Abstract
The article highlights the need to follow a multifactorial, comprehensive approach while managing diabetes. Apart from glycaemic control, blood pressure, lipid, weight and platelet management are equally important if one is to ensure optimal therapeutic outcomes. The mnemonic SMILE (salute-metabolic interventions for life enhancement) includes all evidence-based therapies which help in improving metabolic health, and in preventing morbidity and mortality. It allows even-handed addressal of all vasculo metabolic parameters, so as to bring SMILEs on faces of all persons involved in diabetes.

Keywords: Empagliflozin, gliclazide MR, indapamide SR, liraglutide, perindopril, ramipril, semaglutide, statins.

Introduction
Though diabetes is defined as a state of carbohydrate intolerance, its impact is felt across all domains of metabolism. This, in turn, influences vascular function, and the health of all organ systems in the body. While conventional diabetes management has been glucocentric in its approach, recent research has helped expand and enhance the scope of diabetes management. Multifactorial Management
Various studies have demonstrated the role of non-glycaemic parameters in the pathogenesis of diabetes and diabetic complications. Large trials have also proven the efficacy of modulating these parameters in preventing and reducing complications. The Steno-2 trial, using a 5-component multifactorial approach (lifestyle modification, glucose, blood pressure and lipid control, anti-platelet therapy) has demonstrated significant improvement in survival and event-free survival, when tested in persons with type 2 diabetes and micro albuminuria. If the United Kingdom Prospective Diabetes Study (UKPDS) has shown the existence of glycaemic legacy in type 2 diabetes, the Action In Diabetes and Vascular Disease: Preterax and Diamicron Controlled Evaluation (ADVANCE-ON) study has proven the concept of vascular legacy. These data, put together, underscore the need to focus on all vascular metabolic factors simultaneously while managing diabetes.

Optimistic Adherence
The evidence base of metabolic memory or metabolic karma also allows diabetes care professionals to counsel their patients about the need to 'hit early, hit hard', using effective, safe and easily tolerated interventions. Such confident counseling helps improve adherence to therapy. Optimistic opinion sharing ("we can prevent and postpone complications with readily available therapy") brings a SMILE to the patient’s face as well. This smile can be extended to family members and close ones, if they are actively involved in lifestyle modification measures.

Holistic Care
It must be emphasized, that a multifactorial approach to diabetes management is essential for all-round smiles. Many persons with diabetes, and their health care providers, however, continue to assess diabetes care through a limited, glucocentric prism. Such a viewpoint places greater emphasis on glucose control, with the potential of neglecting other, equally important, parameters.

Smile: Saluto-Metabolic Interventions For Life Enhancement
We propose the mnemonic SMILE to include all diabetes management interventions under one umbrella, in an equitable manner SMILE stands for 'saluto-metabolic interventions for life enhancement'. The term SMILE is an all-inclusive concept which covers all evidence based interventions that improve metabolic health (the Latin word ‘salus’ means health), and enhance life. These include non-pharmacological interventions such as calorie restriction; management strategies such as the multifactorial approach, and specific drugs with proven legacy effect. SMILEs are not limited to glucose-lowering drugs such as gliclazide MR (used in Steno-2), empagliflozin(tested in EMPA-REG), liraglutide (studied in LEADER), and semaglutide (the focus of SUSTAIN). They include blood pressure lowering drugs like perindopril +indapamide (used in Steno-2), ramipril (HOPE trial), and lipid lowering therapies (tested in...
multiple trials). The similarities between these seemingly disparate molecules are too striking to be ignored.

A Smiley Summary

Thus, the SMILE concept allows even-handed assessment and utilization of various vasculo-metabolic interventions available to us, in a holistic manner. It reinforces the need for comprehensive management of diabetes, with the aim of not only reducing glucose levels, but also preventing long-term complications. SMILE demystifies diabetes pharmacotherapy by explaining the metabolic memory concept in a patient friendly manner, and encourages family members to take active part in the management of the syndrome. Most important of all, for us, the SMILE rubric brings a smile on our faces as well, as we fight the diabetes epidemic in our clinics and indoor wards.

References