



15  
years

## Welcome to Diabetes in the 21st Century

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[www.DiabetesEd.net](http://www.DiabetesEd.net)





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### Diabetes in the 21st Century:

A Clinical and Educational Update

1. Describe impact of diabetes
2. Discuss prevention, management strategies
3. Discuss different types of diabetes
4. Describe insulin therapy
5. Review glucose patterns and determine how to adjust therapy to improve glucose.
6. Discuss medical nutrition therapy
7. Gain understanding of Type 2 Meds.
8. Demonstrate successful teaching strategies





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### Foundations of Care

- ▶ Education
- ▶ Nutrition
- ▶ Monitoring
- ▶ Physical Activity
- ▶ Psychosocial Care
- ▶ Medications
- ▶ Reducing Risk
- ▶ Getting to Best Possible Health






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## Diabetes in America 2016

- ▶ 29 million or > 9.3%
- ▶ 27% don't know they have it
- ▶ 37% of US adults have pre diabetes (86 mil)

### Diabetes



CDC's Division of Diabetes Translation, National Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/statistics>



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## CDC Announces



35% of  
Americans will  
have Diabetes  
by 2050

Boyle, Thompson, Barker, Williamson  
2010, Oct 22:8(1)29  
[www.pophealthmetrics.com](http://www.pophealthmetrics.com)



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## Type 2 in Kids



- ▶ 7 fold increase 1990
- ▶ 1 in 6 overweight kids (age 12- 19) have prediabetes.
- ▶ ~2,500 to 3,700 new cases in U.S. annually.
- ▶ Highest risk: very obese, minority, female, low socioeconomic status, limited education
- ▶ In age range 12-19, less than 1% have Type 2 – NHANES
- ▶ Environmental changes to urgently needed



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## Global Epidemic

- ▶ Every 10 seconds
  - ▶ 1 person dies with diabetes
  - ▶ 2 people develop diabetes
- ▶ Every year
  - ▶ 3 million deaths
  - ▶ 6 million new cases
- ▶ World Diabetes Day is November 14
- ▶ March is ADA Sound the Alert Day “find people w/ undetected diabetes”



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## Nov 14 – World Diabetes Day

World Diabetes Day » International Diabetes Foundation (IDF)

Celebrated on November 14 around the world to increase the global awareness of diabetes.

- 600 million people will have diabetes by 2035.
- According to IDF, 70% of type 2 cases can be prevented or delayed by adopting healthier lifestyles



Key Messages:

1. Act to change your life today
2. Act to change the world tomorrow – access to affordable healthy food is essential to reduce the global burden of diabetes.



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## World Diabetes Day

November 14



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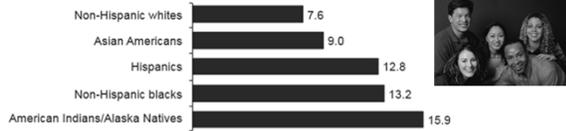
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## Age-adjusted Diabetes Prevalence

20 yrs or older, by race/ethnicity— U.S. 2014

**Age-adjusted\* percentage of people aged 20 years or older with diagnosed diabetes, by race/ethnicity, United States, 2010–2012**



\*Based on the 2000 U.S. standard population.  
Source: 2010–2012 National Health Interview Survey and 2012 Indian Health Service's National Patient Information Reporting System.

- Among Hispanic adults, the age-adjusted rate of diagnosed diabetes was 8.5% for Central and South Americans, 9.3% for Cubans, 13.9% for Mexican Americans, and 14.8% for Puerto Ricans.
- Among Asian American adults, the age-adjusted rate of diagnosed diabetes was 4.4% for Chinese, 11.3% for Filipinos, 13.0% for Asian Indians, and 8.8% for other Asians.
- Among American Indian and Alaska Native adults, the age-adjusted rate of diagnosed diabetes varied by region from 6.0% among Alaska Natives to 21.1% among American Indians in southern Arizona.



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## Why Should Zip Code Determine Life Expectancy?



California Endowment – look up your zip code at [www.measureofamerica.org](http://www.measureofamerica.org)



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## Free Live Webinars and Live Seminars at DiabetesEd.net

- ▶ Free Webinars
  - ▶ Preparing to take CDE
  - ▶ New Frontiers
  - ▶ New Medications
  - ▶ BC-ADM



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## Role of the Pancreas Endocrine Functions

### Beta Cells - Insulin

- Anabolic hormone - helps store glucose as glycogen in muscle, liver
- secreted in response to elevated glucose
- halts breakdown of glycogen in liver
- increases protein synthesis, fat storage
- powerful hypoglycemic

### Beta Cells - Amylin

- secreted in 1:1 ratio with insulin
- Causes satiety
- Lowers post-prandial glucagon response
- Slows gastric emptying
- Type 1 make none
- Type 2 make less than normal amounts



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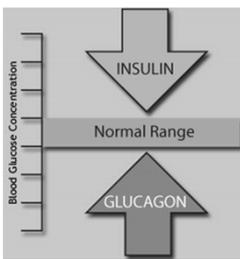
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## Role of the Pancreas Endocrine Functions



### Alpha cells - Glucagon

- Opposes action of insulin at the liver
- stimulated in response to low glucose levels
- stimulates liver to convert glycogen to glucose
- inhibits liver from glucose uptake
- causes hyperglycemia



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## Hormones Effect on Glucose

Hormone	Effect
▶ Glucagon (pancreas)	⬆
▶ Stress hormones (kidney)	⬆
▶ Epinephrine (kidney)	⬆
▶ Insulin (pancreas)	⬇
▶ Amylin (pancreas)	⬇
▶ Gut hormones - incretins (GLP-1) released by L cells of intestinal mucosa, beta cell has receptors)	⬇



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### GLP-1 Effects in Humans

#### Understanding the Natural Role of Incretins

**GLP-1 secreted upon the ingestion of food**

**↑ Beta-cell response**

**Beta cells:**  
Enhances glucose-dependent insulin secretion

**Alpha cells:**  
↓ Postprandial glucagon secretion

**Liver:**  
↓ Glucagon reduces hepatic glucose output

**Stomach:**  
Helps regulate gastric emptying

**GLP-1 degraded by DPP-4 w/in minutes**

Adapted from Flint A, et al. J Clin Invest. 1998;101:515-520  
Adapted from Larsson H, et al. Acta Physiol Scand. 1997;160:413-422  
Adapted from Nauock MA, et al. Diabetologia. 1996;39:1546-1553  
Adapted from Dugger DJ. Diabetes. 1998;47:188-189

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### Incretin Mimetics

Byetta, Bydureon, Trulicity, Tanzeum

- ▶ **Action (synthetic gut hormone)**
  - ▶ Insulin release in response to meal
  - ▶ Slows gastric emptying
  - ▶ Causes Satiety – promotes wt loss
  - ▶ Preserves Beta Cells
- ▶ **Details:**
  - ▶ Daily and long acting version - 1x week injection
  - ▶ **Efficacy:** Decreases A1c by 0.5 – 1.6%, wt by 3lbs +
- ▶ **Benefits/Issues** – wt loss, no hyp. Expensive, N/V
  - Pancreatitis Warning – report signs immediately

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### Bariatric Surgery

- ▶ Consider on diabetes pts w/ BMI >35, esp with comorbidities
- ▶ Remission (BG normalized)
  - ▶ rates range from 40 – 95%
  - ▶ Better results with newer diabetes (more beta cell mass)
  - ▶ Due to increase incretins (gut hormones)
- ▶ Still researching long term benefits, cost effectiveness and risk

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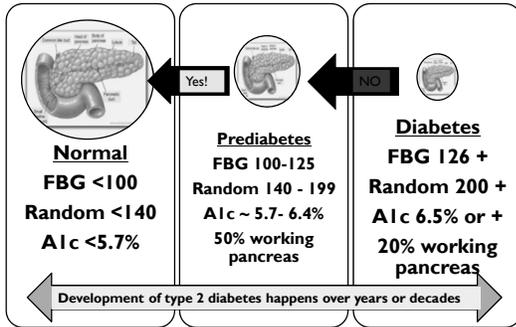
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## Natural History of Diabetes




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## Signs of Diabetes



- ▶ Polyuria
- ▶ Polydipsia
- ▶ Polyphasia
- ▶ Weight loss
- ▶ Fatigue
- ▶ Skin and other infections
- ▶ Blurry vision
- ▶ Glycosuria, H<sub>2</sub>O losses
- ▶ Dehydration
- ▶ Fuel Depletion
- ▶ Loss of body tissue, H<sub>2</sub>O
- ▶ Poor energy utilization
- ▶ Hyperglycemia increases incidence of infection
- ▶ Osmotic changes



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## Diabetes Classifications

- ▶ Type 1
- ▶ Type 2
- ▶ Gestational
- ▶ Secondary



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## Case Study

### 1. Pt profile: 5'8", 192 lb male

Diabetes 12 years, on insulin 3 yrs

What type of DM and how do you know?



