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### The Number of American with Diabetes Prevalence to Double or Triple by 2050

The Centers for Disease Control has released a press brief citing a new analysis that makes some grim predictions regarding the prevalence of diabetes over the next 40 years in the United States. Currently, 1 in 10 U.S. adults has diabetes and if the trend in rising prevalence continues, the CDC estimates 1 in 3 adults could have diabetes by 2050.

The analysis posits the reasons for the upward trend as being an aging population that is more likely to develop type 2 diabetes, increases in minority groups that are at high risk for type 2 diabetes, and people with diabetes living longer. Earlier analyses failed to account for these variables. The report estimates that by 2050 somewhere between 1 in 3 and 1 in 5 Americans will have diabetes. The variability in the estimate is based on varying assumptions dealing with how many people will develop the disease and how long they will live after developing the disease. This projection assumes that recent increases in new cases of diabetes will continue and people with diabetes will live longer which would contribute to the disease prevalence numbers. The projections reflect what the disease prevalence rates are expected to do internationally as well. The International Diabetes Federation estimates the prevalence of the disease is at 285 million people currently and they expect the number to reach 438 million by 2030.

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These estimates are striking and demand action in addressing prevention for type 2 diabetes. Ann Albright, PhD, RD, director of CDC's Division of Diabetes Translation said this, "These are alarming numbers that show how critical it is to change the course of type 2 diabetes." She advocated for the proliferation of programs to improve lifestyle choices on healthy eating and physical activity. The report points out that effective prevention programs directed at groups with high risk of type 2 diabetes can significantly reduce future increases in diabetes rates but will not eliminate them.

**(Continued on next page)**

## CDC Diabetes Press Release (Cont.)

### Recommendations

The CDC is working on multiple initiatives to reduce type 2 diabetes such as the National Diabetes Prevention Program. It is designed to bring evidenced-based programs focusing on prevention to communities. It helps by establishing a network of lifestyle intervention programs for overweight or obese people at high risk of developing type 2 diabetes. The interventions emphasize dietary changes, coping skills and group support to help participants lose 5 percent to 7 percent of their body weight and at least 150 of exercise a week. They have 28 sites across the U.S. and our planning on adding additional sites. Health care providers looking for diabetes tools and patient education materials can go to the National Diabetes Education Website ([www.ndep.nih.gov](http://www.ndep.nih.gov)) and click on 'Health Care Providers'.

For a full copy of the report, please click [HERE](#)

## Provider and Patient Resources

### New Consensus Statement on Continuous Glucose Monitoring (CGM)

The American Association of Clinical Endocrinologists (AACE) recently published a consensus statement outlining patient selection criteria for the use of CGM as well as recommendations for research, technology and product development. CGM is recommended for type 1 diabetes patients who:

- Are frequently hypoglycemic
- Have A1c levels over target
- Have large variability in glycemic levels
- Require HbA1c lowering without increasing the risk of hypoglycemia
- Are pregnant or planning to become pregnant

For the full list of recommendations and to read the statement in its entirety, [click HERE](#).



### Big Blue Test

November 14 is World Diabetes Day. On that day, at 14:00 hours (local time), thousands of people with diabetes will test their blood sugar, do 14 minutes of exercise, test again and share their results on TuDiabetes or on Twitter.

The event is called **The Big Blue Test** because blue is the color associated with World Diabetes Day. It is based on a test-in activity that took place July 14, where more than a thousand people with diabetes tested their blood sugar at the same time and shared their results online. This time, the activity incorporates 14 minutes of physical activity to reinforce the importance of exercise.

Click on the image to take part in the Big Blue Test.



## Provider/Patient Resources (Cont.)

### Electronic Medical Records Make the Difference in Amputation

Adding something as simple as an online wound designation (OW) to an electronic medical record (EMR) means the difference between limb salvage and amputation. This was announced at the American College of Surgeons 96<sup>th</sup> Annual Clinical Congress. A senior author, Jason Maggi, MD from the Department of Surgery at the New York University Langone Medical Center in New York City stated that, "Effective management of this information and analysis of data in a timely fashion can mean the difference between limb salvage and amputation."

Dr. Maggi conducted a study over a 6 month period of entering data into an OWEMR. The patient records included patient demographics, medical history (including specific comorbidities and condition of the wound), laboratory values, wound characteristics, digital imaging, and tracking of the wound over time. Also included were vascular assessment variables (including noninvasive testing and radiographic imaging) and all culture and pathology results.

The study followed 34 consecutive patients with a total of 46 diabetic wounds, 4 (8.7%) of which progressed to amputation, all at the level of the toe. "All amputees had evidence of osteomyelitis on pathology [compared with] 21% of the nonamputees," said Dr. Maggi. He also reported there were no significant differences upon presentation in age, sex, serum albumin, glycated hemoglobin, or white blood cell count between the patients who proceeded to amputation and those who did not.

"The significance of this EMR is that it integrates healing rates and other relevant clinical data in real time." This is currently done with an automated alert system to all clinicians involved in a patient's care, through email alerts and Blackberries, of any change in a patient's status from radiology reports, culture reports, and vascular testing. Dr. Maggi concluded that EMRs, "can contribute greatly to decreasing amputation rates in these patients."

