

Welcome Everyone



- Sign-In, Pick Up Syllabus
- Enjoy Breakfast
- Meet someone new
- Enter Raffle
- Pick a team name
- Please turn off cell phones and pagers
- We start promptly at 8:00am
- ▶ Welcome!




Quick Question

▶ What best describes the prevalence of diabetes in the U.S.?

- a. 30% of people above the age of 20 have type 2 diabetes.
- b. The prevalence of type 1 and type 2 diabetes are almost equal.
- c. 1 out 3 persons has type 2 diabetes.
- d. About 10% of Americans have diabetes.





Quick Question

▶ Which of the following level is considered pre-diabetes range:

- a. A1c of 6.2 percent
- b. Fasting BG of 62
- c. A1c of 7.1 %
- d. After meal BG of 127





Quick Question

What factors would make you suspect type 1 diabetes?

- a. Pt has a history of celiac disease
- b. Pt presents with low HDL cholesterol
- c. Friend tells you she has been eating "tons of sweets"
- d. Pt is slightly overweight



Diabetes Education SERVICES

Quick Question

▶ Which of the following BEST describes insulin resistance?

- a. Lack of sufficient insulin receptors on fat and muscle cells.
- b. Visceral adipose tissue.
- c. A physiological condition where insulin becomes less effective at lowering blood glucose levels.
- d. Excessive triglyceride levels



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Quick Question

▶ What best describes gestational diabetes?

- a. Diabetes discovered within the first 12 weeks of pregnancy.
- b. Diabetes discovered in the 24-28 week of pregnancy.
- c. Risk of getting diabetes before pregnancy.
- d. Diabetes discovered at any point during pregnancy.



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Quick Question

- ▶ What is the preferred approach when providing diabetes education with patients?
 - a. Provide patient centered self-management support
 - b. Instruct all patients to meet national standards
 - c. Highlight risk of complications when goals aren't met
 - d. Remind them that insulin treatment can be beneficial.



Diabetes Education SERVICES

Quick Question

- ▶ According to the American Association of Clinical Endo (AACE), what is the A1c goal?
 - a. A1c < 6.5% for all patients
 - b. Pre meal blood glucose less than 110
 - c. A1c < 7%
 - d. A1c ≤ 6.5% for healthy patients



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Quick Question

- ▶ Which study demonstrated that keeping A1c less than 7% reduces complications for Type 1?
 - a. Diabetes Prevention Trial
 - b. Diabetes Control and Complications Trial
 - c. United Kingdom Prospective Diabetes Study
 - d. YOUTH Trial



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Quick Question

- ▶ Which of the following are considered modifiable cardiovascular risk factors?
 - a. Family history, obesity
 - b. Smoking, obesity
 - c. Hypertension, ethnicity
 - d. BMI and age



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Quick Question

- ▶ 78 year old man (previous slide), A1c 8.1, LDL 98, smokes ppd. Based on ADA guidelines, what med is missing?
 - a. Sulfonylurea
 - b. Vitamin D
 - c. SGLT2 Inhibitor
 - d. Statin



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Quick question

- ▶ When starting patients on medications, what is the most important factor to consider?
 - a. Their level of compliance
 - b. Their diabetes pathology
 - c. Their education level
 - d. Their preferences, needs and values



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Quick Question

▶ John is started on Metformin 500mg BID. What of the following is true?

- a. Hold metformin if your blood glucose is below 90 mg/dl.
- b. If you forget to take metformin before the meal, hold the dose.
- c. Take metformin with meals.
- d. Always hold metformin if you are sick.



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Quick Question

▶ Which of the following is true about sulfonylureas?

- a. Most patients experience some weight loss.
- b. 50% of patients have no improvement in BG levels.
- c. Do not take with grapefruit juice.
- d. Be aware of signs of hypoglycemia.



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Quick Question

▶ When goal is to avoid hypoglycemia, which medication class would you recommend?

- a. Meglitinides
- b. DPP-IV Inhibitors
- c. Sulfonylureas
- d. Analog insulins



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Quick Question

▶ If the goal is to limit weight gain, which of the following medication class would be the best choice?

- A. sulfonylureas
- B. thiazolidinediones
- C. meglitinides
- D. GLP-1 Agonists



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Quick Question

▶ Alice injects exenatide XR (Bydureon) once a week. Which of the following should she report immediately?

- a. Bump at the injection site
- b. Nausea
- c. Weight loss
- d. Sudden abdominal pain



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Want More Practice on Medications? Approaches to Glycemic Management

- ▶ Join our Meds Management for Type 2 (Part 2)
 - ▶ in Level 2 Series
- ▶ Join Insulin Pattern Management Gone Crazy (Part 2)
 - ▶ in Level 2 Series



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Thank You



- ▶ Do something fun tonight – you earned it!
- ▶ Come early tomorrow- enjoy breakfast
- ▶ Visit product reps
- ▶ Thank you!



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