



**Welcome to
Diabetes in the 21st Century**

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

© Copyright 1999-2015, Diabetes Education Services, All Rights Reserved. 

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

Foundations of Care

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



Diabetes in America 2015

- ▶ 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>



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

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



Diabetes Education SERVICES

Global Epidemic

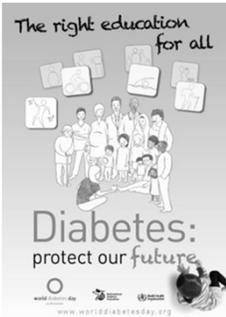
- ▶ Every 10 seconds
 - ▶ 1 person dies with diabetes
 - ▶ 2 people develop diabetes
- ▶ Every year
 - ▶ 3 million deaths
 - ▶ 6 million new cases
- ▶ World Diabetes Day is November 14
- ▶ March is ADA Sound the Alert Day “find people w/ undetected diabetes”



Diabetes Education SERVICES

World Diabetes Day

November 14

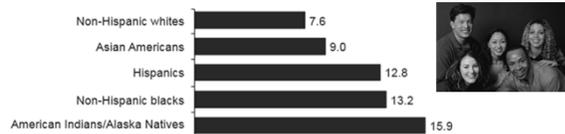


Diabetes Education SERVICES

Age-adjusted Diabetes Prevalence

20 yrs or older, by race/ethnicity— U.S. 20014

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



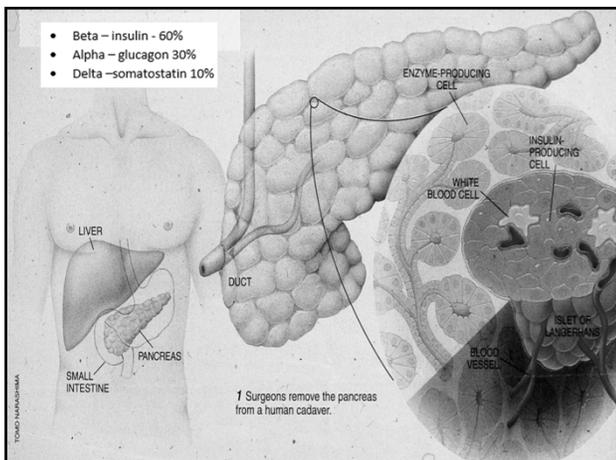
Diabetes Education
SERVICES

Free Live Webinars and Live Seminars at DiabetesEd.net

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



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



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



Hormones Effect on Glucose

<u>Hormone</u>	<u>Effect</u>
▶ 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)	⬇



GLP-1 Effects in Humans

Understanding the Natural Role of Incretins

GLP-1 secreted upon the ingestion of food

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;150:413-422
Adapted from Nauock MA, et al. Diabetologia. 1996;39:1546-1553
Adapted from Dujovne DJ. Diabetes. 1998;47:188-189

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

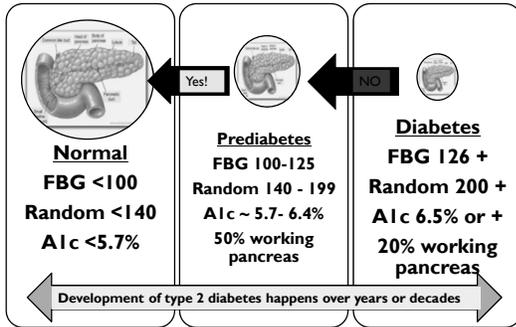
Diabetes Education SERVICES

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. Pt profile: 5'6", 108 lb female

On insulin 3u Novolog before meals,
10u Lantus 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

Type 1 Diabetes Associated with other immune conditions

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



Diabetes Education SERVICES

What Does Type 1 Look Like?



