Welcome to Diabetes MiniSeries – Course 2

Beverly Dyck Thomassian, RN, MPH, BC-ADM, CDE
President, Diabetes Education Services

Diabetes MiniSeries Session 2

- Prevention and lifestyle interventions
- It’s worth the work - Why control matters
- National goals and getting to target

Complications - Why?

- Degree of hyperglycemia
  “glucose toxicity”
- Duration of hyperglycemia
- Genes
- Multiple risk factors:
  smoking, vascular disease, dyslipidemia, hypertension, other
Diabetes Complications

- Heart disease leading cause of death.
- CAD death rates are about 2-4x’s as high as adults without diabetes (it’s not getting better)
- Risk of stroke is 2-4 times higher
- 60% - 65% of people with DM have HTN.
- DM accounts for 40% of new cases of ESRD
- 60 - 70% have mild-severe forms of neuropathy
- Diabetes is the leading cause of blindness
- Accounts for 50% of lower limb amputations

Control Matters

- Trials
- Practice Recommendations

Financial Advisor

- Mid 30s, friendly, he smiles to greet you and you notice his gums are inflamed. You’d guess a BMI of 26 or so, with most of the extra weight in the waist area.
- If you could give him some health related suggestions, what would they be?
Periodontal disease - 6th complication of diabetes?

- Chronic inflammatory disorder by the anaerobic bacteria invasion into periodontal tissues including gingival connective tissue, periodontal ligament, and alveolar bone.
- Periodontal disease major stages:
  - gingivitis – inflammation of the gums
  - Periodontitis inflammation and infection of the ligaments and bones that support the teeth

Gingivitis

- 17% people with diabetes
- 9% in general population
- Diabetes + Smoking = 20xs the risk of periodontitis plus loss of supporting bone
- Due to decreased or impaired immune response, loss of collagen, delayed wound healing due to AGEs (inflammation)
- Assoc w/ vascular disease/ cardiorenal dx

Periodontitis
Mild to Severe Periodontitis

Salivary Dysfunction and Xerostomia (dry mouth) in DM

- Less saliva uptake and excretion = less protection against bacteria
- Hyperglycemia increases glucose levels in saliva, providing medium for bacterial growth—also promotes dry mouth
- Dry mouth increases risk of infection and can alter nutritional intake (due to chewing, swallowing difficulties)

Periodontal disease and Heart Disease

- Heart disease link:
  - oral bacteria enter the blood stream, attach to fatty plaques in coronary arteries increasing clot formation
  - inflammation increases plaque build up, which may contribute to arterial inflammation
  - Hyperglycemia = Gingivitis = Heart Disease
Economics Affects Dental Care

- For many people, dental care = cash out of pocket
- Medicare – no dental benefits
- Medicaid - limited
- Private payors – limited
- People who make less money, less likely to get dental care (up to 50%)

Smoking and Diabetes

Smoking increases risk of diabetes 30%

- Ask
- Assess
- Advise
- Assist
- Arrange
- Organize your clinic

Keeping Oral Healthy

- Oral disease linked with heart disease
- Dental exams (every 6 mo’s)
- Metabolic control critical
- Quit smoking
- Pts may not understand importance of dental hygiene.
- Treat infections with ATB’x, can lower A1c by 1-2%. Lowering BG shortens infection.
Smoking Resources

- SmokeFree.gov
  - Info in English, Spanish, for kids
  - Sign up for text messaging
  - 1-800-NO – BUTTS in CA

Can Type 2 be Prevented in Older Adults?

- Physical activity (30 mins a day)
- Dietary score (higher fiber intake, low saturated fat and trans-fat, lower mean glycemic index)
- Not Smoking
- Alcohol use (up to 2 drinks a day)
- BMI <25 and waist circumference

Overall, 9 of 10 new cases of diabetes attributable to these 5 lifestyle factors.

89% risk reduction when all at goal.
35% rel risk reduction for each additional


Can we stop pre diabetes from progressing?

3, 234 people w/ Pre-Diabetes randomized:

- Placebo
- Diet/Exercise or
- Metformin
  
  over a three year period

Diabetes Prevention Program (DPP) 2001
Diabetes Prevention Program

- Standard Group - 29% developed DM
- Lifestyle Results - 14% developed DM
  - 58% (71% for 60yrs +) Risk reduction
  - 30 mins daily activity
  - 5-7% of body wt loss
- Metformin 850 BID - 22% developed DM
  - 31% risk reduction (less effective with elderly and thinner pt’s)

Weight loss and Prevention

- For every 2.2 pounds of weight loss, risk of type 2 diabetes was reduced by 13%.
Good Exercise Info / Quotes

- 20% of people walk 30 mins a day
- Exercise decrease A1c 0.7%
- No change in body wt, but 48% loss in visceral fat
- ADA PostGrad 2010

“I don’t have time for exercise, you better make time for disease.”