### 2. 5'6", 108 lb female

On insulin 3u Regular before meals,  
10u NPH at bedtime

What type of DM and how do you know?



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## Type 1 Diabetes – Genetics and Risk Factors

- 1- 400 to 1-1000 = Risk of type 1 in gen pop
- 1-20 to 1-50 in offspring of diabetes parents
- Combo of genes and disease susceptibility
- Risk Factors:
  - Autoimmunity tends to run in families
  - Higher rates in non breastfed infants
  - Viral triggers: congenital rubella, coxsackie virus B, cytomegalovirus, adenovirus and mumps.



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## Incidence of Type 1 in Youth



- ▶ **General Pop 0.3%**
- ▶ **Sibling 4%**
- ▶ **Mother 2-3%**
- ▶ **Father 6-8%**
- ▶ Rate doubling every 20 yrs
- ▶ Many trials underway to detect and prevent (Trial Net)



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Type 1 – 10% of all Diabetes  
Genetics and Risk Factors

- Auto-immune pancreatic beta cells destruction
- Most commonly expressed at age 10-14
- Insulin sensitive (require 0.5 - 1.0 units/kg/day)
  
- Combo of genes and environment:
  - Autoimmunity tends to run in families
  - Higher rates in non breastfed infants
  - Viral triggers: congenital rubella, coxsackie virus B, cytomegalovirus, adenovirus and mumps.



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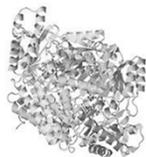
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Autoantibodies Assoc w/ Type 1

Panel of autoantibodies –

- ▶ GAD65 - Glutamic acid decarboxylase –
- ▶ ICA - Islet Cell Cytoplasmic Autoantibodies
- ▶ IAA - Insulin Autoantibodies



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Medalist Study – Harvard  
Joslin Diabetes Center

- ▶ After 50 years with diabetes
  - ▶ Many still produced some insulin
  - ▶ Many had no eye disease



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## Type 1 Diabetes Associated with other immune conditions

- ▶ Celiac disease (gluten intolerance)
- ▶ Thyroid disease
- ▶ Addison's Disease
- ▶ Rheumatoid arthritis
- ▶ Other



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## Type 1 Summary

- ▶ Autoimmune pancreatic destruction
- ▶ Need insulin replacement therapy
- ▶ Often first present in DKA
- ▶ At risk for other autoimmune diseases
- ▶ Eval coping strategies



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## Type 1 in Hospital

- ▶ 43 yr old admitted to evaluate angina.
- ▶ Morning blood sugar is 92.
- ▶ Based on Regular insulin sliding scale, no insulin required.
- ▶ Breakfast tray shows up and patient says, I need my insulin shot before I eat.



**What do you say?**



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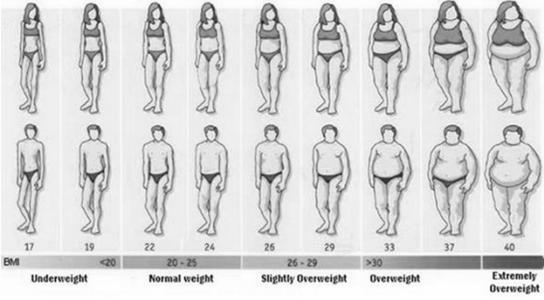
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## BMI Categories



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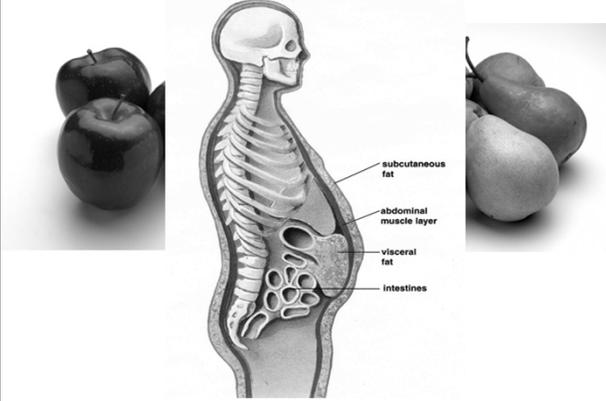
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Visceral Fat and Subcutaneous Fat



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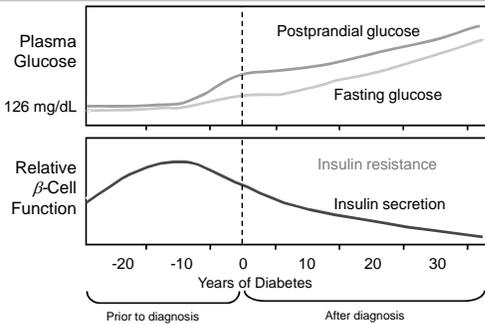
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## Natural Progression of Type 2 Diabetes



Adapted from Benham et al. 2000, International Diabetes Center.



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## Cardio Metabolic Risk - 5 Hypers -

- ▶ Hyperinsulinemia (resistance)
- ▶ Hyperglycemia
- ▶ Hyperlipidemia
- ▶ Hypertension
- ▶ Hyper"waistline"emia (35" women, 40" men)



*Manifestations of Insulin Resistance*



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## 2. Classification and DM Diagnosis

- ▶ Pre Diabetes & Type 2- Screening Guidelines
- ▶ Start screening at age 45 or for anyone who is overweight (BMI  $\geq$  25, Asians BMI  $\geq$  23 ) with one or > additional **risk factor**:
  - ▶ First-degree relative w/ diabetes
  - ▶ Member of a high-risk ethnic population
  - ▶ Habitual physical inactivity
  - ▶ PreDiabetes
  - ▶ History of heart disease



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## Diabetes 2 - Who is at Risk?

(ADA Clinical Practice Guidelines)

### Risk factors cont'd



- ▶ HTN - BP > 140/90
- ▶ HDL < 35 or triglycerides > 250
- ▶ baby >9 lb or history of Gestational Diabetes Mellitus
- ▶ Polycystic ovary syndrome (PCOS)
- ▶ Other conditions assoc w/ insulin resistance:
  - ▶ Severe obesity, acanthosis nigricans (AN)



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## Acanthosis Nigricans (AN)

- ▶ Signals high insulin levels in bloodstream
- ▶ Patches of darkened skin over parts of body that bend or rub against each other
  - ▶ Neck, underarm, waistline, groin, knuckles, elbows, toes
  - ▶ Skin tags on neck and darkened areas around eyes, nose and cheeks.
- ▶ No cure, lesions regress with treatment of insulin resistance



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## Diabetes Detectives Needed



- ▶ On average – takes 6.5 years to diagnose diabetes
- ▶ 1/4 of all people with diabetes don't know they have it



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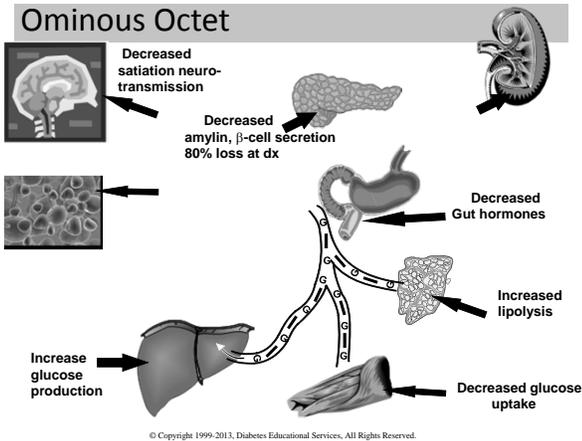
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## Ominous Octet



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## SGLT2 Inhibitors- "Glucoretics"



Decreases Glucose Reabsorption

▶ **Action:** "Glucretic" decreases renal reabsorption in the proximal tubule of the kidneys (reset renal threshold and increase glycosuria)

### SGLT2 Inhibitors

- Decrease glucose reabsorption in kidneys
- "glucretic."