Mary Tyler Moore



Justice Sonia Sotomayor



Nick Jonas



Bret Michaels

From Debbie Nagata's slide collection



Type 1 Summary

- ▶ Autoimmune
- ▶ Complete pancreatic destruction
- ▶ Need insulin shots
- ▶ Often first present in DKA



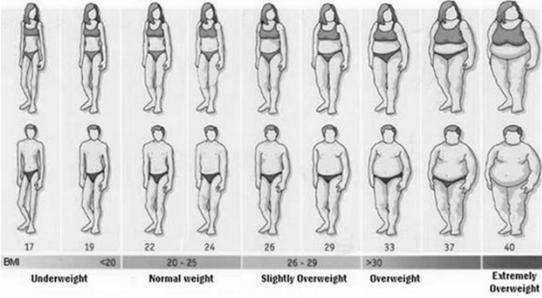

Type 1 in Hospital

- ▶ 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?




BMI Categories



Diabetes Education SERVICES

Diabetes 2 - Who is at Risk?

(ADA Clinical Practice Guidelines)

1. Testing should be considered in all adults who are overweight (BMI ≥ 25) and have additional **risk factors**:

- ▶ 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 (GDM)
- ▶ Polycystic ovary syndrome (PCOS)
- ▶ Other conditions assoc w/ insulin resistance:
 - ▶ Severe obesity, acanthosis nigricans (AN)



Diabetes Education SERVICES

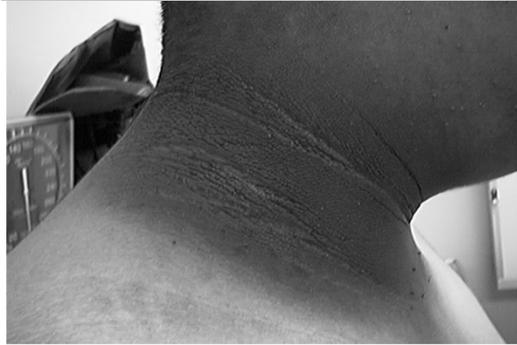
Acanthosis Nigricans (AN)

- ▶ 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



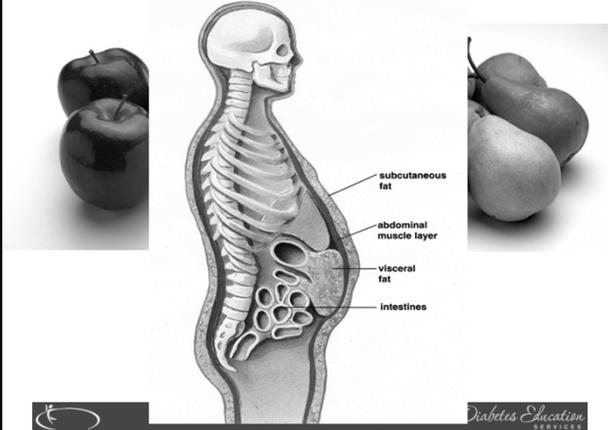
Diabetes Education SERVICES

Acanthosis Nigricans



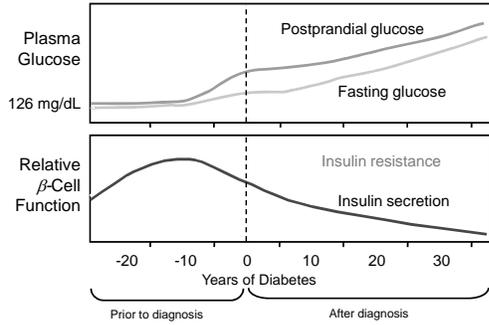
Diabetes Education SERVICES

Visceral Fat and Subcutaneous Fat



Diabetes Education SERVICES

Natural Progression of Type 2 Diabetes



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

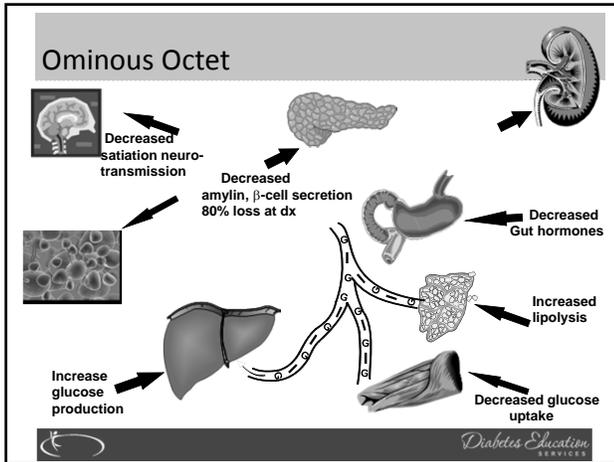
Diabetes Detectives Needed



- ▶ 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- "Glucoretics"

