on renal functions	54
CONCLUSIONS AND RECOMMENDATIONS		56 – 58
LIMITATIONS OF THE STUDY		59 – 60
REFERENCES		61 – 73
ANNEX 1	Ethical Committee approval letter	74
ANNEX 2	Registration letter – Sri Lanka Clinical Trials Registry	75
ANNEX 3	Capsule analysis report –Group A	76
ANNEX 4	Capsule analysis report –Group B	77
ANNEX 5	Capsule analysis report –Group C	78
ANNEX 6	Publications - full papers	79 - 80
ANNEX 7	Publication – abstract presentations	81

LIST OF TABLES

	Page no	
Table 3.1	Baseline characteristics of study subjects	22
Table 3.2	Whole blood assessment and prevalence of sugar control	23
Table 3.3	Serum and spot urinary assessment	25
Table 3.4	Adequacy/acceptability of metabolic control	26
Table 3.5	Analysis of biochemical parameters of diabetes subjects based on HOMA-IR index	28
Table 3.6	Analysis of biochemical parameters of healthy subjects based on HOMA-IR index	29
Table 3.7	Multiple regression equation with Fasting Blood Sugar as the dependent variables and selected independent variables among study subjects	30
Table 3.8	Multivariate logistic regression analysis on diabetes risk among healthy individuals	32
Table 3.9	Multivariate logistic regression analysis on diabetes risk among healthy individuals in different categories of biochemical analytes	33
Table 3.10	The average daily energy and nutrient intakes	34
Table 3.11	Dietary intakes	36
Table 3.12	Baseline line characteristics of the three study groups	38
Table 3.13	Effect of supplementation on blood sugar parameters	39
Table 3.14	Effect of supplementation on blood sugar parameters	41
Table 3.15	Effect of supplementation on serum/urine parameters	42
Table 3.16	Supplementary effects on Lipid profile of study subjects	43