



Welcome to Diabetes in the 21st Century

Beverly Dyck Thomassian, RN, MPH, BC-ADM, CDE
President, Diabetes Education Services
www.DiabetesEd.net



Diabetes Education
SERVICES

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. Gain understanding of Type 2 Meds.
6. Review glucose patterns and determine how to adjust therapy to improve glucose.
7. Discuss gut bacteria and healthy eating
8. Demonstrate successful teaching strategies



Diabetes Education
SERVICES

Foundations of Care

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



Diabetes Education
SERVICES

CDC Announces



35% of
Americans will
have Diabetes
by 2050

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



Diabetes Education
SERVICES

Diabetes in America 2017

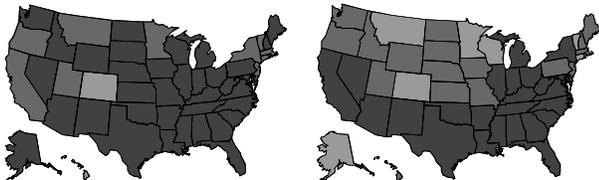
- ▶ 29 million or > 9.3%
 - ▶ 27% don't know they have it
- ▶ 37% of US adults have pre diabetes (86 mil)
- ▶ Increasing rates 3 key factors
 - ▶ Aging of U.S. Population
 - ▶ Increasing size of higher-risk minority populations
 - ▶ Declining mortality among those with diabetes



Diabetes Education
SERVICES

Age-Adjusted Prevalence of Obesity and Diagnosed Diabetes Among US Adults

2013



Diabetes Education
SERVICES

Type 2 in Kids



- ▶ 7 fold increase 1990
- ▶ 1 in 6 overwt 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



Diabetes Education SERVICES

Global Epidemic

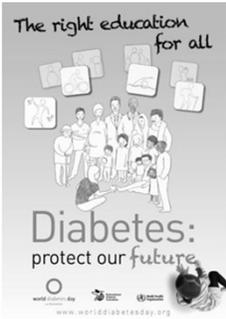
- ▶ Every 10 seconds
 - ▶ 1 person dies with diabetes
 - ▶ 2 people develop diabetes
- ▶ Every year
 - ▶ 3 million deaths
 - ▶ 6 million new cases
- ▶ World Diabetes Day is November 14
- ▶ March is ADA Sound the Alert Day “find people w/ undetected diabetes”



Diabetes Education SERVICES

World Diabetes Day

November 14

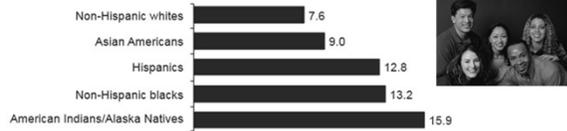


Diabetes Education SERVICES

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 24.1% among American Indians in southern Arizona.



Diabetes Education SERVICES

Why Should Zip Code Determine Life Expectancy?



California Endowment – look up your zip code at www.measureofamerica.org



Diabetes Education SERVICES

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

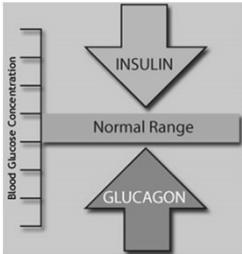
Beta Cells - Amylin

- 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



Diabetes Education SERVICES

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



Diabetes Education
SERVICES

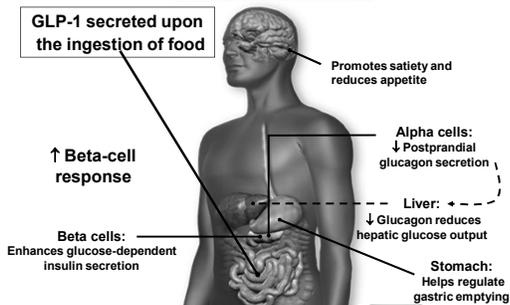
Hormones Effect on Glucose

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)	⬇



Diabetes Education
SERVICES

GLP-1 Effects in Humans Understanding the Natural Role of Incretins



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 Nauw MA, et al. Diabetologia. 1998;39:1546-1553
Adapted from Drucker DJ. Diabetes. 1998;47:159-169

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



Diabetes Education
SERVICES

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



Diabetes Education SERVICES

CDE® Coach App – Download Success



Coach in your pocket.