Decreases Glucose Reabsorption

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

SGLT2 Inhibitors		
• Decrease glucose reabsorption in kidneys	Canagliflozin (Invokana)	100-300 mg once daily
• "glucoretic."	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

Diabetes Education SERVICES

Comparison of Type 1 and Type 2

	<u>Type 1</u>	<u>Type 2</u>
Obesity	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

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

Metformin – 1st 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
 - ▶ Not indicated if creat > 1.4-1.5 or GFR < 60 (cleared by kidney)



© Copyright 1999-2015, Diabetes Educational Services, All Rights Reserved.

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

Diabetes Bingo - "DiaBingo"
Shout out Right Answer



Diabetes Education SERVICES

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 lost
- B 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, Focus on Survival Skills



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 a 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 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

How will it 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

Spiritual Care



Diabetes Education
SERVICES

"The highest form of wisdom is kindness."

The Talmud

How many times has a person arrived disheartened?



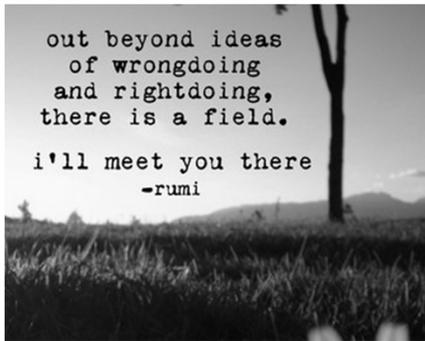
This moment of discouragement and despair provides us an opportunity.

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



Diabetes Education
SERVICES

Give the gift of Non-Judgment



Diabetes Education
SERVICES

**"Getting diabetes saved my life."
~ Sherri Sheperd**

**PLAN
D**
How to
**LOSE WEIGHT
AND REAT
DIABETES
(EVEN IF YOU DON'T HAVE IT)**
**SHERRI
SHEPHERD**
WITH BILLIE FITZPATRICK
READ BY THE AUTHOR



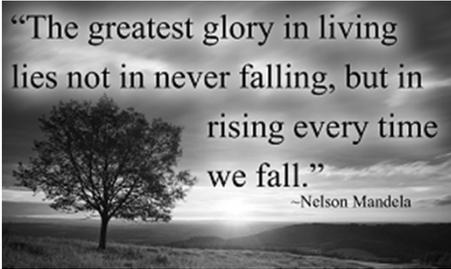
**Sherri Shepard
decided to embrace
diabetes and use it as
a motivator to improve
her health.**



Diabetes Education
SERVICES

Diabetes Vacations

**"The greatest glory in living
lies not in never falling, but in
rising every time
we fall."
~Nelson Mandela**



Diabetes Education
SERVICES

80 /20 Rule – Perfect Not Required

► Words of wisdom from my diabetes educator:
"You don't have to be perfect, Mom!"

Certified diabetes
educator (and
daughter):
Beverly Thomason,
RN, MPH, CDE, BC-
ADM, president of
Diabetes Education
Services, Chico, CA



Patient
(and mom):
Betty Dyck, 73
Resident:
Chico, CA



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

- ▶ **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?



- 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

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

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

89% risk reduction when all at goal.

35% rel risk reduction for each additional



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)



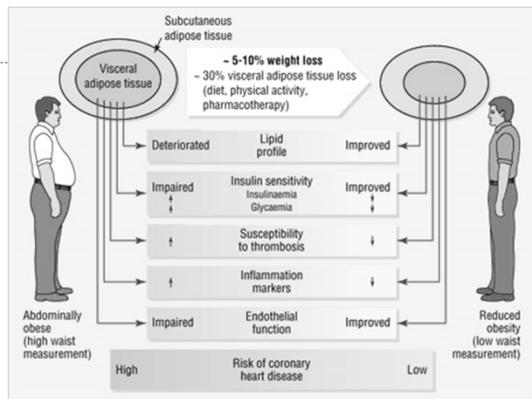
Diabetes Education SERVICES

Weight loss and Prevention

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



Diabetes Education SERVICES



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

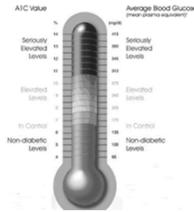


Diabetes Education
SERVICES

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

“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

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**



Diabetes Education SERVICES

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.**



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

Vaccinations- Immunizations

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



Diabetes Education SERVICES

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.



