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In each issue of **Diabetes Resources** we have provided specific information about management for diabetes, including important tests and resources to help reduce complications associated with the disease. Information is included about the ABCs of diabetes: **A1C testing 2-4 times per year, Blood pressure screening at every visit, and annual Cholesterol testing. Additional clinical information is also provided. A dilated eye exam, sensory foot exam and screening for kidney disease are each recommended annually. Attention to these risk factors reduces the chance for cardiac, renal, eye and vascular disease secondary to diabetes.**

In support of the **New Mexico Adult Diabetes Practice Guideline 2010**, please see the reverse side of **Diabetes Resources** for recommendations for care including resources and tools that can help in your efforts to provide education and support among your patients with diabetes.

Check [www.nmtod.org](http://www.nmtod.org) for organizations that have graciously provided funding for **Diabetes Resources**.

New Mexico Health Care Takes On Diabetes, a New Mexico non-profit corporation, is a broad coalition of New Mexico's diabetes care professionals, New Mexico Health Plans, the New Mexico Department of Health, and the New Mexico Medical Review Association, with technical and administrative support from the American Diabetes Association.

# Diabetes Resources

## Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 13 No. 3, 2010

## Diabetes: Getting to the Heart of It

### The Issue:

Cardiovascular disease, especially coronary artery disease (CAD), is present in most adults with type 2 diabetes. People with diabetes are 2 to 4 times more likely to develop CAD than those without diabetes and often show an earlier onset of symptoms.

Dyslipidemia and hypercholesterolemia are both common among people with diabetes. In addition, thrombophilia is often present and platelets are more susceptible to aggregation especially in the presence of hyperglycemia because of the increased expression of GpIIb/IIIa receptors. All of these contribute to the development of hypertension, endothelial cell dysfunction, accelerated atherogenesis, and resultant coronary thrombosis. (Flaherty JD, Davidson CJ. *JAMA*. 2005; 293:1501-1508.)

In preventing and treating the cardiovascular aspects of diabetes, providers need to consider all the available tools including diet, exercise, lifestyle modifications, statins and other lipid lowering medications, antihypertensives and aspirin. We have discussed many of these in past issues and in the *2010 Adult Clinical Practice Guideline*. For helpful patient resources, contact the American Heart Association.

### Did You Know?

- ❖ Approximately two-thirds to three-fourths of the people with diabetes mellitus die from some form of heart or blood vessel disease. (*Heart Disease and Stroke Statistics - 2004 Update, American Heart Association*)
- ❖ Diabetes increases the risk of stroke, with the relative risk ranging from 1.8 to almost 6.0. (*Stroke*. 2001; 32:280-299)
- ❖ The risk of diabetes for Hispanics and non-Hispanic blacks is almost twice that for non-Hispanic whites. (*NHANES III [1988-94], CDC/NCHS, Diabetes Care*. 1998; 21:518-524)
- ❖ The age-adjusted prevalence of major CVD for women with diabetes is twice that for women without diabetes, and the age-adjusted major CVD hospital discharge rate for women with diabetes is almost four times the rate for women without diabetes. (*MMWR, Vol. 50, No. 43, Nov. 2 2001, CDC/NCHS*)
- ❖ Heart disease death rates among adults with diabetes are 2 - 4 times higher than rates for adults without diabetes. [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov) (*Heart Disease and Stroke Statistics - 2004 Update, American Heart Association*)
- ❖ Heart disease is the leading cause of death in New Mexico. (*Heart Disease and Stroke in New Mexico: Facts and Figures: At-A-Glance, Dec. 2008; NMDOH.*)
- ❖ Stroke is the fifth leading cause of death in New Mexico. (*Heart Disease and Stroke in New Mexico: Facts and Figures: At-A-Glance, Dec. 2008; NMDOH.*)
- ❖ In 2006, diseases of the heart and stroke combined claimed nearly 4,000 lives, accounting for a quarter of all deaths in New Mexico. (*Heart Disease and Stroke in New Mexico: Facts and Figures: At-A-Glance, Dec. 2008; NMDOH.*)

## Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at [www.nmtod.org](http://www.nmtod.org). For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