Med Pocket Cards. Resources. Courses.

Diabetes Education SERVICES



Get it on Google play

Download on the App Store



Diabetes Education SERVICES

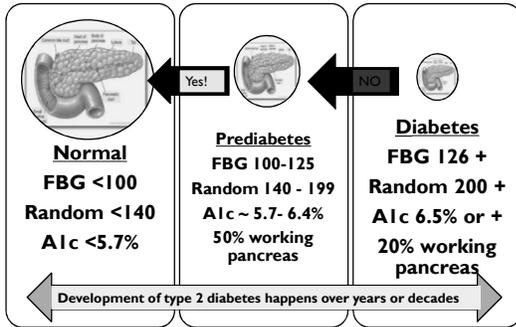
Bariatric Surgery

- ▶ 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



Diabetes Education SERVICES

Natural History of Diabetes



Signs of Diabetes



- ▶ Polyuria
- ▶ Polydipsia
- ▶ Polyphasia
- ▶ Weight loss
- ▶ Fatigue
- ▶ Skin and other infections
- ▶ Blurry vision
- ▶ Glycosuria, H₂O losses
- ▶ Dehydration
- ▶ Fuel Depletion
- ▶ Loss of body tissue, H₂O
- ▶ Poor energy utilization
- ▶ Hyperglycemia increases incidence of infection
- ▶ Osmotic changes



Diabetes Education SERVICES

Diabetes Classifications

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



Diabetes Education SERVICES

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?



Diabetes Education
SERVICES

Type 1 Rates Increasing Globally

- ▶ 23% rise in type 1 diabetes incidence from 2001-2009
- ▶ Why?
 - ▶ Autoimmune disease rates increasing over all
 - ▶ Changes in environmental exposure and gut bacteria?
 - ▶ Hygiene hypothesis
 - ▶ Obesity?



Diabetes Education
SERVICES

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)



Diabetes Education
SERVICES

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.



Diabetes Education SERVICES

Autoantibodies Assoc w/ Type 1

Panel of autoantibodies –

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



Diabetes Education SERVICES

Medalist Study – Harvard Joslin Diabetes Center

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



Diabetes Education SERVICES

Type 1 Diabetes Associated with other immune conditions

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



Diabetes Education SERVICES

Type 1 Summary

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



Diabetes Education SERVICES

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?



Diabetes Education SERVICES

Patti LaBelle
"divabetic"
"I have diabetes, it doesn't have me"

"I don't want diabetes to steal one more life."
 - Patti LaBelle

Join Patti LaBelle to Stop Diabetes®
 Donate now and give hope

Diabetes Education SERVICES

BMI Categories

17	19	22	24	26	29	33	37	40
<20		20 - 25		26 - 29		>30		
Underweight		Normal weight		Slightly Overweight		Overweight		Extremely Overweight

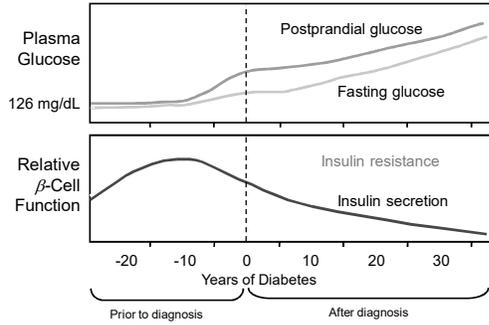
Diabetes Education SERVICES

Visceral Fat and Subcutaneous Fat

subcutaneous fat
 abdominal muscle layer
 visceral fat
 intestines

Diabetes Education SERVICES

Natural Progression of Type 2 Diabetes



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

Diabetes Education SERVICES

Cardio Metabolic Risk - 5 Hypers -

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



Manifestations of Insulin Resistance



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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)



