



P.O. Box 3548
Albuquerque, NM 87190
(866) 796-9121
(505) 796-9121
www.nmtod.org

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 2011**, 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 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. 15 No. 20, 2011

Pre-diabetes Is a Precursor to Diabetes

Categories of Increased Risk for Diabetes

The Issue:

Pre-diabetes – a condition that has a high risk of progression to diabetes – is estimated to affect about 57 million adults in the United States.¹ The true prevalence, however, is likely to be much higher, as a greater number of individuals are not yet identified. The key practical points about pre-diabetes are described below.²

Risk factors for pre-diabetes mimic those for diabetes and when present, prompt the consideration for screening:

- ❖ Overweight (BMI ≥ 25 kg/m²) particularly with central adiposity
- ❖ Sedentary lifestyle
- ❖ Family history of Type 2 diabetes
- ❖ Certain ethnicities (Native American, African American, Asian, Hispanic)
- ❖ History of gestational diabetes

Categories of increased risk for diabetes:

- ❖ FPG 100-125 mg/dl
- ❖ 2- hour on the 75-g OGTT 140-199 mg/dl
- ❖ A1C 5.7-6.4%

(For all three tests, risk is continuous, extending below the lower limit of the range and becoming disproportionately greater at higher ends of the range)

Consequences of pre-diabetes³:

- ❖ Once pre-diabetes is present, the risk of developing diabetes is approximately 7% per year; monitor annually
- ❖ Pre-diabetes increases the risk for developing cardiovascular disease even before overt diabetes develops

Treatment Considerations:

Treating pre-diabetes aggressively can prevent the progression to diabetes and reverse the insulin resistance associated with pre-diabetes.

Lifestyle intervention is the mainstay for treatment. The Diabetes Prevention Program demonstrated a 57% reduction in the development of diabetes in patients with pre-diabetes who were enrolled in the lifestyle arm compared to the placebo arm. Lifestyle interventions include:

- ❖ Weight loss of 7% of body weight
- ❖ A healthy, reduced calorie diet
- ❖ Moderate physical activity 30 minutes at least 5 days/week

The Role of Medications

- ❖ Aggressive management of co-existing cardiovascular risk factors should be considered with goals consistent with those with a diabetes diagnosis; treating BP to goal of < 130/80 and using statins to achieve a goal of LDL < 100, and non-HDL to < 130. Low dose aspirin (in patients without bleeding risk) may also be indicated.
- ❖ In addition to lifestyle counseling, metformin may be considered in those who are at very high risk for developing diabetes (combined IFG and IGT) plus other risk factors.³

1 National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive Kidney Diseases, National Diabetes Statistics, 2007.

2 www.cdc.gov/diabetes/faq/prediabetes.htm#4.

3 Diabetes Care, vol. 33, Supplement 1, January 2010.

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. For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

NMHCTOD Diabetes Resource Quarterly Publications: Publications and Tools for Providers and Patients—A current list of NMHCTOD Diabetes Resources publications is maintained on www.nmtod.org, including publications and resources to help patients reduce the risk of diabetes. Some publications on the web site are:

- ❖ Diabetes Screening
- ❖ Healthy Diet: Low Carbs, No Carbs: What's Right?
- ❖ Healthy Diet: Back to the Basics
- ❖ Helping the Newly Diagnosed
- ❖ Diabetes: Getting to the Heart of It
- ❖ Lower the A1C to Reduce the Risk

Diabetes and Cardiovascular Disease Provider Reference Guide—Physicians can feel overwhelmed and frustrated by the daunting task of addressing diabetes with their patients given the physical, emotional, social and environmental factors associated with this disease. In an effort to address these issues and improve patient care and outcomes, this reference guide was developed in cooperation with expert panels of physicians and other health care providers to determine the most effective ways to prevent, assess and treat diabetes and related cardiovascular disease. access the Reference Guide at www.thecmafoundation.org/projects/aped/Provider_DiabetesRefGuide2010.html

Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: A Patient Tool—Have you been told that you have pre-diabetes or are at risk for developing diabetes? The Small Steps. Big Rewards. GAME PLAN is based on the lifestyle modification strategies used in the Diabetes Prevention Program (DPP), sponsored by the National Institutes of Health. Available at www.ndep.nih.gov/diabetes/pubs/catalog.htm.

Websites—

The editorial committee has identified websites that you may find informative.

- ❖ National Diabetes Information Clearinghouse: diabetes.niddk.nih.gov/dm/pubs/diagnosis/
- ❖ Centers for Disease Control and Prevention: www.cdc.gov/diabetes/faq/prediabetes.htm
- ❖ National Guideline Clearinghouse: www.guideline.gov/summary/summary.aspx?ss=15&doc_id=10591&nbr=5533
- ❖ WebMD Pre-Diabetes: diabetes.webmd.com/guide/pre-diabetes
- ❖ Mayo Clinic Prediabetes: www.mayoclinic.com/health/prediabetes/DS00624/DSECTION=2
- ❖ American Diabetes Association Pre-Diabetes: www.diabetes.org/pre-diabetes.jsp
- ❖ American Heart Association Prediabetes: www.americanheart.org/presenter.jhtml?identifier=3044760
- ❖ PubMed: www.pubmed.gov for pre-diabetes
- ❖ National Diabetes Education Program: www.ndep.nih.gov
- ❖ National Institute of Health: www.niddk.nih.gov/health/diabetes/diabetes.htm
- ❖ New Mexico Department of Health – Diabetes Prevention and Control Program: www.diabetesnm.org

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website 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.

Editorial Committee:

Charm Lindblad, MHA
Managing Editor

Bruce A. Mann, MD, FACP
Editor-in-chief

Colleen Campbell, RPh, MBA
Alicia Chavez, PharmD

Gloria Jean Collins, RN, MBA

Sheila Conneen, PhD, MPH, MSN, ANP-BC
Lee DuBois

Panela Hislop, BSHS

M. L. Johnston, MS, RD, CDE

Pamela Kovach, RN

Linda Macdonald, MD

Jeanine Patterson, MS, RN, COHN-S

Judy Rigdon, RN

Krista Salazar, Pharm D, PhC

Shanelle Scales, PharmD

Graphic Layout: Anna Dykeman, MA
New Mexico Medical Review Association

Advisory Board:

Kathleen Colleran, MD
Program Director, Endocrinology and Metabolism, Department of Internal Medicine University of New Mexico School of Medicine

Judith Gabriele, MPH
Program Manager, Diabetes Prevention and Control Program, New Mexico Department of Health

Jeremy Gleeson, MD, FACP, CDE
Medical Director, Dept. of Endocrinology & Diabetes, ABQ Health Partners

Yvonne Peperzak-Blake, RN, MS, CDE

Valerie Quinn, RN, BS, CDE
CEO, Clinical Director Diabetes Self-Management Center

Donna Tomky, MSN, RN, C-ANP, CDE
Nurse Practitioner, Dept. of Endocrinology & Diabetes, ABQ Health Partners

Copyright 2011 by New Mexico Health Care Takes On Diabetes. Permission for educational use may be obtained at 505.796.9121.