“I don’t have time to exercise, I MAKE time.”

Mike Huckabee

Pre-Diabetes Algorithm

Lifestyle Modification

- Other CVD Risk Factors
- Prevent
- Progress

Diabetes

Incretins

Antihyperglycemic Therapies

- Low Risk Medications
- Metformin
- GLP-1 RAs

Follow-up and group education

Annual monitoring and tx of CVD risk factors
Diabetes Control and Complications Trial (DCCT)

In June, 1993 the New England Journal of Medicine published the results of the landmark DCCT. The largest, most comprehensive diabetes study ever conducted. The 10 year study involved more than 1400 subjects with Type 1 DM. It compared the effects of two treatment regimens-standard therapy and intensive control-on the complications of diabetes.

DCCT Conclusions

By maintaining A1C < 7%:
- Eye disease - 76% reduced risk
- Kidney disease - 50% reduced risk
- Nerve disease - 60% reduced risk

Management elements included:
- SMBG 4 or more times a day
- 4 daily insulin injections or insulin pump
- Greater risk of hypoglycemia

UKPDS Results

United Kingdom Prospective Diabetes Study

- Conducted over 20 years involving over 5,100 patients with Type 2 diabetes

- 1% decrease in A1C reduces microvascular complications by 35%
- 1% decrease in A1C reduces diabetes related deaths by 25%
- B/P control (144/82) reduced risk of:
  - Heart failure (56%)
  - Stroke (44%)
  - Death from diabetes (32%)
“Legacy Effect”

- For participants of DCCT and UKPDS
  - long lasting benefit of early intensive BG control prevents
    - microvascular complications
    - Macrovascular complications (15-55% decrease)
  - Even though their BG levels increased over time
  - Message – Catch early and Treat aggressively

Diabetes Self Management Education and Support (DSMES)

- People w/ DM and prediabetes need education that:
  - Addresses psychosocial and emotional well-being
  - Meets National Standards
  - Focuses on promoting self-care and behavior change
  - Evidence that DSMES programs work
    - Lower A1c, wt loss, improved quality of life, better coping and lower costs

Goals of Care
Diabetes Care Guidelines - ADA

<table>
<thead>
<tr>
<th>Test / Exam</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1c</td>
<td>At least twice a year</td>
</tr>
<tr>
<td>B/P</td>
<td>Each diabetes visit</td>
</tr>
<tr>
<td>Cholesterol (LDL, HDL, Tri)</td>
<td>Yearly (less if normal)</td>
</tr>
<tr>
<td>Weight</td>
<td>each diabetes visit</td>
</tr>
<tr>
<td>Microalbumin/GFR/Creat</td>
<td>Yearly</td>
</tr>
<tr>
<td>Eye exam</td>
<td>Yearly</td>
</tr>
<tr>
<td>Dental Care</td>
<td>At least twice a year</td>
</tr>
<tr>
<td>Comprehensive Foot Exam</td>
<td>Yearly (more if high risk)</td>
</tr>
<tr>
<td>Physical Activity Plan</td>
<td>As needed to meet goals</td>
</tr>
<tr>
<td>Preconception counseling</td>
<td>As needed</td>
</tr>
</tbody>
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Vaccinations - Immunizations

- Flu vaccine
  - every year starting 6 months
- Pneumococcal starting at 2 years.
  - One time Revaccination for those over 64 and had first vaccine >5 years prior
- Hepatitis B Vaccine
  - For diabetes pts age 19 – 59 (not previously vaccinated)
  - Double risk of Hep B due to lancing devices/glucose meter exposure

ABC’s of Diabetes

A1C
Blood Pressure
Cholesterol

Standards of Medical Care - American Diabetes Association
A1c Test

- Measures glycation of RBC’s over 2-3 months
- Weighted mean (50% preceding month)
- Each 1% ~ 29mg/dl
- Accuracy: affected by some anemias, hemoglobinopathies
- A measurement of glucose in fasting and postprandial states

A1c Goals for Non Pregnant Adults
Individualize Targets — ADA

- < 7% for patients in general
- For individual pts, as close to normal as possible (<6%) w/out significant hypo*