Canagliflozin (Invokana)	100-300 mg once daily
Dapagliflozin (Farxiga)	5-10 mg once daily
Empagliflozin (Jardiance)	10-25 mg once daily

- ▶ **Benefits:** Lowers A1c 0.7 – 1.5%, lowers wt 1-3 lbs, no hypo
- ▶ **Issues:** Can initially lower GFR, monitor kidney function and lytes. Watch for hypotension/ GU infections. Expensive



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## EMPA-REG OUTCOME®: Summary

- ▶ Empagliflozin, as used in this trial, for 3 years in 1,000 patients with type 2 diabetes at high CV risk:
- ▶ Empagliflozin reduced hospitalisation for heart failure by 35%
  - ⌘ 14 fewer hospitalisations for heart failure (42 vs 28)
- ▶ Empagliflozin reduced CV death by 38%
  - ⌘ 25 lives saved (82 vs 57 deaths)
    - ▶ 22 fewer CV deaths (59 vs 37)
- ▶ Empagliflozin improved survival by reducing all-cause mortality by 32%
  - ⌘ 53 additional genital infections (22 vs 75)



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## Comparison of Type 1, Type 2, LADA

	<u>Type 1</u>	<u>Type 2</u>
<b>Obesity</b>	x	xxx
Insulin dependence	xxx	30%
Respond to oral agents	0	xxx
Ketosis	xxx	x
Antibodies present	xxx	0
Typical Age of onset	teens	adult
Insulin Resistance	0	xxx



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## Comparison of Type 1 and Type 2

Feature	Type 1	Type 2
▶ Obesity	x	xxx
▶ Insulin dependence	xxx	30%
▶ Respond to oral agents	x	xxx
▶ Antibodies present	xxx	0
▶ Typical age of onset	puberty	40-65
▶ Insulin Resistance	x	xxx



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## Gestational DM ~ 7% of all Pregnancies

- ▶ GDM prevalence increased by
  - ▶ ~10–100% during the past 20 yrs
- ▶ Native Americans, Asians, Hispanics, African-American women at highest risk
- ▶ Immediately after pregnancy, 5% to 10% of GDM diagnosed with type 2 diabetes
- ▶ Within 5 years, 50% chance of developing DM in next 5 years.



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## Diabetes in pregnant mothers associated with ...

- ▶ Offspring
  - ▶ Fetal Complications
  - ▶ Obesity and diabetes later in life
- ▶ Mother
  - ▶ More complicated pregnancy and delivery
  - ▶ Diabetes later in life
- ▶ Intrauterine environment is important



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## Postnatal Health: Maternal Behavior

- ▶ Encourage breastfeeding for one year
  - ▶ (25% of women achieving this goal)
- ▶ Screening 6-12 weeks post partum using non-pregnant OGTT criteria (50%)
- ▶ Repeat at 3 yr intervals or signs of DM
- ▶ Encourage weight control and exercise
- ▶ Make sure connected with health care
- ▶ Preconception counseling



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## Start Metformin therapy

- ▶ For women with PreDiabetes and History of GDM



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## Metformin – 1<sup>st</sup> agent of choice

- ▶ **Action:** decrease hepatic glucose (glycogen)
- ▶ Metformin (Glucophage)
  - ▶ Starting dose: 500 BID, max 2500mg daily
  - ▶ Metformin XR - extended release – less GI upset
- ▶ **Efficacy:**
  - ▶ Decrease fasting plasma glucose 60-70 mg/dl
  - ▶ Reduce A1C 1.0-2.0%
- ▶ **Benefits / Issues**
  - ▶ Cheap, no weight gain; some lose weight, lowers LDL, no hypo
  - ▶ ADA Stds 2016 suggests GFR may be a more appropriate measure. If GFR <45, max dose is 1000mg a day. If GFR <30, stop metformin.



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## Other Causes of Hyperglycemia

- ▶ Steroids
- ▶ Agent Orange
- ▶ Tube feedings / TPN
- ▶ Transplant medications
- ▶ Cystic Fibrosis

Regardless of cause, requires treatment

- ▶ Insulin always works
- ▶ Sign of pancreatic malfunction



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## Diabetes is also associated with



- ▶ Fatty liver disease
- ▶ Obstructive sleep apnea
- ▶ Cancer; pancreas, liver, breast
- ▶ Alzheimer's
- ▶ Depression



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## DiaBingo

- B** Frequent skin and yeast infections
- B** A BMI of \_\_\_\_ or greater is considered overweight
- B** To reduce complications, control **A1c**, **B**lood pressure, **C**holesterol
- B** PreDiabetes – fasting glucose level of \_\_\_\_ to \_\_\_\_
- B** Erectile dysfunction indicates greater risk for \_\_\_\_
- B** Diabetes – fasting glucose level \_\_\_\_ or greater
- B** Type 1 diabetes is best described as an \_\_\_\_\_ disease
- B** People with diabetes are \_\_\_\_\_ times more likely to die of heart dx
- B** Elevated triglycerides, < HDL, smaller dense LDL
- B** Each percentage point of A1c = \_\_\_\_\_ mg/dl glucose
- B** At dx of type 2, about \_\_\_\_% of the beta cell function is



**B** Diabetes – random glucose \_\_\_\_\_ or greater

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## Life Study – Mrs. Jones

Mrs. Jones is 62 years old, overweight and complaining of feeling tired and urinating several times a night. She is admitted with a urinary tract Infection. Her WBC is 12.3, glucose 237. She is hypertensive with a history of gestational diabetes. No ketones in urine.

- ▶ What are her risk factors, signs of diabetes
- ▶ What type of diabetes does she have?
- ▶ Does she have insulin resistance?



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## Strategies – One Step at a Time, Focus on Survival Skills



Look for  
“teaching moment”  
opportunities



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## What Do You Say? Mrs. Jones asks you

- ▶ What is type 2 diabetes?
- ▶ Will this go away?
- ▶ Will I get complications?
- ▶ Will I need to take diabetes medication for the rest of my life?
- ▶ How come I got diabetes?
- ▶ Do I have to check my blood sugars?



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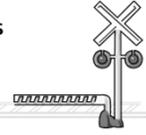
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## No one is Unmotivated

.... to lead and long and healthy life

### ▶ These are the 3 usual Critical Barriers

- ▶ Perceived worthlessness
- ▶ Too many personal obstacles
- ▶ Absence of support and resources



Bill Polonsky, PhD, CDE



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## Overcoming barriers

- ▶ Confront the key misbelief. Ask the question, does dm cause complications?
- ▶ Offer pts evidence based hope message –
- ▶ Frequent contact
- ▶ Paired glucose testing
- ▶ Ask pt, “Tell me 1 thing that is driving you crazy about your diabetes”
- ▶ Discuss medication beliefs
- ▶ To improve outcomes, see pts more often

Bill Polonsky, PhD, CDE



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## How will blood glucose testing help me?

- ▶ See if your treatment plan is working
- ▶ Make decisions regarding food and/or med adjustment when exercising
- ▶ Find out how that pizza affected your BG
- ▶ Avoid unwanted weight gain
- ▶ Enhanced athletic performance
- ▶ Find patterns
- ▶ Manage illness



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## How Often Should I Check?

- ▶ Be realistic!!
- ▶ Type 2 on orals – Medicare covers 100 strips for 3 months
- ▶ Based on individual - Consider:
  - ▶ Types and timing of meds
  - ▶ Goals
  - ▶ Ability (physical and emotional)
  - ▶ Finances / Insurance



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## DIABETES ZONES

Know Your Zone Everyday!

### EVERY DAY

#### EVERY DAY

- Ask "How do I feel today?"
- Check and log your blood sugar
- Take medications as prescribed! - Do not run out
- Eat healthy foods
- Brush and floss your teeth
- Check your feet
- Be more active- the goal is to exercise or do an activity 5 times a week for 30 minutes

Which Diabetes Zone are you today? GREEN, YELLOW or RED?

### GREEN ZONE

#### ALL CLEAR – This is your goal

- You feel good
- Blood sugars in goal range
- Meal plan working
- You are keeping active

### YELLOW ZONE

#### Caution – This is a warning zone

Not feeling well? Call your doctor's office if:

- Blood sugars out of range - below 70 or more than 200
- Sudden weight loss or gain
- Obvious infection or wound not healing especially on feet

\*Keep in contact with doctor until back in Green Zone

### RED ZONE

#### EMERGENCY

Call your doctor immediately if you have any of the following:

- When sick and unable to eat or drink fluids
- Unable to take your medication
- A fever over 101° for 24 hours
- Frequent or severe low blood sugars

GO TO THE EMERGENCY ROOM

If blood sugar over 350 or spilling ketones



Black Valley Medical Center  
Aristotle Health

275 Hospital Drive, Ukiah, CA  
www.uccmc.org/diabetes

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***"The highest form of wisdom is kindness."***  
**The Talmud**

How many times has a person arrived disheartened?

This moment of discouragement and despair provides us an opportunity.



By modeling kindness and understanding, we can encourage them to be a kinder self-coach from this day forward.



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## Complications - Why?