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

Mr. Jones - What are Your Recommendations?

Patient Profile

71 yr old with type 2 for 11 yrs. Hx of CVD. Takes glyburide 10mg BID.

Labs:

- ▶ A1c 8.6%
- ▶ HDL 37 mg/dl
- ▶ Triglyceride 260mg/dl
- ▶ Proteinuria - neg
- ▶ B/P 152/94

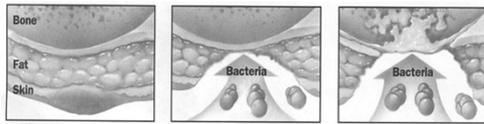
Self-Care Skills

- ▶ Walks dog around block 3 x's a week
- ▶ Bowls every Friday
- ▶ 3 beers daily
- ▶ *What meds?*
- ▶ *Tells you I get shaky a lot.*
- ▶ *My foot hurts*



Diabetes Education SERVICES

Foot Wounds



Blisters
Calluses

Ulcers

Bone infection



Diabetes Education SERVICES

Mr. Jones is admitted to Hospital

- ▶ How would we manage his BG in hospital?
- ▶ What are our teaching priorities?



Diabetes Education SERVICES

Hospitals and Hyperglycemia – What’s the Big Deal?

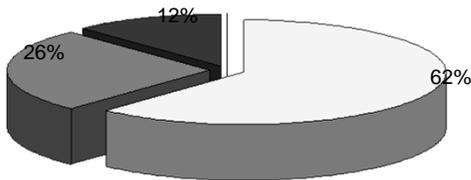
- ▶ Hyperglycemia is associated with increased morbidity and mortality in hospital settings.
- ▶ Acute Myocardial Infarction
- ▶ Stroke
- ▶ Cardiac Surgery
- ▶ Infection
- ▶ Longer lengths of stay



Diabetes Education SERVICES

Hyperglycemia*: A Common Comorbidity in Medical-Surgical Patients in a Community Hospital

Umperiez G et al. J Clin Endocrinol Metabol 87:978, 2002



Normoglycemia
 Known Diabetes
 New Hyperglycemia

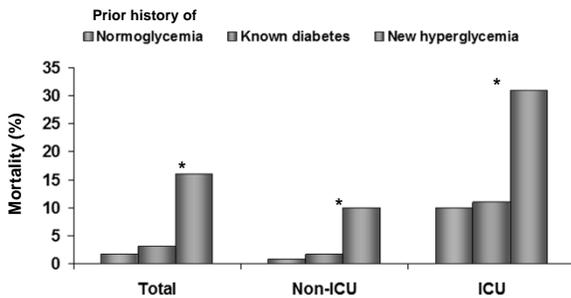
n = 2,020

* Hyperglycemia: Fasting BG \geq 126 mg/dl or Random BG \geq 200 mg/dl X 2



Diabetes Education SERVICES

Effect of Hyperglycemia on Hospital Mortality



*P<.01 compared with normoglycemia and known diabetes.
Umperiez GE et al. J Clin Endocrinol Metab. 2002;87:978-982.



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

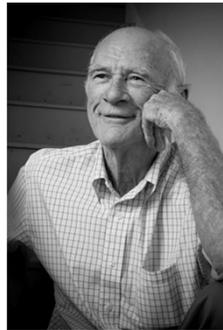
• Insulin therapy preferred treatment

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



Diabetes Education SERVICES

Mr. Jones Clinical Picture How Much Insulin Needed?



- ▶ Creatinine 1.6
- ▶ 71 years old
- ▶ Not very hungry
- ▶ BMI 24
- ▶ Weighs 80kg
- ▶ Glyburide 10mg BID at home
- ▶ A1c 8.6%



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

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



Diabetes Education SERVICES

Now What?