Goals based on:
- Duration of dm
- Life expectancy
- Co morbid conditions
- Know CVD or advanced micro complications
- Individual patient considerations

Recommendations: Glycemic Goals in Adults

- Less stringent A1C goals (such as <8%)
  may be appropriate for patients with
  - History of severe hypoglycemia, limited life expectancy, advanced microvascular or macrovascular complications, extensive comorbid conditions
  - Those with longstanding diabetes in whom the general goal is difficult to attain despite diabetes self-management education, appropriate glucose monitoring, and effective doses of multiple glucose lowering agents including insulin

### A1c and Estimated Avg Glucose (eAG)

<table>
<thead>
<tr>
<th>A1c (%)</th>
<th>eAG</th>
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<tbody>
<tr>
<td>5</td>
<td>97</td>
</tr>
<tr>
<td>6</td>
<td>126</td>
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<tr>
<td>7</td>
<td>154</td>
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<td>8</td>
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<td>9</td>
<td>212</td>
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<td>10</td>
<td>240</td>
</tr>
<tr>
<td>11</td>
<td>269</td>
</tr>
<tr>
<td>12</td>
<td>298</td>
</tr>
</tbody>
</table>

\[ eAG = 28.7 \times A1c - 46.7 \approx 29 \text{ pts per } 1\% \]

Translating the A1c Assay into Estimated Average Glucose Values – ADAG Study
Diabetes Care 31, 88, August 2008

### Glucose Goals
Individualize Targets – ADA

- Pre-Prandial BG 70-130
- 1-2 hr post prandial < than 180
  * for nonpregnant adults

### Goals for Glycemic Control

- **A1c ≤ 6.5%**
  For healthy patients without concurrent illness and at low hypoglycemic risk

- **A1c > 6.5%**
  Individualize goals for patients with concurrent illness and at risk for hypoglycemia

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Order teaching tool kit free at diabetes.org
BP Goal

ADA Clinical Practice Recommendations

BP < 140 / 80
- Some pts may benefit from B/P 130/80
- Lifestyle changes +
- First Line B/P Drugs
  - ACE Inhibitors-
  - Angiotensin receptor blocker (ARBs) (type 2)
  - Then add diuretic
- Many pts require 2 or > anti-HTN meds at max dose

Detecting Hypertension

If either
- systolic 140 or >
  - diastolic 80 or > repeat on separate day.

Hypertension = Repeat systolic or diastolic above or equal to these levels

When taking B/P
- Pt sit still for 5 min’s
- Feet on floor,
- Arm supported at heart level
- Right size cuff

ACE Inhibitors “ils” for HTN

- Dosing:
  - 1-3 x’s a day (start low dose, same time everyday).
  - Adding diuretic may be more effective than increasing dose.
- Adverse effects: cough (10-20%)
  - Can try different ACE- I
  - Caution in pts w/ renal stenosis, hepatic dysfunction
- Monitor: B/P, lytes esp K+, renal function at baseline and periodically
Angiotensin Receptor Blockers (ARBs) “sartans” for HTN

- Dosing: Once daily (same time everyday)
- Adverse Effects
  - Well tolerated. Dizziness, drowsiness, hyperkalemia, hypotension, allergic reaction
- Monitor: B/P, lytes- esp K+, renal function at baseline & periodically after (monitor ↑ creat).

Beta Blockers “lols” for HTN

- Beneficial for DM pts w/ concurrent cardiac problems (esp post MI, heart failure)
- Dosing: Once or twice daily (strive for lowest dose possible). Do not abruptly stop can cause HTN crisis
- Adverse Effects
  - Dizziness, drowsiness, lightheadedness, erectile dysfunction, bad dreams
  - Contraindicated in sinus bradycardia (HR< 50)
  - Can block signs of hypoglycemia, including tachycardia
- Monitoring: heart rate (watch for pulse < 50), watch for exercise intolerance

Diuretics

- Thiazide (combined w/ other meds)
  - 1 x daily in am
  - Watch for lyte imbalances, muscle cramps, weakness, arrhythmias.
- Loop for resistant HTN
  - 1x daily, same side effects at Thiazide, but more intense.
  - Need potassium replacement, used if GFR<30 or greater diuresis required.
**Lipid Goals**

ADA Clinical Practice Recommendations

- LDL < 100 mg/dL
  - LDL < 70 in high risk pts = CVD + DM
- HDL > 40 mg/dL men
- HDL > 50 mg/dL women
- Trig < 150 mg/dl