- ▶ Degree of hyperglycemia  
"glucose toxicity"
- ▶ Duration of hyperglycemia
- ▶ Genes
- ▶ Multiple risk factors: smoking, vascular disease, dyslipidemia, hypertension, other



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## 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



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## Control Matters

- ▶ Prevention
- ▶ Trials
- ▶ Practice Recommendations



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## 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?



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## Can Type 2 be Prevented in Older Adults?



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

- 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

89% risk reduction when all at goal.

35% rel risk reduction for each additional

Dariusz Mozaffarian, MD,  
*Arch Intern Med*, 2009;169(8):798-807.



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## 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



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## 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)



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## Weight loss and Prevention

- ▶ For every 2.2 pounds of weight loss, risk of type 2 diabetes was reduced by 13%.



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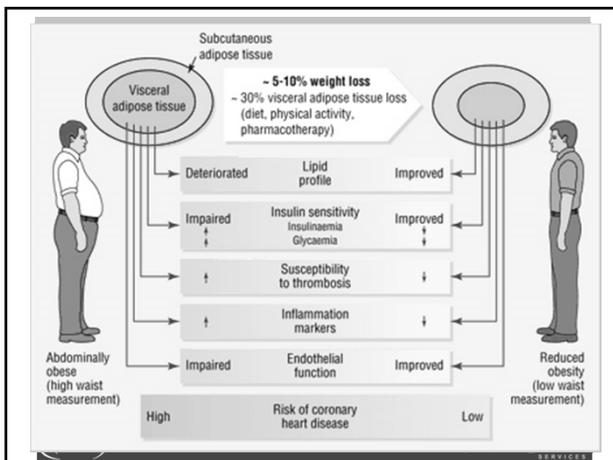
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## Use Technology to Prevent Diabetes

- ▶ Recent studies support content delivery through virtual small groups, internet social networks, cell phones and mobile devices.
- ▶ Validated studies that these approaches can:
  - ▶ Support wt loss
  - ▶ Reduce A1c (prediabetes)
- ▶ The CDC Diabetes Prevention Program is incorporating these tools into their program content



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## Over 1200 Diabetes Apps -



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## ABCs of Diabetes –

- ▶ A1c less than 7% (avg 3 month BG)
  - ▶ Pre-meal BG 80-130
  - ▶ Post meal BG <180
- ▶ Blood Pressure < 140/90
- ▶ Cholesterol
  - ▶ DM and 40 yrs, start statin
  - ▶ HDL >40
  - ▶ Triglyceride < 150
- ▶ Exercise, Education
- ▶ Healthy Eating



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## Glucose and BP Control Matter

- ▶ 1% decrease in A<sub>1c</sub> reduces microvascular complications by 35%
- ▶ 1% decrease in A<sub>1c</sub> reduces diabetes related deaths by 25%
- ▶ B/P control (144/82) reduced risk of:
  - ▶ Heart failure (56%)
  - ▶ Stroke (44%)
  - ▶ Death from diabetes (32%)

Lancet 352: 837-865, 1998



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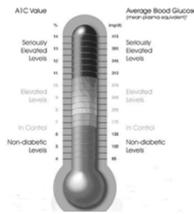
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## 6. Glycemic Targets

### ▶ Adult non pregnant A1c goals

- ▶ **A1c < 7%** - a reasonable goal for adults.
- ▶ **A1c < 6.5%** - may be appropriate for those without significant risk of hypoglycemia or other adverse effects of treatment.
- ▶ **A1c < 8%** - may be appropriate for patients with history of hypoglycemia, limited life expectancy, or those with longstanding diabetes and vascular complications.



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## Goals for Older Adults (Std 10)

Table 10.1—Framework for considering treatment goals for glycemia, blood pressure, and dyslipidemia in older adults with diabetes

Patient characteristics/ health status	Rationale	Reasonable A1C goal	Fasting or preprandial glucose	Bedtime glucose	Blood pressure	Lipids
Healthy (few coexisting chronic illnesses, intact cognitive and functional status)	Longer remaining life expectancy	<7.5% (58 mmol/mol)	90–130 mg/dL (5.0–7.2 mmol/L)	90–150 mg/dL (5.0–8.3 mmol/L)	<140/90 mmHg	Statin unless contraindicated or not tolerated
Complex/intermediate (multiple coexisting chronic illnesses* or 2+ instrumental ADL impairments or mild-to-moderate cognitive impairment)	Intermediate remaining life expectancy, high treatment burden, hypoglycemia vulnerability, fall risk	<8.0% (64 mmol/mol)	90–150 mg/dL (5.0–8.3 mmol/L)	100–180 mg/dL (5.6–10.0 mmol/L)	<140/90 mmHg	Statin unless contraindicated or not tolerated
Very complex/poor health (TLC or end-stage chronic illnesses** or moderate-to-severe cognitive impairment or 2+ ADL dependencies)	Limited remaining life expectancy makes benefit uncertain	<8.5%† (69 mmol/mol)	100–180 mg/dL (5.6–10.0 mmol/L)	110–200 mg/dL (6.1–11.1 mmol/L)	<150/90 mmHg	Consider likelihood of benefit with statin (secondary prevention more so than primary)



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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 (ADA Stds 2013, pg s28)
  - ▶ For diabetes pts age 19 – 59 (not previously vaccinated)
  - ▶ Double risk of Hep B due to lancing devices/ glucose meter exposure



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## Education

- ▶ People with diabetes and pre diabetes should receive DSME
  - ▶ Monitor for effective self-management and quality of life
  - ▶ Address psychosocial issues and emotional well being
  - ▶ Results in cost savings and improved outcomes, should be reimbursed by third party payers.



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## Exercise Recommendations

- ▶ **Activity update –Don't sit more than 90 minutes**
- ▶ Evidence supports that everyone, including with diabetes should be encouraged to reduce sedentary time, by not sitting for more than 90 minutes at a time.
- ▶ It is recommended that people with pre diabetes and diabetes engage in 150 minutes of activity a week and at **least 2 weekly sessions of resistance exercise.**



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## 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
- “If you don’t have time for exercise, you better make time for disease.”
  - “I don’t have time to exercise, I MAKE time.”

Mike Huckabee

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## Best Shake For People with Diabetes



“The only diet shake I recommend is the shake your booty makes when you exercise.”

From Debbie Nagata's slide collection



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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)
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## Pneumonia Vaccination Update

- ▶ Pneumonia polysaccharide PPSV23 vaccine to all patients starting at age 2
- ▶ **Adults ≥ 65 years of age**, if not previously vaccinated, should receive pneumococcal conjugate vaccine 13 (PCV13), followed by PPSV23 6-12 months after initial vaccination.
- ▶ **Adults ≥ 65 years of age**, if previously vaccinated with PPSV23 should receive a follow-up ≥ 12 months with PCV13.



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## DiaBingo- G

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



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## Diabetes Care Guidelines- ADA

Test / Exam	Frequency
▶ A1c	At least twice a year
▶ B/P	Each diabetes visit
▶ Cholesterol (LDL, HDL, Tri)	Yearly (less if normal)
▶ Weight	each diabetes visit
▶ Microalbumin/GFR/Creat	Yearly
● Eye exam	Yearly
● Dental Care	At least twice a year
● Comprehensive Foot Exam	Yearly (more if high risk)
● Physical Activity Plan	As needed to meet goals
● Preconception counseling	As needed



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## Mr. Jones - What are Your Recommendations?

### Patient Profile

64 yr old with type 2 for 11 yrs. Hx of CVD.

### Labs:

- ▶ A1c 9.3%
- ▶ HDL 37 mg/dl
- ▶ Triglyceride 260mg/dl
- ▶ Proteinuria - neg
- ▶ B/P 152/94

### Self-Care Skills

- ▶ Walks dog around block 3 x's a week
- ▶ Bowls every Friday
- ▶ 3 beers daily
- ▶ *What meds?*
- ▶ *What referrals?*
- ▶ *My foot hurts*



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## Glucose Management and Hospitalized Patients



▶ In hospitalized patients with critical illness, hyperglycemia is a signal that warrants our attention.



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## Hospitals and Hyperglycemia – What's the Big Deal?

▶ Hyperglycemia is associated with increased morbidity and mortality in hospital settings.

- ▶ Acute Myocardial Infarction
- ▶ Stroke
- ▶ Cardiac Surgery
- ▶ Infection
- ▶ Longer lengths of stay



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## WHAT SHOULD WE AIM FOR?