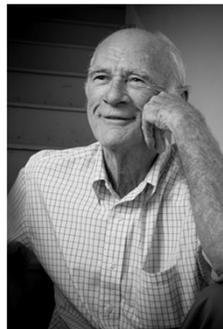
- ▶ Nurse had an emergency and pt already ate lunch?



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

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

Mr. Jones Clinical Picture – What discharge plan?



- ▶ Creatinine 1.6
- ▶ 71 years old
- ▶ Not very hungry
- ▶ BMI 24
- ▶ Lives alone
- ▶ Non weight bearing R foot
- ▶ A1c 7.6%



Diabetes Education SERVICES

Discharge Teaching

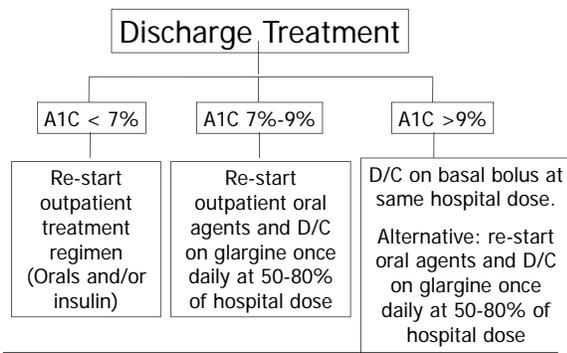


- ▶ What diabetes management plan?
- ▶ What supplies will he need?
- ▶ What top 5 things do we need to teach him?
- ▶ What referrals?



Diabetes Education SERVICES

Discharge insulin Algorithm



Clinical Guidelines for the Management of Hyperglycemia in Hospitalized Patients in a Non-Critical Care Setting

Diabetes Education SERVICES

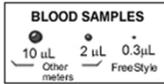
Mr Jones – Teaching Priorities

- ▶ Foot Care
- ▶ How to use meter
- ▶ Insulin Injections
- ▶ Signs of Hypo/Hyper
- ▶ When and who to call for help
- ▶ Follow-up Care



Diabetes Education SERVICES

New Meters – a little goes a long way



- 0.3 microliters of blood
- minimal pain



Customer Service (toll-free): Look for 800 number



Diabetes Education SERVICES

Insulin Pens

▶ Instructions

- ▶ Prime needle to assure accurate insulin dose given
- ▶ Hold needle in for 5 seconds after injection
- ▶ Roll 70/30 pens
- ▶ Replace large needle cap (white),
 - Unscrew and remove needle after injection. Do not leave needle on pen



Remember that inpatient safety pen needles are different than home pen needles.



Diabetes Education SERVICES

When to Call Provider?*

- ▶ Blood glucose <70
- ▶ Blood glucose > 250 twice in a day (adults)
- ▶ Blood glucose >240 x 3
- ▶ *When sick with fever



**Individualize based on pt/provider*



Diabetes Education SERVICES

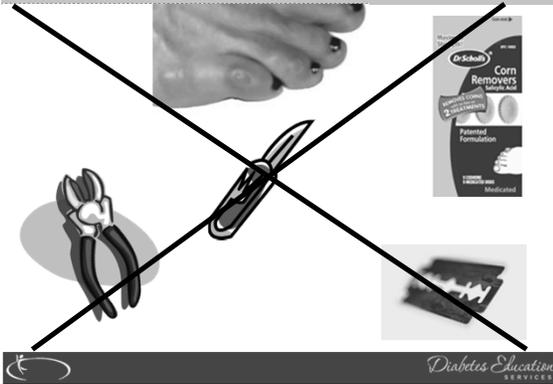
Foot Care

Lift the sheets
and look at the
Feets!