Diabetes Education SERVICES

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



Diabetes Education SERVICES

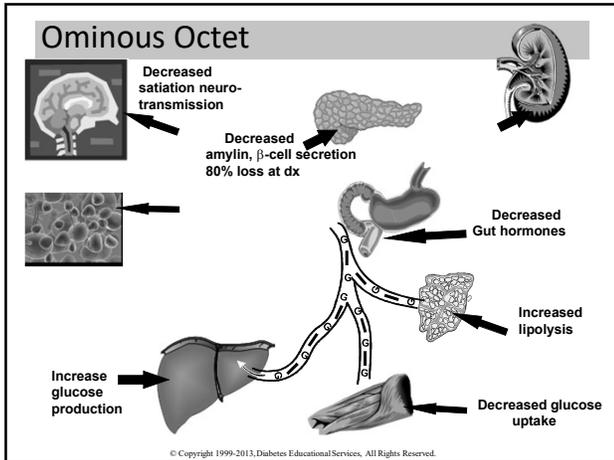
Diabetes Detectives Needed



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



Diabetes Education SERVICES



SGLT2 Inhibitors- “Glucoetics”

- ▶ **Action:** “Glucoetic” decreases renal glucose reabsorption (resets renal threshold and increases glucosuria)
- ▶ Side effects: hypotension, UTIs, increased urination, genital infections, ketoacidosis
- ▶ Expensive

Class/Main Action	Name(s)	Daily Dose Range	Considerations
SGLT2 inhibitors “Glucoetic” • Decreases glucose reabsorption in kidneys	Canagliflozin (Invokana)	100 - 300 mg 1x daily	Side effects: hypotension, UTIs, increased urination, genital infections, ketoacidosis. Monitor GFR and other considerations: Invokana – stop med if GFR <45. Increases risk of amputation. Farxiga – stop med if GFR <60. Don’t use in pts with bladder cancer. Jardiance – do not start if GFR <45. Lowers all-cause mortality by 32%. Benefits: no hypo or weight gain. Lowers A1c 1.0%-2.0%. Lowers wt 1-3 lbs.
	Dapagliflozin (Farxiga)	5 - 10 mg 1x daily	
	Empagliflozin (Jardiance)	10 - 25 mg 1x daily	

Diabetes Education SERVICES

EMPA-REG OUTCOME®: Summary

- ▶ Empagliflozin used in trial for 3 years in 1,000 patients with type 2 diabetes at high CV risk:
- ▶ Empagliflozin reduced hospitalisation for CHF 35%
- ▶ Empagliflozin reduced CV death by 38%
- ▶ Empagliflozin improved survival by reducing all-cause mortality by 32%
- ▶ Need more research to determine this is a class effect

Diabetes Education SERVICES

Jardiance gets special FDA CV approval



Diabetes Education Services

Published by Beverly Thomassian (7) · December 2, 2015

Jardiance decreases CV Mortality by 38%. The (FDA) has approved empagliflozin (Jardiance) for the new indication of improving survival in adults with type 2 diabetes and cardiovascular disease (CVD). Important info to share!



FDA Approves Empagliflozin for Reducing CVD Death

The new indication follows the landmark EMPA-REG trial, the first to show that a diabetes drug could reduce death as well as lower blood glucose.



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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.



Diabetes Education SERVICES

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



Diabetes Education
SERVICES

Start Metformin therapy

- ▶ For women with PreDiabetes and History of GDM



Diabetes Education
SERVICES

Biguanides – Metformin (Glucophage)

- ▶ **Action:** decrease hepatic glucose (glycogen)
- ▶ **Names:**
 - ▶ Metformin (Glucophage)
 - ▶ Starting dose: 500 BID, max 2500mg daily
 - ▶ Metformin extended release (3 different versions)
 - ▶ Starting dose 500mg at dinner, max dose 2000 to 2500 mg daily
- ▶ **Efficacy:**
 - ▶ Decrease fasting plasma glucose 60-70 mg/dl
 - ▶ Reduce A1C 1.0-2.0%



Diabetes Education
SERVICES

Biguanides - Metformin

► Benefits

- Decrease LDL cholesterol and triglycerides
- No weight gain, possible modest weight loss
- Cancer protective?

► Concerns

- Diarrhea and abdominal discomfort – Use XR (may see pill shell in stool – okay)
- Lactic acidosis if improperly prescribed
- Watch for B12 deficiency
- Special considerations for IV contrast dye studies. Resume when kidney function adequate.