### Critically Ill pts

- BG > 180- Start insulin
- BG goal 140-180



### Non Critically Ill patients BG Goals

- Premeal <140
  - Post meal <180
- 
- Insulin therapy preferred treatment

Consensus: Inpt Hyperglycemia, Endocr Pract. 2009;15 (No.4)



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## Management of Hyperglycemia and Diabetes

- ▶ Stop oral agents (ie) metformin & sulfonylurea on admission
- ▶ “The sole use of Sliding Scale insulin is discouraged” – ADA 2014
- ▶ For discharge, oral meds can be resumed

### Start Basal/bolus therapy

- ▶ NPH and Regular insulin
- ▶ Long-acting and rapid-acting insulin
- ▶ Premixed insulin



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## Now What?

▶ Nurse had an emergency and pt already ate lunch?



▶ Nurse administered insulin and pt only ate a few bites of turkey and drank non sugar tea?

▶ You just gave 3 units of Regular and patient needs to go to OR NOW!

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Foot Care

Lift the sheets  
and look at the  
Feets!



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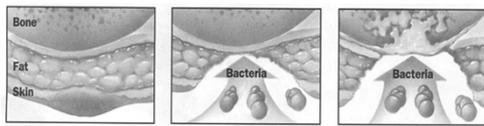
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Foot Wounds



Blisters  
Calluses

Ulcers

Bone infection



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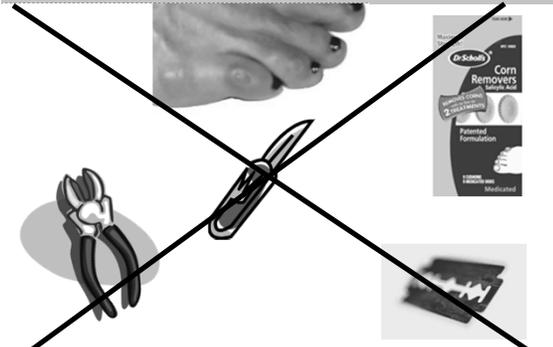
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No Bathroom Surgery



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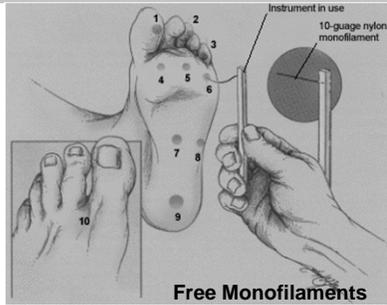
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5.07 monofilament = 10gms linear pressure



Free Monofilaments  
<http://www.hrsa.gov/leap/>



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Mr. Jones - What are Your Recommendations?

**Patient Profile**

64 yr old with type 2 for 11 yrs. Hx of CVD.



**Current Status:**

- ▶ A1c 9.3%
- ▶ On Metformin 500mg BID
- ▶ Partial foot amputation
- ▶ Lives alone
- ▶ What resources, teaching?



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**Three Most Important Foot Care Tips**

- ▶ Inspect and apply lotion to your feet every night before you go to bed.
- ▶ Do NOT go barefoot, even in your house. Always wear shoes!
- ▶ Every time you see your doctor, take off your shoes and show your feet.



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## Bottom Line

- ▶ 30-40% of hospitalized patients have diabetes
  - ▶ 10% aren't officially diagnosed
- ▶ Cardiovascular disease is the leading cause of hospitalization for people with diabetes
- ▶ Look for patients with hyperglycemia and cardiometabolic risk factors: smokers, HTN, central obesity, abnormal lipids, Acanthosis.
- ▶ Provide education and promote self-advocacy



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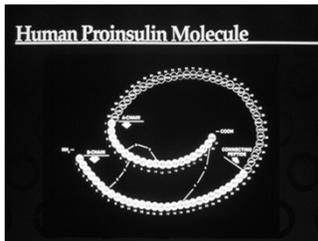
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## Insulin – the Ultimate Hormone Replacement Therapy

### Objectives:

- Discuss the actions of different insulins
- Describe using pattern management as an insulin adjustment tool.



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## Psychological Insulin Resistance (PIR)

- ▶ 50% of providers in study threatened pts "with the needle".
- ▶ Less than 50% of providers realized insulins' positive effect on type 2 dm
- ▶ Most pts don't believe that insulin would "better help them manage their diabetes".
- ▶ Solutions: Find the root of PIR and address



*Diabetes Attitudes, Wishes, Needs Study - Rubin*



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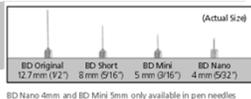
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### Needle Size often a Barrier Size *Does* Matter



- ▶ Use more short needles – 4 mm
- ▶ Effective for pts with BMI of 24- 49
- ▶ Keeps it subq
- ▶ If pt thin, inject at angle
- ▶ To avoid leakage, count to 10 before withdrawing needle
- ▶ ½ the patients who could benefit from insulin are not using it due to needle phobias



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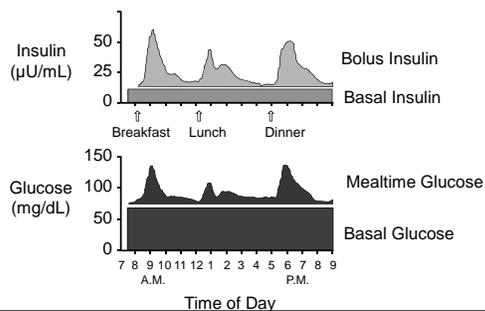
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### Physiologic Insulin Secretion: 24-Hour Profile



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### Insulin Action Teams

- ▶ Bolus: lowers after meal glucose levels
  - ▶ Rapid Acting
    - ▶ Aspart, Lispro, Glulisine, Afrezza
  - ▶ Short Acting
    - ▶ Regular
- ▶ Basal: controls glucose between meals, hs
  - ▶ Intermediate
    - ▶ NPH
  - ▶ Long Acting
    - ▶ Detemir (Levemir)
    - ▶ Glargine (Lantus, Basaglar)
    - ▶ Degludec (Tresiba)



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## Case Study



- ▶ 70 yr old, weighs 100kg
- ▶ History of CABG, tobacco
- ▶ A1c – 11.3%, BG 400-500 for past weeks
- ▶ Insulin – 100+ units Lantus at hs (solostar)
- ▶ Oral Meds: Metformin, Invokana
- ▶ What is a better insulin dosing strategy?
- ▶ Pt can't afford insulin pen – what other option
- ▶ [Diabetes Meds on a Budget - 2014](#) - provides practical and affordable strategies to manage hyperglycemia



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## Cost Per Vial in Northern CA

Per vial cost	Walmart	Walgreens	Costco
Regular Insulin	\$25*	\$92	\$99
NPH	\$25*	\$92	\$99
70/30	\$25*	\$92	\$101
Humalog	\$200	\$220	\$178
Novolog	\$197	\$217	\$178
Apidra	\$180	\$246	\$178
Levemir	\$300	\$300	\$300
Lantus	\$226	\$221	\$206



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## Bolus Insulins

(½ of total daily dose ÷ meals)

Name	Onset	Peak Action
▶ Lispro (Humalog)	15-30 min	1-1.5 hrs
▶ Aspart (NovoLog)		
▶ Glulisine (Apidra)		
▶ Afrezza (Inhaled)		
▶ Regular	30 mins	2-4 hrs



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## Bolus Insulin Summary

- ▶ Regular, Novolog, Humalog, Apidra,
- ▶ Starts working fast (15-30 mins)
- ▶ Gets out fast (3-6 hours)
- ▶ Post meal BG reflects effectiveness
- ▶ Should comprise about ½ total daily dose
- ▶ Covers food or hyperglycemia.
- ▶ 1 unit
  - ▶ Covers ≈ 10 -15 gms of carb
  - ▶ Lowers BG ≈ 30 – 50 points



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## Bolus Insulin Timing

- ▶ How is the effectiveness of bolus insulin determined?
  - ▶ 2 hour post meal (if you can get it)
  - ▶ Before next meal blood glucose
- ▶ Glucose goals (ADA) – may be modified by provider/pt
  - ▶ 1-2 hours post meal <180
  - ▶ Before next meal – 70 - 130



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## Pattern Management –AKA

How to think like a pancreas



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## Pattern Management

- ▶ Safety 1st!! - Evaluate 3 day patterns
- ▶ **Hypo:** eval 1st and fix:
  - ▶ If possible, decrease medication dose
  - ▶ Timing of meals, exercise, medications
- ▶ **Hyperglycemia:** evaluate 2nd
  - ▶ Identify patterns
  - ▶ Before increase insulin, make sure not missing something (carbs, exercise, omission)




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## Type 2 – BMI 32. New diagnosis, No meds. What Patterns? Recommendations? Meds?