*alternative goal is 40% lower than baseline levels if on max statin therapy & above goals not met

Screen biannually or annually, more often if indicated

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**Lipid Management**

ADA Clinical Practice Recommendations

- Treatment Recommendations
  - Lifestyle interventions
    - reduce saturated & trans fat, cholesterol,
    - More viscous fiber, omega 3 fatty acids, plant stenols/sterols
    - wt loss, exercise, stop smoking,
  - Add Statins for pts (regardless of LDL)
    - With CVD
    - Without CVD who are 40+ with CVD risk factor

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**Lipid Management**

ADA Clinical Practice Recommendations

- LDL cholesterol lowering - first goal
  - 1st choice - statins
- HDL cholesterol raising
  - wt loss, stop smoking, exercise
  - Niacin (caution) or fibrates
- Triglyceride lowering
  - Glycemic control, lifestyle intervention
  - If > 1000 - Fibrates, or niacin, fish oil
HMG-CoA Reductase inhibitors – Statins for Diabetic Dyslipidemia

- Main effect: **LDL**, secondary **TG**, **HDL**
- Dosing: once daily at hs
- Adverse effects: elevated liver enzymes, muscle aches, rare rhabdomyolysis (1-5% of pts), rare reversible memory loss, hyperglycemia
  - D/C statin if liver enzymes 3x greater than norm
  - Report muscle weakness, pain, tenderness, jaundice
- Monitor: baseline lipid profile, liver function test. Monitor labs closely for 6 mo's or if reported muscle pain
- Statins metabolized in liver through CYP-3A4 pathway, so high rate of drug interactions

Niacin to treat Diabetic Dyslipidemia

- Main effect – increase HDL, lower Trig
  - Niaspan, Slo-Niacin (sustained release) at hs with food
- Dosing: start 100mg 3x day to 2-3gms a day
- Adverse effects: GI, N&V, diarrhea, flushing, BG elevations
  - Take w/ meals or aspirin to reduce flushing
- Monitor liver function, D/C if 3x's greater than normal

Aspirin Therapy (75-162/day)

- Use for men >50 yrs, or women >60 yrs who smoke or have CV risk factor – primary prev
- Use aspirin therapy for diabetes pts with history of CV disease (secondary prev)
- Combo therapy of aspirin + clopidogrel is reasonable for a year after MI
- Do not use in pts < 30, w/ allergy (use clopidogrel), bleeding tendency
A 78 yr old man, smokes ppd

- A1c was 8.1% (down from 10.4%)
- B/P 136/76 AM BG 100, 2 hr pp 190
- Chol – TG 54, HDL 46, LDL 98
- Meds:
  - Insulin – 16 units Lantus at HS
  - Benazepril 20 mg
  - Metropolol 50mg
  - Warfarin 5mg
  - Actos 15 mg

What class of meds is this patient on?
Any special instructions?
Any med missing?

ABCs of Diabetes –

- A1c less than 7% (avg 3 month BG)
  - Pre-meal BG 70-130
  - Post meal BG <180
- Blood Pressure < 140/80
- Cholesterol
  - HDL >40
  - LDL <100 (if CHD, <70)
  - Triglyceride < 150
Mr. Jones - What are Your Recommendations for Self-Care

**Patient Profile**
62 yr old with newly dx type 2.
History of previous MI.
Meds: Lasix, synthroid

**Labs:**
- A1c 9.3%
- HDL 37 mg/dl
- LDL 156 mg/dl
- Triglyceride 260mg/dl
- Proteinuria - neg
- B/P 142/92

**Self-Care Skills**
- Walks dog around block 3 x's a week
- Bowls every Friday
- Widowed, so usually eats out

**DiaBingo- G**
- ADA goal for A1c is less than ___ %
- People with DM need to see their provider at least every month
- Blood pressure goal is less than
- People with DM should see eye doctor (ophthalmologist) at least
- The goal for triglyceride level is less than
- Goal for my HDL cholesterol is more than
- The goal for blood sugars 1-2 hours after a meal is less than:
- People with DM need to get this shot every year
- People with DM need to get urine tested yearly for __________
- Periodontal disease indicates increased risk for heart disease
- The goal for blood sugar levels before meals is:
- The activity goal is to do ___ minutes on most days
Thank You

› Questions?
› Email
  bev@diabetesed.net
› Web
  www.diabetesed.net