Diabetes Education SERVICES

Metformin – New GFR Guidelines

Class/Main Action	Name(s)	Daily Dose Range	Considerations
Biguanides • Decreases hepatic glucose output • First line med at diagnosis of type 2	metformin (Glucophage)	500 - 2500 mg (usually BID w/ meal)	Side effects: nausea, bloating, diarrhea, B12 deficiency. To minimize GI Side effects, use XR and take w/ meals. Obtain GFR before starting. <ul style="list-style-type: none"> • if GFR <30, do not use. • if GFR <45, don't start Metformin • if pt on Metformin and GFR falls to 30-45, eval risk vs. benefit; consider decreasing dose. For dye study, if GFR <60, liver disease, alcoholism or heart failure, restart metformin after 48 hours if renal function stable. Benefits: lowers cholesterol, no hypo or weight gain, cheap. Approved for pediatrics, 10 yrs + Lowers A1c 1.0%-2.0%.
	Riomet (liquid metformin)	500 - 2500mg 500mg/5mL	
	Extended Release-XR (Glucophage XR) (Glumetza) (Fortamet)	(1x daily w/dinner) 500 – 2000 mg 500 – 2000 mg 500 – 2500 mg	



Biguanide derived from:
Goat's Rue *Galega officinalis*,
French Lilac



Diabetes Education SERVICES

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



Diabetes Education SERVICES

Diabetes is also associated with



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



Diabetes Education SERVICES

DiaBingo

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



Diabetes Education SERVICES

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?



Strategies – One Step at a Time
Everyone can be a Diabetes Advocate



Look for
“teaching moment”
opportunities



Diabetes Education
SERVICES

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?



Diabetes Education
SERVICES

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



Diabetes Education
SERVICES

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

Spiritual Care



Diabetes Education
SERVICES

"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.



Diabetes Education
SERVICES

Complications - Why?



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



Diabetes Education
SERVICES

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



Diabetes Education SERVICES

Control Matters

- ▶ Prevention
- ▶ Trials
- ▶ Practice Recommendations



Diabetes Education SERVICES

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?



Diabetes Education SERVICES



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

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



Diabetes Education SERVICES

We need your help!



Lifespan Treadmill Desk - Amazon



Diabetes Education SERVICES

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 Education SERVICES

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)



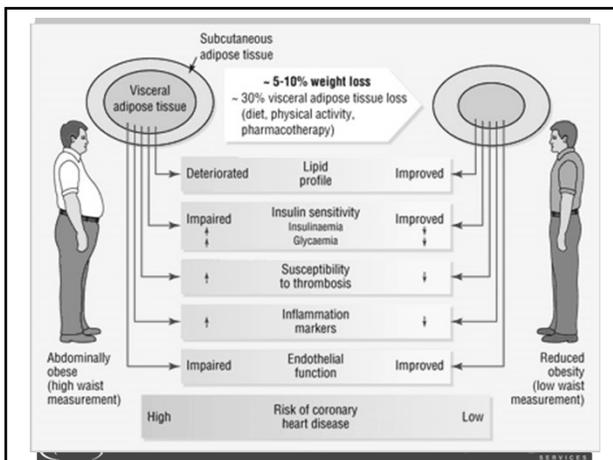
Diabetes Education SERVICES

Weight loss and Prevention

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



Diabetes Education SERVICES



Goals of Care



Diabetes Education
SERVICES

ABCs of Diabetes –

- ▶ A_{1c} 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



Diabetes Education
SERVICES

Glucose and BP Control Matter

- ▶ 1% decrease in A_{1c} reduces microvascular complications by 35%
- ▶ 1% decrease in A_{1c} 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



Diabetes Education
SERVICES

Glucose Goals – Individualization

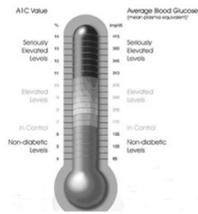


Diabetes Education SERVICES

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.