	Break	Lunch	Dinner	HS
Day 1	164			181
Day 2		124	106	195
Day 3	149		102	242
Day 4	151	81		211




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## Bolus – Insulin Sliding Scale

Starts at 150, 2 units for every 50 mg/dl >150

	Break	Lunch	Dinner	HS
Day 1	94 no insulin	212 4 uR	148 no insulin	254 6 uR
Day 2	243 4uR	254 6 uR	201 4uR	199 no insulin
Day 3	189 2uR	243 4uR	162 2uR	244 4uR
Day 4	66 No insulin	287 6uR	144 none	272 6uR




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## Basal Insulins

(½ of total daily dose)

Intermediate Acting	Peak Action	Duration
▶ NPH	4-12 hrs	12-24

Long Acting	Peak Action	Duration
▶ Detemir (Levemir)	No Peak	20 hrs
▶ Glargine (Lantus)		24 hrs
▶ Glargine (Basaglar)		24 hrs
▶ Degludec (Tresiba)		42 hrs

*Fasting BG reflects efficacy of basal*



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## Degludec and Ryzodeg

### ▶ Degludec (Tresiba)

- ▶ An ultra long acting insulin - lasts up to 42 hours
- ▶ Takes 3-4 days to reach steady state
- ▶ Available in u-100 and u-200 pens
- ▶ Seems to cause less hypo
- ▶ Adjust dose every 3-4 days
- ▶ Wait at least 8 hours between doses
- ▶ Good at room temp for 8 wks



### ▶ Ryzodeg 70/30

- ▶ mixture of insulin degludec and aspart



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## Basal Insulin Summary

- ▶ NPH, Levemir, Lantus, Degludec
- ▶ Covers in between meals, through night
- ▶ Starts working slow (4 hours)
- ▶ Stays in long (12-24 hours)
  - ▶ NPH 12 hrs
  - ▶ Levemir, Lantus 20-24 hrs
  - ▶ Degludec – 42 hours
- ▶ Fasting blood glucose reflects effectiveness



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## Basal + Metformin Type 2, 80kg – A1c 8.7%

	Break	Lunch	Dinner	HS
Mo 1	170s			298 10uNPH
Mo 2	160s			233 20uNPH
Mo 4	140s	283	265	206 40uNPH



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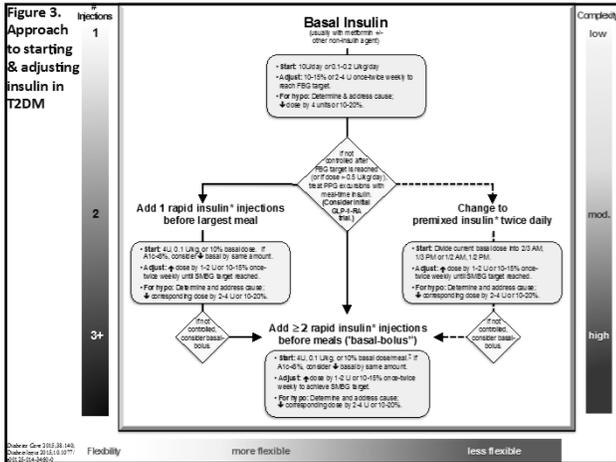
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## Next Steps

- ▶ At max basal dose
  - ▶  $80 \times 0.5 = 40$  units
- ▶ Add Sulfonylurea?
- ▶ Consider Adding a SGLT-2 Inhibitor
- ▶ Consider a GLP-1 Agonist
- ▶ Start bolus insulin at largest meal
- ▶ Or switch to 70/30 Insulin



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## Combo Sub-Q Insulin

Insulin Type	Onset	Peak
Humalog Mix 75/25: 75% NPL, 25% lispro 50/50: 50% NPL, 50% lispro	0.25 - 0.5 hr	0.5-6.5 hrs
NovoLog Mix 70/30: 70% NPA, 30% aspart	0.25 - 0.5 hr	1 - 4 hrs
NPH + Reg Combo 70/30: 70%N /30%R 50/50: 50%N /50%R	0.5 - 1.0 hr	2 - 16 hrs

### Considerations:

- Pre-mixed, difficult to fine tune therapy



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## Next Steps – Switch from 40 units basal to 70/30 Insulin

- Switch to 70/30 Insulin
- Take current dose and give 2/3 in am and 1/3 in pm.
  - 2/3 of basal in am
    - 40 units x 0.6 = 24 units 70/30
  - 1/3 of basal in \*pm
    - 40 units x 0.4 = 16 units 70/30
  - \*pm = before dinner



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## 24u 70/30 am, 16 u 70/30 pm Patterns? Changes needed?

	Break	Lunch	Dinner	HS
Day 1	102	63	92	181
Day 2	112	67	106	195
Day 3	98	56	112	201
Day 4	99	71	132	211



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Type 2 – Glyburide 20mg AM, 10u Lantus pm

	Break	Lunch	Dinner	HS
Day 1	164	94	66	162
Day 2	169		59	195
Day 3		84	81	242
Day 4	159		43	211



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What Medications Cause Hypoglycemia?

- ▶ Insulin
- ▶ Sulfonylureas
- ▶ Meglitinides
- ▶ Or any combo medication that includes these



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Sulfonylureas - Squirts

- ▶ Action: Increase endogenous insulin secretion throughout day
- ▶ Efficacy:
  - ▶ Decrease FPG 60-70 mg/dl
  - ▶ Reduce A1C by 1.0-2.0%
- ▶ Side Effects:
  - ▶ Weight gain, hypoglycemia
- ▶ Benefits:
  - ▶ Cheap, effective



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## Hypoglycemia = "Limiting Factor"

- ▶ Defined as glucose of 70mg/dl or below
- ▶ 50% of episodes occur during the night
- ▶ Higher mortality rate with severe hypoglycemia secondary to sulfonylureas
  - ▶ Especially (glyburide) Micronase®, Diabeta®
- ▶ Blood glucose levels don't describe severity, response is individual



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## Hypoglycemic Symptoms

- ▶ Autonomic
  - ▶ Anxiety
  - ▶ Palpitations
  - ▶ Sweating
  - ▶ Tingling
  - ▶ Trembling
  - ▶ Hypoglycemic Unawareness
- ▶ Neuroglycopenia
  - ▶ Irritability
  - ▶ Drowsiness
  - ▶ Dizziness
  - ▶ Blurred Vision
  - ▶ Difficulty with speech
  - ▶ Confusion
  - ▶ Feeling faint



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## Treatment of Hypoglycemia

- ▶ If blood glucose **70mg/dl** or below:
  - 10-15 gms of carb to raise BG 30 - 45mg/dl
- Ⓞ Retest in 15 minutes, if still low, treat again, even without symptoms
- Ⓞ Follow with usual meal or snack
- Ⓞ If BG less than 40, allow recovery time



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## 15 - 20 Gms Carb Sources

- ⊙ 3 - 4 Glucose Tablets
- ⊙ 8 - 10 Lifesavers candy
- ⊙ 8 - 10 Hard candies
- ⊙ 2 Tablespoons Raisins
- ⊙ 4 - 6 oz's Nondiet soda
- ⊙ 4 - 6 oz's Fruit Juice
- ⊙ 8 oz Milk (non fat)



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## Basal Bolus – What Adjustments?

Pt weighs 80kg

	Break	Lunch	Dinner	HS
Day 1	69 7R	79 5R	245 8R	190 22u NPH
Day 2	81 7R	87 5R	170 8R	133 22u NPH
Day 3	73 7R	94 5R	194 8R	110 22u NPH
Day 4	62 7R	83 5R	211 8R	127 22u NPH



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**Intensive Diabetes Therapy  
Insulin Dosing Strategy**

**50/50 Rule**

- ▶ 0.5-1.0 units/kg day
- ▶ Basal = 50% of total
  - Glargine QD
  - NPH or Detemir BID
- Bolus = 50% of total
  - usually divided into 3 meals

**Example**

- ▶ Wt 50kg x 0.5 = 25 units of insulin/day
- ▶ Basal dose: 13 units
  - Glargine 13 units QD
  - NPH/Detemir 6u BID
- ▶ Bolus dose: 12 units
  - ▶ 4 units NovoLog, Apidra Humalog, Regular each meal



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**Intensive Diabetes Therapy  
Insulin Dosing Strategy**

**50/50 Rule**

- ▶ 0.5-1.0 units/kg day
- ▶ Basal = 50% of total
  - Glargine QD
  - NPH or Detemir BID
- Bolus = 50% of total
  - usually divided into 3 meals