Diabetes Education
SERVICES

No Bathroom Surgery



Diabetes Education
SERVICES

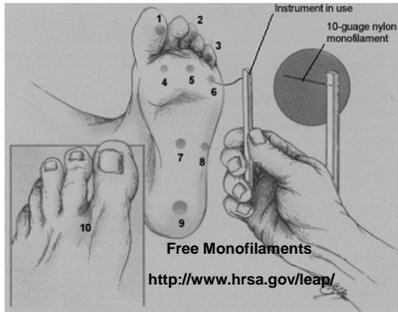
A Quick Foot Assessment

- ▶ Ask - What do you do to take care of your feet?
- ▶ Look - texture, toenails, structural deformities, lesions, corns
- ▶ Assess sensation
- ▶ Assess risk factors
- ▶ Teach, teach, teach



Diabetes Education
SERVICES

5.07 monofilament = 10gms linear pressure
If pt can't feel pressure = neuropathy



Diabetes Education SERVICES

3 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

Insulin Therapy From Ants to Analogs:

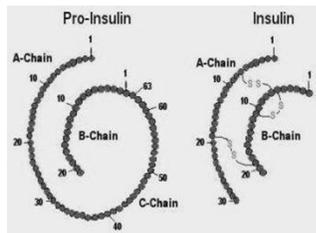


Diabetes Education
SERVICES

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

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 it, use more insulin pens

Diabetes Attitudes, Wishes, Needs Study - Rubin



Diabetes Education
SERVICES

Needle Size often a Barrier Size *Does* Matter

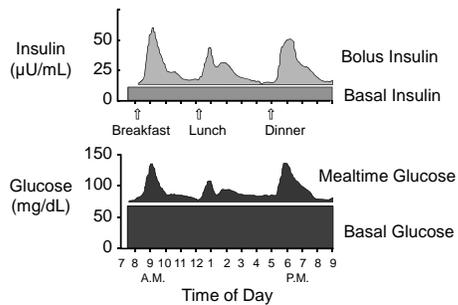


- ▶ Use more short needles – 4 mm
- ▶ Effective for pts with BMI of 24- 49
- ▶ Keeps it subq
- ▶ If pt thin, inject at angle
- ▶ To avoid leakage, count to 10 before withdrawing needle
- ▶ ½ the patients who could benefit from insulin are not using it due to needle phobias
- ▶ Consider inhaled insulin



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
 - ▶ Short Acting
 - ▶ Regular
 - ▶ Afrezza - Inhaled
- ▶ Basal: controls glucose between meals, hs
 - ▶ Intermediate
 - ▶ NPH
 - ▶ Long Acting
 - ▶ Detemir (Levemir)
 - ▶ Glargine (Lantus)



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

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



Diabetes Education SERVICES

Afrezza – Inhaled Insulin – Approved 2014

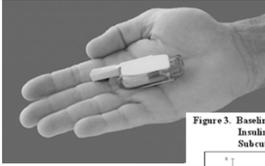
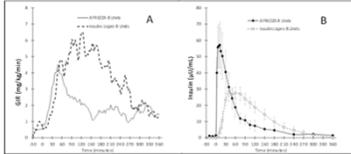


Figure 3. Baseline-Corrected Glucose Infusion Rate (A) and Baseline-Corrected Serum Insulin Concentrations (B) after Administration of AFREZZA or Subcutaneous Insulin Lispro in Type 1 Diabetes Patients*



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

For adults over 18
Not indicated for pregnancy, while breastfeeding



Diabetes Education SERVICES

Afrezza Dosing and Considerations

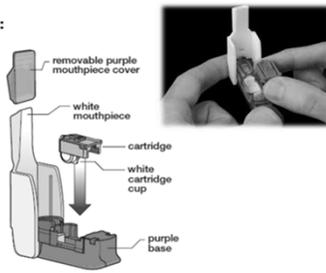
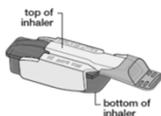
- ▶ Bolus regular insulin – inhaled before meals
- ▶ Dosing: 4 and 8 unit cartridges
 - ▶ Convert with 1:1 ratio to existing insulin dose
- ▶ Lung function test before start (incentive spiro)
 - ▶ Not for pts w/ chronic lung issues
 - ▶ Asthma, COPD, history of lung cancer, smokers
 - ▶ Can cause acute bronchospasm
- ▶ Side effects:
 - ▶ Hypoglycemia, sore throat, cough