Diabetes Education SERVICES

A1c and Estimated Avg Glucose (eAG) 2008

A1c (%)	eAG
5	97
6	126
7	154
8	183
9	212
10	240
11	269
12	298

Order teaching tool kit free at diabetes.org



eAG = 28.7 x A1c - 46.7 ~ 29 pts per 1%

Translating the A1c Assay Into Estimated Average Glucose Values – ADAG Study
Diabetes Care: 31, #8, August 2008



Diabetes Education SERVICES

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.



Diabetes Education SERVICES

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



Diabetes Education SERVICES

DPP-IV Inhibitor Updates

- ▶ Can cause severe, disabling joint pain.
 - ▶ Contact Provider, Stop Medication
- ▶ Saxagliptin (Onglyza) and Alogliptin (Nesina) can increase risk of heart failure.
 - ▶ Notify provider for shortness of breath, edema, weakness, etc.
- ▶ Side effects: headache and flu-like symptoms
- ▶ Report signs of pancreatitis
- ▶ No wt gain or hypoglycemia
- ▶ Lowers A1c 0.6% - 0.8%



Diabetes Education SERVICES

“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 Education SERVICES

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



Diabetes Education SERVICES

Best Medicine

- ▶ **Exercise is the best medicine.** Structured exercise of 8 weeks duration, has been shown to lower A1c by an average of 0.66% in people with type 2, even without a significant change in BMI.



Diabetes Education SERVICES

Benefits of Exercise

- ▶ Increase muscle glucose uptake 5-fold
- ▶ Glucose uptake remains elevated for 24 - 48 hours (depending on exercise duration)
- ▶ Increases insulin sensitivity in muscle, fat, liver.
- ▶ Reduce CV Risk factors (BP, cholesterol, A1c)
- ▶ Maintain wt loss
- ▶ Contribute to well being
- ▶ Muscle strength
- ▶ Better physical mobility



Diabetes Education SERVICES

Exercise decreases:

- ▶ Sleep apnea
- ▶ Diabetic kidney disease, retinopathy
- ▶ Depression
- ▶ Sexual dysfunction
- ▶ Urinary incontinence
- ▶ Knee pain
- ▶ Need for medications
- ▶ Health care costs



Diabetes Education SERVICES

Exercise Standards

- ▶ Adults – 150 min/wk moderate intensity
 - ▶ over 3 days a week.
 - ▶ Don't miss > 2 consecutive days w/out exercise
 - ▶ Get up every 30 mins - Reduce sedentary time
 - ▶ Flexibility and balance training 2-3 xs a week (Yoga and Tai Chi)
 - ▶ T1 and T2 – resistance training 2 -3 xs a week



Diabetes Education SERVICES

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

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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*



Diabetes Education SERVICES

Glucose Management and Hospitalized Patients



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



Diabetes Education SERVICES

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



Diabetes Education
SERVICES

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)



Diabetes Education
SERVICES

Management of Hyperglycemia and Diabetes

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

Start Basal/bolus therapy

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



Diabetes Education
SERVICES

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!

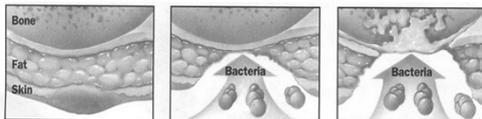
Foot Care

Lift the sheets and look at the Feets!



Diabetes Education
SERVICES

Foot Wounds



↑
Blisters
Calluses

↑
Ulcers

↑
Bone infection



Diabetes Education
SERVICES

No Bathroom Surgery

Diabetes Education SERVICES

5.07 monofilament = 10gms linear pressure

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

Diabetes Education SERVICES

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?

Diabetes Education SERVICES

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.



Diabetes Education SERVICES

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



Diabetes Education SERVICES

"Getting diabetes saved my life."
~ Sherri Shepard

PLAN D

How to
LOSE WEIGHT
AND REVERSE
DIABETES
(EVEN IF YOU DON'T HAVE IT)
SHERRI SHEPHERD
Chief Accrediting Officer of the Ohio State Association of Diabetes Educators
WITH BILL PITZPATRICK
HEAD OF THE PLAN D



Sherri Shepard
decided to embrace
diabetes and use it as
a motivator to improve
her health.