**Example – You Try**

- ▶ Wt 60 kg x 0.5 = \_\_\_\_ units of insulin/day
- ▶ Basal dose: \_\_\_\_ units
  - Glargine \_\_\_\_ QD
  - NPH/Detemir \_\_\_\_ BID
- ▶ Bolus dose: \_\_\_\_ units
  - \_\_\_\_ units NovoLog, Apidra Humalog, Reg each meal



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**Basal Bolus – Using 50/50 Rule - Pt weighs 80kg**

	Break	Lunch	Dinner	HS
Day 1	84 6H	89 7H	145 7H	190 20 u Det
Day 2	81 6H	97 7H	107 7H	133 20u Det
Day 3	79 6H	104 7H	124 7H	110 20u Det
Day 4	69 6H	103 7H	208 7H	193 20u Det



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## Insulin Teaching Keys

- ▶ Bolus insulin with meals
- ▶ Basal 1-2xs daily
- ▶ Abdomen preferred injection site
- ▶ Stay 1" away from previous site
- ▶ Don't re-use ultra fine syringes
- ▶ Keep unopened insulin in refrigerator
- ▶ Toss opened insulin vial after 28 days
- ▶ Proper disposal
- ▶ Review patients ability to withdraw and inject.
- ▶ Side effects include hypoglycemia/wt gain
- ▶ Insulin pens –
  - ▶ Prime needle to assure accurate insulin dose given
  - ▶ Hold needle in for 5 seconds after injection
  - ▶ Roll 70/30 pens



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## Sharps Disposal: Product and Info

- ▶ Look in the Government section white pages for a household hazardous waste listing for your city or county.
- ▶ Call 1-800-CLEANUP (1-800-253-2687)
- ▶ Search for collection centers on the California Integrated Waste Management Board (CIWMB) Web site:  
<http://www.ciwmb.ca.gov/HHW/HealthCare/Collection/>



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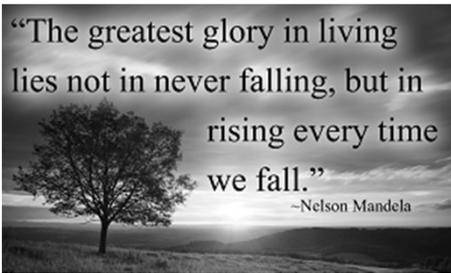
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## Diabetes Vacations

“The greatest glory in living lies not in never falling, but in rising every time we fall.”

—Nelson Mandela



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## DiaBingo - I

- I Injected hormone that is an analog of amylin
- I Glargine, Detemir, NPH are types of
- I Breakdown of glycogen into glucose
- I Anabolic hormone
- I Insulin is released when glucose levels are low
- I Once opened, insulin vials are good for one \_\_\_\_\_
- I Elevated post-prandial glucose indicate need for pre-meal
- I Epinephrine increases insulin resistance
- I Creation of glucose from amino acids and lactate
- I Decreasing renal function for people on insulin can cause
- I Bolus insulins
- I A hormone that increases blood glucose levels



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## Medical Nutrition Therapy – ADA

- ▶ Focus on the Individual
- ▶ Maintain pleasure of eating
- ▶ Provide positive messages about food
- ▶ Limit food choices only when backed by science
- ▶ Provide practical tools
- ▶ Refer to a RD and Diabetes Education – Lowers A1c by 1-2%



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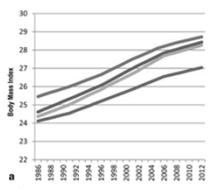
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## U.S. Weight - 68% overweight or obese



- ▶ 34% BMI 25-29
- ▶ 34% BMI 30 +
- ▶ 1/3 of all overwt people don't get diabetes
- ▶ We burn 100 cals less a day at work
- ▶ Overall, food costs ~ 10-15% of income
- ▶ Calorie Intake is on the rise



Average Daily Per Capita Calories Adjusted for Waste. Source: Economic Research Service of the United States Department of Agriculture (ERS) Data System.



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### Poll Question 1

- ▶ How much does your gut bacteria weigh?
  - A. 24 ounces
  - B. 3 pounds
  - C. Less than 1 pound
  - D. 1.5 pounds
  - E. Not sure



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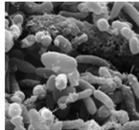
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### 3 lbs of Microbes in our Gut

- ▶ This community of bacteria can be thought of as an extra 'organ' "microbiome".
- ▶ We have evolved together with our microbiome over millions of years.
- ▶ Ratios of these communities has changed over the past 30 years
- ▶ Mirrors global spikes in obesity, diabetes, allergic and inflammatory diseases
- ▶ What are we doing to change these bacteria?



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### Gut Microbiome

- ▶ Part of endocrine axis
- ▶ Stabilized by 3 years of age
- ▶ Influenced by:
  - ▶ Birth method
  - ▶ Breast fed
  - ▶ Early Antibiotic use
  - ▶ Environment
  - ▶ Travel
- ▶ Help us
  - ▶ utilize energy
  - ▶ fight off invaders



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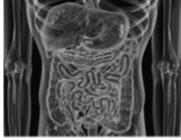
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## Human Intestine Friends

- ▶ The majority belong 2 major phyla:
  - ▶ Firmicutes
    - ▶ includes *Clostridium*, *Enterococcus*, *Lactobacillus* and *Ruminococcus*
  - ▶ Bacteroidetes
    - ▶ includes *Bacteroides* and *Prevotella*
- in proportions determined in part by birth, breastfeeding, diet



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## Weight and Gut Bacteria New and Early Research

- ▶ Leaner people appear to have more bacterial diversity and a higher proportion of bacteroidetes
  - ▶ Gut bacteria less efficient at converting food to calories
- ▶ Obese people appear to have higher levels of firmicutes
  - ▶ Gut bacteria very efficient at calorie extraction
- ▶ Bacteria tend to run in families



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## Getting to Better Gut Bacterial Health

### Eat more PREbiotics

- ▶ Foods with indigestible fibers that nourish the good bacteria:
  - ▶ High fiber foods like, whole grains, fruits, veggies, nuts
  - ▶ High in prebiotic fibers include: Jerusalem artichokes, onions, kale, Brussels sprouts, bananas, dandelion greens & more

### PRObiotics

- ▶ These foods contain healthy bacteria like *Bifidobacterium* and *Lactobacillus*.
  - ▶ Yogurt, Kefir – look for “live or active cultures”
  - ▶ Fermented foods like: Sauerkraut, Kimchi, Miso soup, kombucha



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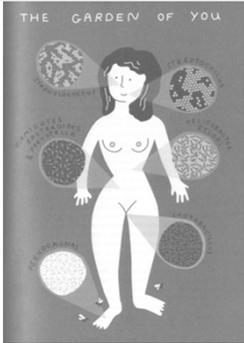
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## Follow Your Gut – Dr. Rob Knight



### Check out Dr. Knight's:

- ▶ TED Talk
- ▶ Website – [AmericanFoodProject.org](http://AmericanFoodProject.org)
- ▶ Articles in Nature and all over



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## Approach Depends on Patient

- New Type 2
  - Portion Control
  - Plate Method
  - Record Keeping
  - Education
- On Insulin?
  - Carb counting
  - Post prandial checks



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## What are next steps?

- ▶ 72 yr old, thin, lives alone, A1c 7.3%. History of MI, stroke. DM for 12 yrs, “diet controlled”. Limited income. Creat 1.4.



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## DPP-4 Inhibitors – “Incretin Enhancers”

Januvia (sitagliptin) – Tradjenta (linagliptin)  
Onglyza (saxagliptin) Nesina (alogliptin)

### ▶ Action:

- ▶ Increase insulin release w/ meals
- ▶ Suppress glucagon

### ▶ Dosing:

Januvia – 100mg a day  
Onglyza – up to 5mg a day  
Tradjenta – 5mg a day  
Nesina – up to 25 mg a day

### ▶ Efficacy:

- Decreases A1c by 0.6 -0.8%
- ### ▶ Benefits/ Issues:
- weight neutral, no hypo, few side effects. Expensive



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## Losing 2-8kg Early in diagnosis Type 2 Helpful

ADA 2014

### ▶ Weight Loss –

- ▶ *The optimal macronutrient intake to lose weight not known*
- ▶ *The literature does not support one particular nutrition therapy to reduce weight, but rather a spectrum of eating patterns that result in reduced energy intake.*



- ▶ To lose one pound – avoid 3,500 cal
  - ▶ Decrease intake 250-500 cal daily + exercise



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## Successful weight loss strategies include

- ▶ Weekly self-weighing
- ▶ Eat breakfast
- ▶ Reduce fast food intake.
- ▶ Decrease portion size
- ▶ Increase physical activity
- ▶ Use meal replacements
- ▶ Eat healthy foods



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## Diabetes Prevention Program Focus on fat = wt loss success

To help you lose weight and improve your health, stay as close as possible to your fat and calorie goals.  
Find your starting weight below. Your fat and calorie goals are in the same row. Circle your fat and calorie goals.