For more information go to:

Daniel M. Keller, PhD, Electronic Medical Record of Wounds May Help Prevent Amputations in Diabetics

*The Mayer Institute*, <http://themayerinstitute.ca/blog.php?date=October-2010>

Daniel M. Keller, PhD, Electronic Medical Record of Wounds May Help Prevent Amputations in Diabetics

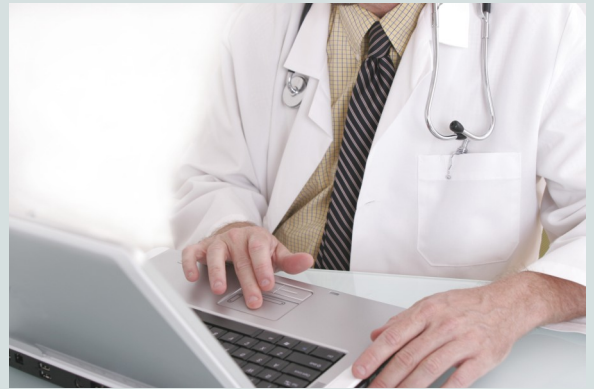
*Medscape Medical News*, <http://www.medscape.com/viewarticle/730772?src=emailthis>



## Patient/Provider Resources (Cont.)

### Tools for Your Practice: Two Smartphone Applications

As hospitals, clinics, practices, and health care organizations become more connected through Electronic Medical Records (EMR) and disease registries, the need to rely on and access digital files at work and at home arises. What if you are at home and want to check an EMR for a patient? You undoubtedly would have to drudge back to your office, boot up your computer, find the file, and email it yourself. That can all be avoided now with an ingenious application called Dropbox. This application creates a “drop box” in your personal computer, work computer, iPad and Smartphone that essentially is the same folder on all devices. The files are saved on the computer, Smartphone and a web server so the files will always be available and backed up. This technology helps eliminate creating multiple files of one file that is continually updated and gives you a place to access your documents from anywhere in the world. Dropbox is especially useful to archive medical journals that you would like to read at home especially if you do not have a personal subscription to a given journal. Another great feature allows the folder to be shared with other health care professionals who may need a file from a colleague’s computer. A similar product called LogMeIn provides remote access to your registered computers. A user can access files from their work computer from home, save documents, and have instant access to the documents on their Smartphone and home computer. These products could prove to be very useful tools that can improve efficiency when it comes to file access and management.



For more information on DropBox click [HERE](#) or on LogMeIn click [HERE](#).

## In The News

### Benefits of Intensive Lifestyle Intervention for Obese Type 2 Diabetes Patients

According to the Centers for Disease Control, patients with diabetes are 2-4 times more likely to have heart disease or stroke than people without diabetes. Nationwide, research groups are evaluating a variety of interventions aimed at reducing the risk of developing cardiovascular disease among patients with type 2 diabetes. Results of one such trial were recently published in the September issue of the *Archives of Internal Medicine*. The Look AHEAD (Action for Health in Diabetes) trial is a four year, randomized, multicenter trial that sought to identify effects of a Lifestyle Intervention versus a Support Group (control group) for patients with type 2 diabetes. Results showed that participants in the Lifestyle Intervention had achieved greater improvement over the four years in weight loss, fitness, A1c levels, systolic blood pressure, and HDL than the control group. The control group meanwhile achieved greater improvements in control of LDL than the intervention group, which the authors attribute to greater use of LDL lowering medication in the control group. Though there was a clear difference in risk factors among the two groups, what remains to be seen is whether these differences translate into a reduction of cardiovascular events. The Look AHEAD trial will assess the results of this question as it moves forward.



To read an abstract of the results of the trial, [click HERE](#).

**In the News (Cont.)**



**World Diabetes Day!**

**Come to the State Capitol West Steps • See the Capitol Lit Up Blue**

**Sunday, November 14<sup>th</sup>, 5:30 to 7:00 pm**

**Free Blue Light Sticks • Healthy Food Samples • Health Fair • Family Fun Music • Jazzercise • Soul Line Dancing**

**Speakers:**

**Ben Vereen**

**Tony Award Winner and Movie Star**

**Jake (Body by Jake) Steinfeld**

**Chair of the California Governor’s Council on Physical Fitness and Sport**

**Be part of the worldwide campaign to light monuments blue for diabetes awareness!**

**Diabetes Facts:**

- Diabetes has grown to an epidemic in California.
  - There has been a 40% increase in diabetes over the past 10 years.
  - 1 in 7 adults in California have diabetes.
  - It’s estimated that 1 in 4 adults have pre-diabetes.
  - California’s annual cost to treat diabetes is about \$25 billion and growing.
- There is clear evidence that those at risk can prevent or delay their chances of developing type 2 diabetes with healthy lifestyle changes.



For more information on diabetes visit [www.caldiabetes.org](http://www.caldiabetes.org)

For more information on this event, email [sacramentowdd@diabetes.org](mailto:sacramentowdd@diabetes.org) or call 916-924-3232, x7402.

Pictures of Monuments: : <http://www.flickr.com/photos/idf/collections/72157622894021951/>  
Images courtesy of The International Diabetes Federation

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