**Original article:**

**Comparative study of insulin glargine and NPH insulin in poorly controlled type 2 diabetic patients on OHA**

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**Abstract**

**Introduction**: Diabetes mellitus is one of the most common endocrine disorders. Approximately 180 million individual worldwide have diabetes and by 2030 this number is expected to double. India has largest number of diabetics in the world with a prevalence of 2.4% in rural and 4-11.6% in urban population. Most diabetic patients are initially treated with OHA. Those who are poorly controlled on OHA are shifted to or combined with Insulin therapy to achieve good glycemic control.

**Aims and objective:** To compare the efficacy and the incidence of hypoglycemia with addition of Insulin Glargine vs. NPH insulin in Type 2 Diabetes mellitus patients poorly controlled on OHA.

**Result and observation:** Prior to initiating Insulin therapy mean value of HbA1c in group 1 and group 2 being 11.70+ 1.30 and 11.90 + 1.64 respectively. Number of patients achieving good glycemic control in treatment group 1 was 8 (40%) of the 20 patients while only 6 patients (30%) achieved that level in NPH insulin group. The hypoglycemic events reported were higher in NPH insulin group as compared to Glargine Group. In Glargine Group Overall 12 patients reported to have hypoglycemic events (13 events) while 15 patients taking NPH insulin reported hypoglycaemic events (26 events).

**Key words**: Type 2 Diabetes Mellitus, Insulin Glargine, NPH Insulin