Weight (lb)	Fat Goal (grams)	Calorie Goal
120-174	33	1,200
175-219	42	1,500
220-249	50	1,800
>250	55	2,000

<http://www.cdc.gov/diabetes/prevention/recognition/curriculum.htm>



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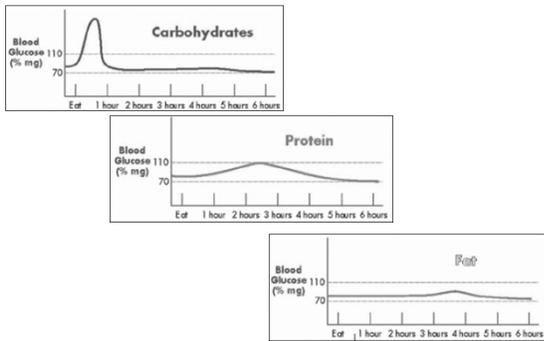
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## How nutrients affect blood sugar



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## Carbohydrate Needs for Most Adults

	Grams	Servings
Each Meal	45-60 gm	3 - 4
Snacks	15-30 gm	1- 2



Carbs affect Post Meal Blood Glucose



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## Choose Healthy Carbs

- o Carbs have fiber, vitamins, minerals and phytonutrients
- o 25 gms of fiber a day
- o Power Carbs include:
  - o Beans
  - o Veggies
  - o Fruits
  - o Whole grain foods



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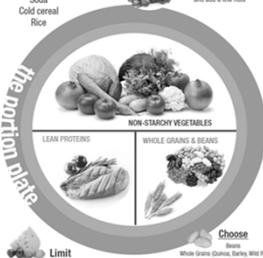
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## Be Wise with Portion Size

DIABETES EDUCATION  
Utah Valley Medical Center  
 4000 North State Street

**Avoid**  
 Juice  
 Soda  
 Cold cereal  
 Rice

**Enjoy fruit as a snack**  
 and eat a few cups.



**Limit**  
 Packaged foods  
 Cheese  
 Butter  
 Margarine  
 Oil

**Choose**

Beans  
 Water Oatmeal  
 Sweet Potatoes  
 Fat Potatoes  
 Branched Chain Amino Acids  
 Corn Tortillas  
 Dr. Knicker

CALL 707.463.7527 TO START MANAGING YOUR DIABETES TODAY



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DIABETES EDUCATION PROGRAM

HELPING YOU TAKE *Control*

MANAGE YOUR DIABETES TO LIVE YOUNGER, LONGER

Utah Valley Medical Center's Diabetes and Nutrition Education department are experts at helping you develop a personalized plan to:

- Control your blood sugars
- Self-manage your diabetes daily
- Make informed decisions about your care
- Create a lifestyle that keeps you feeling good

About our program

- One assessment visit
- Small group program
- Four 8-weekly classes
- One 60-week follow-up visit

The classes are provided by UVMC free of charge. There is a fee for individual meetings. These meetings are covered by most insurance plans. Scholarship monies are available to cover the meeting expenses. Please do not let the lack of coverage keep you from this life-saving program.

CALL 707-463-7527  
 Start managing your Diabetes today

WE ALSO OFFER:  
 Free monthly support group meetings  
 (Every second Monday, 6:30 PM)  
 Diabetes in Pregnancy (Diabetes Support Group Program)

UVMC DIABETES EDUCATION PROGRAM  
 4000 North State Street, UT  
 www.uvmc.org/diabetes

START MANAGING YOUR DIABETES TODAY  
 707.463.7527



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## 10 Superfoods

- ▶ Beans
- ▶ Dark Green Leafy Veggies
- ▶ Citrus Fruit
- ▶ Sweet Potatoes
- ▶ Berries
- ▶ Tomatoes
- ▶ Fish High in Omega-3 Fatty Acids
- ▶ Whole Grains
- ▶ Nuts
- ▶ Fat-Free Milk and Yogurt



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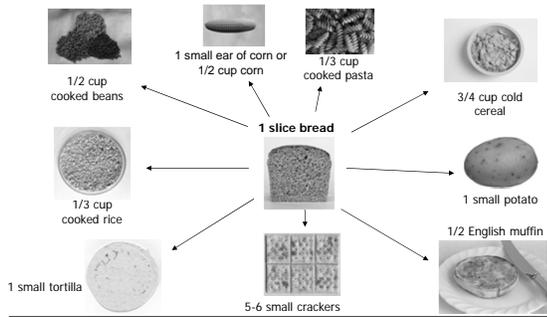
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## Carb Counting - Starch

Each Food has:  
80 Calories  
15 grams carb



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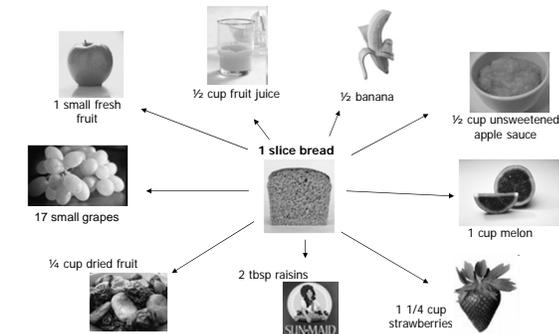
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## Carb counting- fruit

Each Food has:  
60 Calories  
15 grams carb



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### Carb Counting - Milk

Each Food has:  
90-150 calories  
12-15 grams carb

8 oz buttermilk

1 packet diet hot cocoa

1 slice bread

8 oz milk

8 oz soy milk

6 oz plain yogurt

6 oz light fruit yogurt

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### Carb Counting - Sweets

Each Food has:  
Calories vary  
15 grams carb

2 inch square cake or brownie, unfrosted

1/2 cup diet pudding

1/2 cup regular jello

2 tsp light syrup

1 slice bread

2 small cookies

1/2 cup ice cream or frozen yogurt

1/2 cup sherbet

1/4 cup sorbet

1 tbsp syrup, jam, jelly, table sugar, honey

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### USDA Plate Method

[www.myplate.gov](http://www.myplate.gov)

Choose **MyPlate.gov**

**Balancing Calories**

- ▶ Enjoy your food, but eat less.
- ▶ Avoid oversized portions.

**Foods to Increase**

- ▶ Make half your plate fruits and vegetables.
- ▶ Make at least half your grains whole grains.
- ▶ Switch to fat-free or low-fat (1%) milk.

**Foods to Reduce**

- ▶ Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

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## Mindful Eating



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## Using Alcohol Safely

- ▶ Women- 1 or fewer alcoholic drinks a day
- ▶ Men 2 or fewer alcoholic drinks a day
  - ▶ 1 alcoholic drink equals
    - ▶ 12 oz beer, 5 oz glass of wine, or 1.5 oz distilled spirits (vodka, gin etc)
- ▶ If drink, limit amount and drink w/ food.
- ▶ Ask HCP if safe for you to drink. Tell them your usual quantity and frequency.
- ▶ Can cause hypo and worsen neuropathy



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## Ms. Gonzales' Daily Meal plan

Break	Lunch	Dinner	Night
5 corn tortillas, 1/2 c. beans, salsa, peppers, egg beaters	Sandwich, low fat potato chips, 1c. juice, 2-4 lowfat cookies	Lg bowl low salt soup, 1c. rice, BBQ meat, salad & cooked vegs 1 glass wine	1 bowl of cereal
<b>Avg BG 120's</b>	<b>Avg BG 200's</b>	<b>Avg BG 200's</b>	<b>Avg BG 180's</b>



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## Thank You



- ▶ Questions?
- ▶ Email  
bev@diabetesed.net
- ▶ Web  
www.diabetesed.net



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## DiaBingo - N

- N DPP demonstrated that exercise and diet reduced risk of DM by \_\_\_%
- N An \_\_\_\_\_ a day can help prevent heart attack and stroke
- N Rebound hyperglycemia
- N Scare tactics are effective at motivating patients to change behavior
- N Losing \_\_\_ % of body weight, can improve blood glucose, BP, lipids
- N Drugs that can cause hyperglycemia
- N 2/3 cups of rice equals \_\_\_\_\_ serving carbohydrate
- N A1c of 7% equals glucose of \_\_\_\_\_
- N One % drop in A1c reduces risk of complications by \_\_\_ %
- N 1 gm of fat equal \_\_\_\_\_kilo/calories
- N Metabolic syndrome = hyperglycemia, hyperlipidemia, hypertension
- N Average American consumes 25 teaspoons of sugar a day.



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