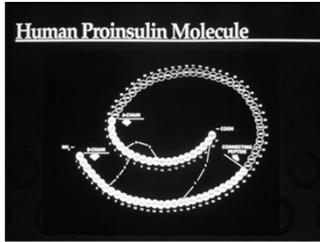


Diabetes Education SERVICES

Insulin – the Ultimate Hormone Replacement Therapy

Objectives:

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



Diabetes Education SERVICES

Insulin Finally Available - 1922



Diabetes Education SERVICES

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



Diabetes Education SERVICES

Needle Size often a Barrier Size *Does* Matter

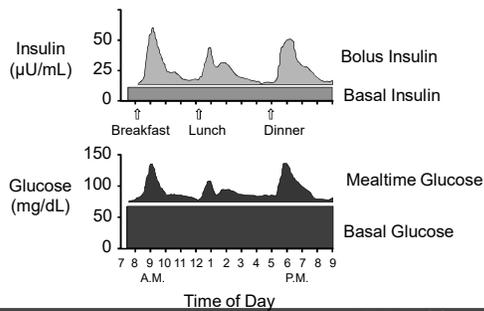


- ▶ Use more short needles – 4 mm
- ▶ Effective for pts with BMI of 24- 49
- ▶ Keeps it subq
- ▶ If pt thin, inject at angle
- ▶ To avoid leakage, count to 10 before withdrawing needle
- ▶ ½ the patients who could benefit from insulin are not using it due to needle phobias



Diabetes Education SERVICES

Physiologic Insulin Secretion: 24-Hour Profile



Diabetes Education SERVICES

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)



Diabetes Education SERVICES

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



© Copyright 1999-2014, Diabetes Educational Services. All Rights Reserved.

Diabetes Education SERVICES

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



Diabetes Education SERVICES

Afrezza – Inhaled Insulin – Approved 2015 – Type 1 or 2

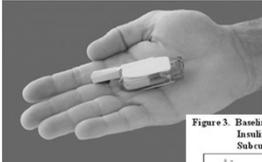
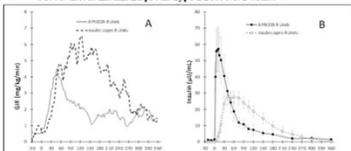


Figure 3. Baseline-Corrected Glucose Infusion Rate (A) and Baseline-Corrected Serum Insulin Concentrations (B) after Administration of AFREZZA or Subcutaneous Insulin Lispro in Type 1 Diabetes Patients*



* Despite the faster absorption of insulin (PK) from Afrezza, the onset of activity (PD) was comparable to insulin lispro.

Only studied in adults over 18
Not indicated for pregnancy, while breastfeeding

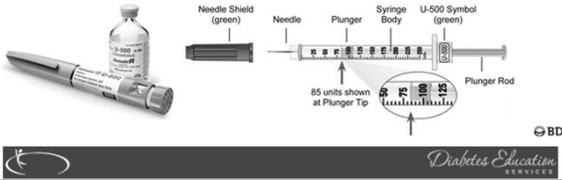


Diabetes Education SERVICES

Consider U-500 High Potency Insulin

5 x's the concentration of u100

- ▶ 500 units per mL vs 100 units per mL
- ▶ 20 mL a vial. 500 units per mL= 10,000 unit:
- ▶ Costs ~ \$400-\$1,200 per vial
- ▶ Less volume



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



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 – 80 - 130



Pattern Management –AKA

How to
think
like a
pancreas



Diabetes Education
SERVICES

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)



Diabetes Education
SERVICES

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



Diabetes Education
SERVICES

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



Diabetes Education SERVICES

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

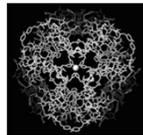
Fasting BG reflects efficacy of basal



Diabetes Education SERVICES

Glargine (Basaglar) – Eli Lilly

- ▶ Can't use the term generics for large molecule biologicals because they are manufactured in living organisms (bacteria and yeast)
- ▶ Each batch may be slightly different
- ▶ Correct term is "biosimilar"
- ▶ Currently - Pharmacist to contact Provider before switching to biosimilar
 - ▶ Future – may be same as generics
- ▶ FDA working on standardized insulin naming system



Diabetes Education SERVICES

Degludec

▶ 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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

Basal + Metformin

Type 2, 80kg – A1c 8.7%

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



Diabetes Education SERVICES

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



**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



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



What Medications Cause Hypoglycemia?