**Diabetes: Cardiovascular Toolkit**—The American Diabetes Association, American College of Cardiology and Preventive Cardiovascular Nurses Association is offering a free kit of patient tools to assist with your educational efforts. This kit contains reproducible handouts on 26 topics related to diabetes and cardiovascular disease. Topics cover type 2 diabetes, nutrition, exercise and risk factor management. A Spanish-language version will be available in September 2005. To order the toolkit on CD or hard copy, please call 1-800-DIABETES (342-2383) or send your name and mailing address to [AskADA@diabetes.org](mailto:AskADA@diabetes.org). Please specify whether you want CD Rom or hard copy. To view the kit, visit <http://professional.diabetes.org/ResourcesForProfessionals.aspx?cid=60459>.

**Joint Scientific Statement: A Professional Tool**—Cardiovascular disease (including stroke), cancer and diabetes account for about two thirds of all deaths in the U.S. and \$700 billion in economic impact. The ACS, ADA and AHA have published a Joint Scientific Statement that reviews strategies for the prevention and early detection of these diseases. The strategies are aimed at improving efficacy of periodic medical checkups as an effective platform for addressing major risk factors. The avoidance or modification of risk factors may help reduce the incidence and premature mortality associated with these prevalent chronic conditions. <http://circ.ahajournals.org/cgi/content/full/109/25/3244>.

**Ask Your Healthcare Professional: A Patient Tool**—Preventing cardiovascular disease is important. This patient tool provides information about simple steps to lower blood pressure through increasing physical activity, eating less saturated fat and stopping smoking. It can be found on the New Mexico Health Care Takes On Diabetes website at [www.nmtod.org](http://www.nmtod.org).

**Other Resources**—The American Heart/American Stroke Association has a myriad of educational publications available on heart health and stroke prevention topics, including how CVD is so closely linked with diabetes. The “Heart Of Diabetes” booklet is a simple presentation of diabetes, insulin resistance and the link to CVD. Some of the patient education brochures deal with specific topics, topics such as high blood pressure or nutrition, while others cover a variety of risk factors and lifestyle modifications. Most American Heart Association publications are available online at [www.americanheart.org](http://www.americanheart.org) or by contacting your local office in New Mexico at 505.823.8700.

**Websites**—The editorial committee has identified websites that you may find informative:

- ❖ American Heart Association, Heart of Diabetes Program: [www.americanheart.org/diabetes](http://www.americanheart.org/diabetes)
- ❖ NM Department of Health, Diabetes Prevention and Control Program: [www.diabetesnm.org](http://www.diabetesnm.org)
- ❖ American Stroke Association: [www.strokeassociation.org](http://www.strokeassociation.org)
- ❖ National Heart Lung & Blood Institute High Blood Pressure Education Program: [www.nhlbi.nih.gov/guidelines/hypertension/index.htm](http://www.nhlbi.nih.gov/guidelines/hypertension/index.htm)
- ❖ National Heart Lung & Blood Institute Heart & Vascular Page: [www.nhlbi.nih.gov/health/public/heart/index.htm](http://www.nhlbi.nih.gov/health/public/heart/index.htm)
- ❖ National Institute of Neurological Disorders and Stroke: [www.ninds.nih.gov/disorders/stroke/knowstroke.htm](http://www.ninds.nih.gov/disorders/stroke/knowstroke.htm)
- ❖ Centers for Disease Control and Prevention (CDC) Heart Disease page: [www.cdc.gov/HeartDisease/](http://www.cdc.gov/HeartDisease/)
- ❖ American College of Cardiology: [www.acc.org](http://www.acc.org)
- ❖ NCQA Heart & Stroke Recognition for Physicians: [www.ncqa.org/hsrp/index.htm](http://www.ncqa.org/hsrp/index.htm)
- ❖ National Diabetes Education Program: [www.ndep.nih.gov](http://www.ndep.nih.gov)
- ❖ American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)
- ❖ National Institutes of Health: [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)
- ❖ Heart Hub for Patients - Take Control: [www.hearthub.org](http://www.hearthub.org)

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website\* [www.nmtod.org](http://www.nmtod.org).

\*Please note that these websites do not necessarily represent the views of NMHCTOD. They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.

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