Questionnaire A

	Institute:
	Doctor:
4 P. C. (114 P.	Blood sample code:
1. Patient personal details Insurance number:	Date of blood sampling:
Name:	
Date of birth:	
Gender: Female/Male	
Race: Caucasian / Black / Asian / Indian/ Other:	
Date of questioning:	

2. Inclusion criteria

Patient has type 2 diabetes	YES	NO	
mellitus			
Age: 35 - 75 years	YES	NO	
Hemoglobin A1c: 7-12%	YES	NO	
Treated with oral	YES	NO	
antihyperglycemic agent or with insulin			
with msum			
Written informed consent	YES	NO	
signed			
ONE "NO" is present = DO NOT INCLUDE!			

3. Exclusion criteria

Other type of diabetes mellitus	YES	NO
patients with poor glycaemic control or unstable diabetes	YES	NO
patients with known serious comorbidity and/ or with advanced macrovascular complications	YES	NO
active bacterial infection or treatment with antibiotics within 3 weeks	YES	NO
open wounds or skin lesions	YES	NO
history of skin-related conditions or sensitivity to prolonged water immersion	YES	NO

or exposure to pool		
chemicals		
severe psychiatric pathology	YES	NO
or psychosis	123	NO
pregnancy or breastfeeding	YES	NO
judgment by medical		
provider that heat therapy/	MEG	NO
hydrotherapy poses an	YES	NO
undue burden or risk		
participating in other	NTIC .	NO
ongoing clinical trials	YES	NO
heat or balneotherapy in the	VEC	NO
past 3 months	YES	NO
morbid obesity (body mass	MEG	NO
index > 40 kg/m2	YES	NO
steroid treatment	YES	NO
active autoimmune diseases	YES	NO
coronavirus disease 2019		
(COVID-19) in the past 3	YES	NO
months.		
Or	e "YES" is present = EXCLUD	DE!

4. Medical history

Alcohol consumption YES / NO

If yes: daily /weekly/ monthly/ occasionally

Smoking: YES / NO

If yes: pocket

..... years

If no: .. earlier? YES/NO

If yes: pocket

..... years

Diabetes mellitus (2): since......

Hypertension: YES since:.....

NO

5. Physical examination

Height: cm

Body weight:....kg

BMI:kg/m2

Blood pressure:..... Hgmm

Heart rate:.....bpm



Blood sugar: mmol/l

6. Treatment

Oral antidiabetic treatment

NAME	Active substance	Dose (number only)	Unit (g/mg/IU)	Dosage (time/day)	Oral/subcutan	Since when?

Insulin treatment

NAME	Active substance	Total daily dose	Since when?

7. Blood sample - rutine laboratory examination

Glycaemic controll	
Fasting plasma glucose (mmol/l)	
Hemoglobin A1c (%)	
Plasma insulin (pmol/l??)- only in OAD treated patients	
Inflammatory markers	
CRP (mg/l)	
Erythrocyte sedimentation rate (mm/h)	
Blood	
White blood cell count (G/l)	
Neurophils (%)	
Red blood cell count (T/l)	
Hemoglobin (g/l)	
Hematokrit (%)	
MCV (fl)	
Platelet count (G/l)	

Ions	
Sodium (mmol/l)	
Potassium (mmol/l)	
Renal function	
Urea nitrogen (mmol/l)	
Creatinine (umol/l)	
eGFR (ml/min/m2)	
Liver functions	
Total bilirubin (umol/l)	
Aspartate aminotransferase (ASAT/GOT – U/l)	
Alanine aminotransferase (ALAT/GPT – U/l)	
Alkaline phosphatase (ALP – U/l)	
Lactate dehydrogenase (LDH – U/l)	
Gamma glutamyl transferase (GGT – U/l)	
Prothrombin (%)	
INR	
Total protein (g/l)	
Albumin (g/l)	
Lipids	
Total cholesterol (mmol/l)	
Low-density lipoprotein (LDL – mmol/l)	
High-density lipoprotein (HDL – mmol/l)	
Trigliceride (mmol/l)	
TSH (mU/l)	
Iron status	
Iron (umol/l)	
Transferrin (g/l)	

8. Spot urine analysis

Thrombocyte aggregation...????

Transferrin saturation (%)

Ferritin (ug/l)

Albumin/creatinine ratio (ACR, mg/g):

Fractional extcertion of amino acids		

9. Oxidative stress markers – blood sample

Ortho-thyrozine level	
Meta-thyrozine level	
Para-thyrozine level	

10. <u>Heat shock proteins – blood sample</u>

Yes no

11. Cardiovascular measurements

24 h ambulatory blood pressure monitor			
Mean systolic blood pressure (Hgmm)			
Mean diastolic blood pressure (Hgmm)			
Diurnal index (%)			
- Dipper (10-20%)	YES	NO	
- Non-dipper (<10%)	YES	NO	
- Extreme dipper (>20%)	YES	NO	
- Inversed diurnality	YES	NO	
Percent time elevation index (or hypertensive time index, %)			
Pulse pressure (Hgmm)			

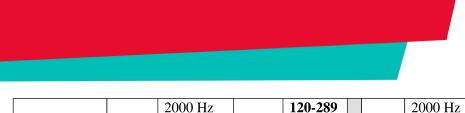
Arterial pulse wave velocity:

Overnight pulzoxymeter – apnoe-hypopnoe index (AHI):

- AIH > 5: YES NO

12. Examinations for neuropathy

		Neurometer							
]	<u>Left</u>	<u>Nervus</u> <u>medianus</u>	Right	Normal range (Hz)		Left	Nervus peroneus	Right	Normal range (Hz)



	2000 Hz	<u>120-289</u>		2000 Hz	<u>187-516</u>
Abnormal: 1 Normal: 0					
	250 Hz	<u>22-180</u>		250 Hz	<u>44-190</u>
Abnormal: 1 Normal: 0					
	5 Hz	<u>16-100</u>		5 Hz	<u>18-170</u>
Abnormal: 1 Normal: 0					

128-Hz tuning fork					
	Right radius:		<u>Left radius:</u>		
Abnormal: 1, Normal: 0					
	Right hallux:		Left hallux:		
Abnormal: 1, Normal: 0					

Symptoms of neuropathy						
	Score	Abnormal: 1 Normal: 0				
DN4 Questionnaire						
Neuropathy Total Symptom Score-6						