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

Hypoglycemic Symptoms

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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)



Diabetes Education SERVICES



Basal Bolus – What Adjustments?
Pt weighs 80kg

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

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

**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



Diabetes Education SERVICES

**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 60kg x 0.5 = 30 units of insulin/day
- ▶ Basal dose: 15 units
 - Glargine 15 QD or
 - NPH/Detemir 7u BID
- ▶ Bolus dose: 15 units
 - ▶ 5 NovoLog, Apidra, Humalog, Reg each meal



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

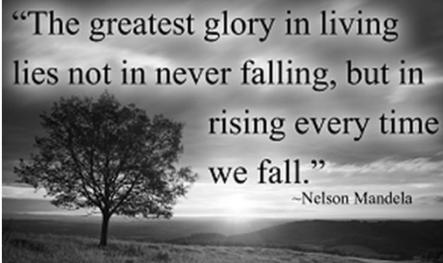
Sharps Disposal: Product and Info

- ▶ 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/>



Diabetes Education SERVICES

Diabetes Vacations



Diabetes Education SERVICES

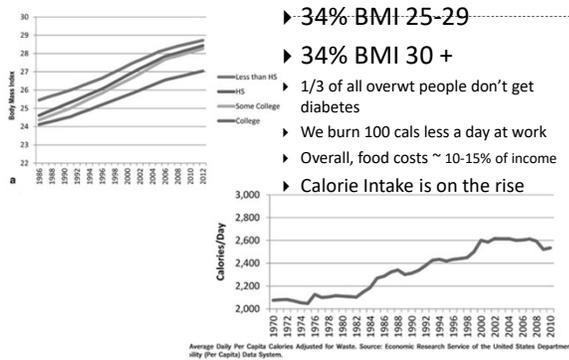
DiaBingo - N

- 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.



Diabetes Education
SERVICES

U.S. Weight - 68% overweight or obese



Diabetes Education
SERVICES

Average American Consumes 25 teaspoons of sugar a day (400 cals)

- ▶ Warning label on sodas proposed
- ▶ One soda has 12 teaspoons sugar
- ▶ ADA guidelines "limit sodas and beverages with sugar, High Fructose Corn Syrup, (HFCS)
- ▶ Goal- 6 teaspoons a day



Diabetes Education
SERVICES

In the Beginning

- ▶ Earth
- ▶ Man
- ▶ Spirit



Diabetes Education
SERVICES

Bacterial Cells Outnumber Human Cells 10 to 1



- 10 trillion human cells
- Host 100 trillion bacterial and fungal cells



Diabetes Education
SERVICES

Poll Question 1

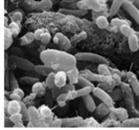
- ▶ How much does your gut bacteria weigh?
 - A. 24 ounces
 - B. 3 pounds
 - C. Less than 1 pound
 - D. 1.5 pounds
 - E. Not sure



Diabetes Education
SERVICES

3 lbs of Microbes in our Gut

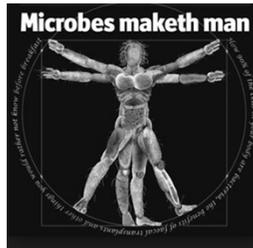
- ▶ This community of bacteria can be thought of as an extra 'organ' "microbiome".
- ▶ We have evolved together with our microbiome over millions of years.
- ▶ Ratios of these communities has changed over the past 30 years
- ▶ Mirrors global spikes in obesity, diabetes, allergic and inflammatory diseases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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

C-Section – Consider Gauze in Vagina

<p>Eat a healthy, balanced diet during pregnancy.</p>	<p>If possible, avoid a C-section delivery.</p>
<p>Avoid unnecessary antibiotics.</p>	<p>If you need a C-section, try the "gauze-in-the-vagina technique."</p>
<p>Breast-feed baby for the first 12 months.</p>	

▶ early research by Dr. Maria Gloria Dominguez-Bello, an associate professor in the Human Microbiome Program at the NYU School of Medicine. She is testing a fast and easy work-around called the "**gauze-in-the-vagina technique.**"



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

Approach Depends on Patient

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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.