Diabetes Education SERVICES

Afrezza Inhaler

Know your AFREZZA® inhaler:



Replace inhaler every 15 days

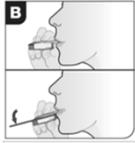


Diabetes Education SERVICES

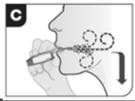
Afrezza – Proper Inhale Technique



- ▶ Exhale
- ▶ Position inhaler in mouth (take off cover)



- ▶ Tilt inhaler down toward chin, keep head level
- ▶ Inhale deeply and hold breath for as long as comfortable



- ▶ Remove cartridge
- ▶ Replace cover



Diabetes Education SERVICES

Bolus Insulin Summary

- ▶ Regular, Novolog, Humalog, Apidra, Afrezza
- ▶ 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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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)



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) peakless 20 hrs

▶ Glargine (Lantus) No peak 24 hrs

Fasting BG reflects efficacy of basal



Diabetes Education SERVICES

Basal Insulin Summary

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



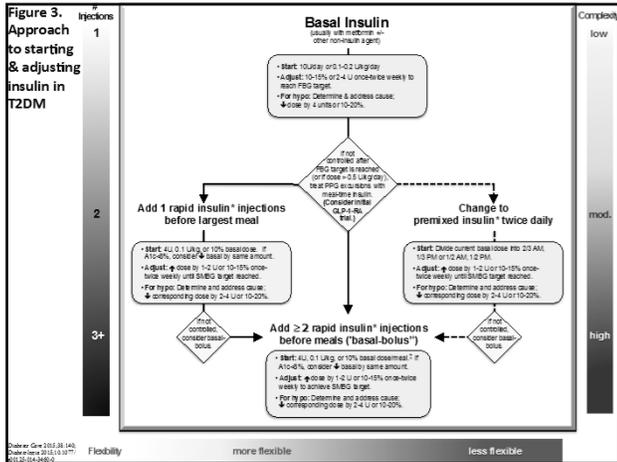
Diabetes Education SERVICES

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

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



Diabetes Education SERVICES



Next Steps

- At max basal dose
 - 80 x 0.5 = 40 units
- Don't add sulfonylurea to insulin (increases mortality)
- Consider Adding a SGLT-2 Inhibitor
- Consider a GLP-1 Agonist
- Start bolus insulin at largest meal
- Or switch to 70/30 Insulin



Diabetes Education SERVICES

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



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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

Type 2 – Amaryl 4mg 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



Diabetes Education SERVICES

What Medications Cause Hypoglycemia?

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



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



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

▶ 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



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 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

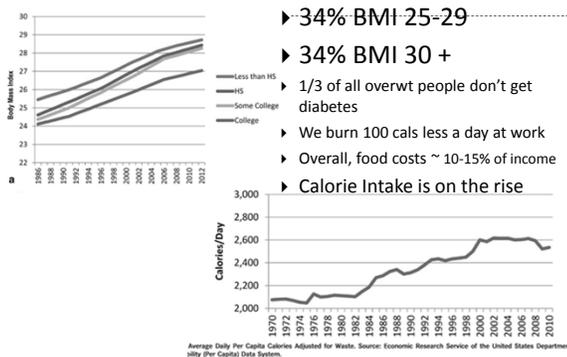
DiaBingo - I

- I Inhaled insulin
- 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



Diabetes Education SERVICES

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



Diabetes Education SERVICES

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

- ▶ Warning label on sodas proposed
- ▶ One soda has 12 teaspoons of sugar
- ▶ On avg, 1 person consumes 40 gallons of soda each year
- ▶ ADA guidelines "limit sodas and beverages with sugar, High Fructose Corn Syrup, (HFCS)



Diabetes Education SERVICES

Medical Nutrition Therapy – ADA 2014 Updates

- No ideal percentage of calories from protein, carbohydrate and fat for people with diabetes.
- Macronutrient distribution should be based on an *individualized assessment* of eating patterns, preferences and metabolic goals.



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

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%



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”. Creat 1.4.
- ▶ Limited income.
- ▶ Good insurance



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

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.