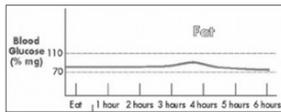
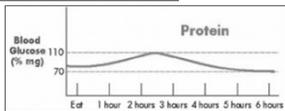
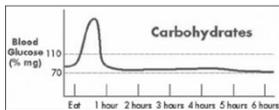
Weight (lb)	Fat Goal (grams)	Calorie Goal
120-174	33	1,200
175-219	42	1,500
220-249	50	1,800
>250	55	2,000

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



Diabetes Education SERVICES

How nutrients affect blood sugar



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

Another plate example

Mi planificador de plato
Una comida saludable sabe buenísima

El Mensaje del Plato es una manera simple de planificar las comidas para usted y su familia. No necesita contar nada ni hacer largas listas de alimentos. Todo lo que necesita es un plato de 9 pulgadas.

1/4 de proteína, 1/4 de almidón, 1/2 de vegetales. Plato de 9 pulgadas

Diabetes Education SERVICES

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
Avg BG 120's	Avg BG 200's	Avg BG 200's	Avg BG 180's



Diabetes Education SERVICES

Using Alcohol Safely

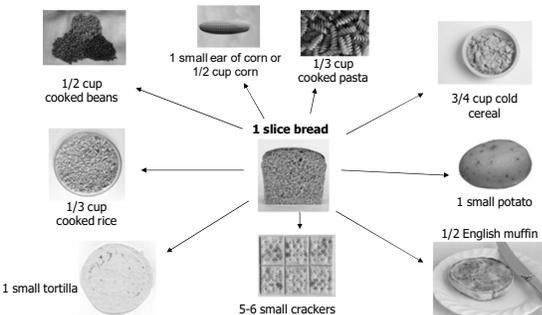
- ▶ Women- 1 or fewer alcoholic drinks a day
- ▶ Men 2 or fewer alcoholic drinks a day
 - ▶ 1 alcoholic drink equals
 - ▶ 12 oz beer, 5 oz glass of wine, or 1.5 oz distilled spirits (vodka, gin etc)
- ▶ If drink, limit amount and drink w/ food.
- ▶ Ask HCP if safe for you to drink. Tell them your usual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



Diabetes Education SERVICES

Carb Counting - Starch

Each Food has:
80 Calories
15 grams carb



Diabetes Education SERVICES

Carb counting- fruit

Each Food has:
60 Calories
15 grams carb

1 slice bread

- 1 small fresh fruit
- 1/2 cup fruit juice
- 1/2 banana
- 1/2 cup unsweetened apple sauce
- 17 small grapes
- 1 cup melon
- 1/4 cup dried fruit
- 2 tsp raisins
- 1 1/4 cup strawberries

Diabetes Education SERVICES

Carb Counting - Milk

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

1 slice bread

- 8 oz buttermilk
- 1 packet diet hot cocoa
- 6 oz plain yogurt
- 8 oz milk
- 8 oz soy milk
- 6 oz light fruit yogurt

Diabetes Education SERVICES

Carb Counting - Sweets

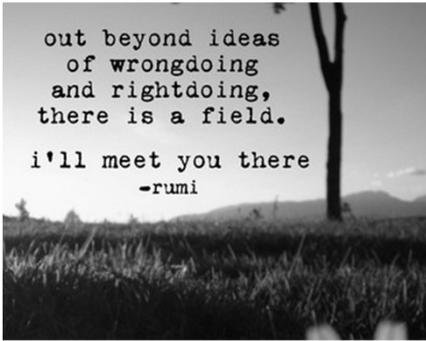
Each Food has:
Calories vary
15 grams carb

1 slice bread

- 2 inch square cake or brownie, unfrosted
- 1/2 cup diet pudding
- 1/2 cup regular jello
- 2 tsp light syrup
- 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

Diabetes Education SERVICES

Give the gift of Non-Judgment



Diabetes Education SERVICES

Thank You



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



Diabetes Education SERVICES