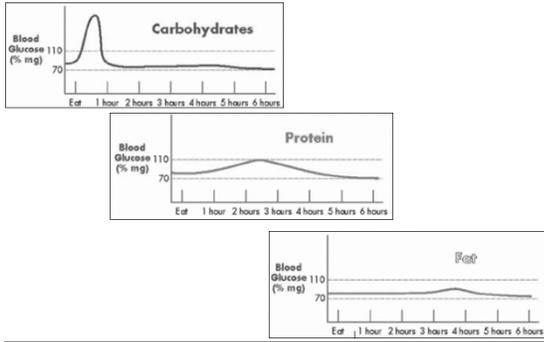
Weight (lb)	Fat Goal (grams)	Calorie Goal
120-174	33	1,200
175-219	42	1,500
220-249	50	1,800
>250	55	2,000

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



Diabetes Education SERVICES

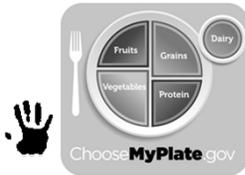
How nutrients affect blood sugar



Diabetes Education SERVICES

Teaching About Eating Healthy

- Major food groups
 - "Handy Diet"
 - Plate Method
 - Exchange Lists
 - Food Diaries / Glucose Records
 - Carbohydrate Counting
- Assess what is best for the situation.



Diabetes Education SERVICES

Move toward the Tomato



Diabetes Education SERVICES

ADA recommendation Eat Less Junk Food & Sugary Drinks –

- ▶ Less Processed Foods
- ▶ Less Sugary Beverages
 - ▶ increase visceral adiposity
 - ▶ With sugar or
 - ▶ High fructose corn syrup



- ▶ Soda Tax?
- ▶ Junk Food Tax?
- ▶ 12 teaspoons sugar in one soda



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

USDA Plate Method www.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.



Diabetes Education SERVICES

Carbs affect Post meal Blood Glucose

- o Starch
- o Fruit
- o Milk
- o Desserts

Starchy foods



*ADAM



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

Carbohydrate Needs for Most Adults

	<u>Grams</u>	<u>Servings</u>
Each Meal	45-60 gm	3 - 4
Snacks	15-30 gm	1- 2



Carbs affect Post Meal Blood Glucose



Diabetes Education SERVICES

Handy Meal Plan

▶ Per Meal Serving

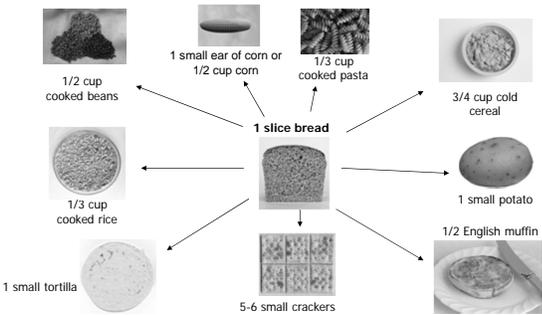
- ▶ Each finger = 15 gms carb (can have 3-4 servings/meal)
- ▶ Palm of hand = 3 oz's protein
- ▶ Thumbnail = 1 tsp fat serving



Diabetes Education SERVICES

Carb Counting - Starch

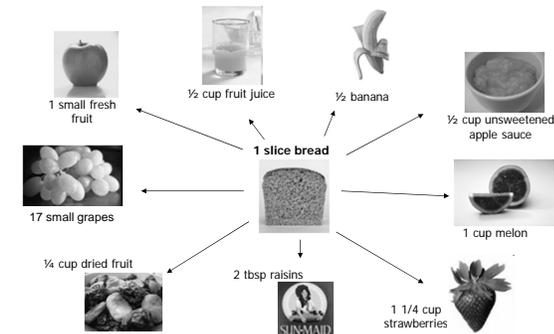
Each Food has:
80 Calories
15 grams carb



Diabetes Education SERVICES

Carb counting- fruit

Each Food has:
60 Calories
15 grams carb



Diabetes Education SERVICES

Carb Counting - Milk

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

1 slice bread

- 1 packet diet hot cocoa
- 8 oz buttermilk
- 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

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 (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

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

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

Thank You



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



Diabetes Education SERVICES
