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Would you like to submit an article or announcement ?
Send an email to jmette@thecmafoundation.org

Help us improve the health of California!
Click the icon on the right.



September is National Cholesterol Education Month

Over 65 million Americans have high cholesterol, placing over 20% of the population at risk for heart disease and stroke every year according to the National Heart, Lung and Blood Institute.

Factors that affect cholesterol levels:

Diabetes: Diabetes tends to lower "good" cholesterol and raise triglyceride and "bad" cholesterol levels

High fat diet: High cholesterol (found in red meat, high fat dairy products) and saturated fat increases total cholesterol

Lack of exercise: lack of exercise increases risk of high cholesterol

Family history: Parents and/or siblings diagnosed with heart disease increases patient risk of heart disease

High blood pressure: Damages arteries and increases fatty deposits

Obesity: Body mass index (BMI) of 30 or greater increases the risk of high cholesterol

Smoking: Damages the walls of blood vessels making them likely to accumulate fatty deposits and may lower levels of HDL

To help support cholesterol awareness efforts, the Diabetes QI Project would like to highlight a few campaigns that focus on prevention, management and treatment of high cholesterol.

[American Heart Association](#)

As a clinician, you may be well aware of the many misconceptions patients may have about cholesterol. "I'm skinny, so I don't have to worry about cholesterol" or "Only men get high cholesterol". Sound familiar? Be prepared to assess and counsel your patients for these and many more common misconceptions by viewing the [Learn the Facts](#) page on the AHA website.

(Continued on next page)

September is National Cholesterol Education Month (Cont.)

National Heart, Lung & Blood Institute

You can find a variety of resources for yourself or for your patients on this website.

Multicultural heart-smart handouts, including recipes, are available to download at no-cost. And if you need a refresher on clinical guidelines for cholesterol assessment and management, you can download the [Adult Treatment Panel \(ATP\) III](#) and [ATP III, 2004 Update](#).



National Stroke Association

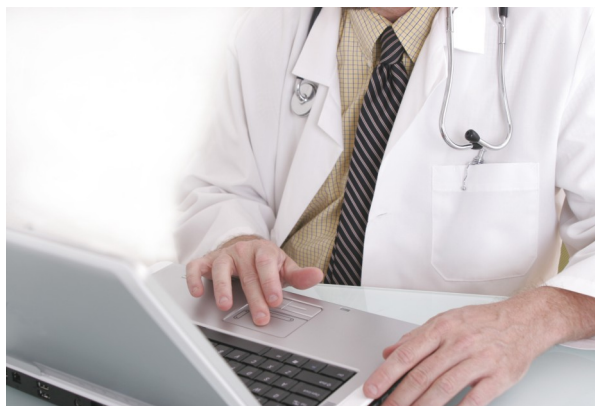
Point your patients to the “Get Your Veggie On” campaign website at <http://veggie.stroke.org/>. Here, your patients will learn simple ways to adopt lifestyle changes to help lower LDL “bad” cholesterol and raise HDL “good” cholesterol levels.

Provider and Patient Resources

Online Diabetes Education Program

Recently, Diabetes QI Project staff learned of an excellent resource for patients and clinicians available through our friends over at the UCSF Diabetes Teaching Center.

Called [Diabetes Education Online](#), this website provides a wealth of resources for patients with both type 1 and type 2 diabetes. Patients can access, at no-cost, web-based self management education modules on the basics of diabetes, health management and treatment. In the website’s [Learning Library](#), both



patients and clinicians can view, download and print self management handouts such as heart-healthy recipe modifications and food/glucose log books. For more information, contact the Diabetes Teaching Center at (415) 353-2266.

Do you cAARD? Help Your Patients Quit Smoking

Spend thirty seconds and save a life! The advice of a health care professional can more than double smoking cessation success rates. The California Diabetes Program has developed an online education programs and referral program for health care professionals. This program provides information on smoking cessation “quitlines” that offer counseling and teaches the Ask Advise Refer Intervention for smoking cessation. Health professionals receive a pack of a cards that have smoking cessation hotline numbers and our asked to Ask a patient about tobacco use, Advise the patient to quit, and Refer to the card for cessation hotlines. For more information go to www.caldiabetes.org/ or by clicking [here](#).



Provider/Patient Resources (Cont.)

CMA Foundation's Diabetes Quality Improvement Project Monograph 2010-2011

Solo and small group practice physicians are achieving diabetes-related quality improvements throughout the State. We'll be taking a look at how some of the stellar performers in California have been successful in QI and have improved the lives of their patients with diabetes.



A monograph is being developed as a tool to highlight several of the solo and small group practice physicians and office staff who are leaders in areas of diabetes quality improvement and systems change. The monograph will serve as a resource for physicians in the solo and small practice setting who are looking to implement practice level changes to improve the health of their patients with diabetes.

The monograph will be based upon the experiences of practicing physicians with an emphasis in two specific areas: 1) Quality improvement: patient care and engaging patients in their health care, medication management and medication adherence, peer to peer engagement, and collaboration with internal and external teams. 2) Using data to monitor and track patients to improve practice and patient outcomes

through health information technology (e.g. disease registry or EHR) or chart extraction.

The monograph will recognize 12 to 14 primary care physicians who have succeeded in improving the quality of care provided at their practice. It will also highlight specialists in Cardiology and Endocrinology, as well as non-physician staff members who contribute to a successful practice. Physicians will be interviewed throughout the state to understand best practices and changes made by solo and small group practices to improve clinical systems, strengthen diabetes and cardiovascular health care and improve patient outcomes. In addition, interviews with identified community partners, plans, and/or medical societies will be conducted to clearly exemplify the contributions and enthusiasm that physicians in solo and small group practices have made to impact the diabetes epidemic.

We invite you to participate in the development of the monograph and would like to hear your comments and suggestions. You can do so by ranking the areas that are challenging in diabetes quality improvement in your practice. Please answer a simple survey at <http://www.zoomerang.com/Survey/WEB22B6KGACMFR>

Your suggestions will help guide the interviews and ensure the monograph addresses major barriers to improving diabetes care quality. If you have any questions or do not have access to the above survey, please contact Julie Vedolla-Fuentes at jvedoll-fuentes@thecmafoundation.org or at (916) 779-6643.

If you are interesting in receiving a copy of the monograph once it is completed please contact Joe Mette at jmette@thecmafoundation.org or (916) 779-6633 and you will be added to the distribution list.

Provider/Patient Resources (Cont.)

Diabetic Peripheral Neuropathy Handout Update

The DPN handout is nearing completion and the final version is expected to be ready for release in October 2010. The Sacramento Library has generously helped us with the readability of the document by providing adult learners to read the handout. Within the coming weeks, the project staff will read the surveys and



comments by the learners in order to help expand the understanding and reach of the document to low literacy populations. Next, staff will translate the material into Spanish, work on the design and disseminate the handout across California and nationally. .

Foundation News

Ethnic Physician Leadership Summit

The California Medical Association Foundation and the Network of Ethnic Physicians will be holding the Ethnic Physician leadership Summit on Saturday September 25th 2010. The summit is free for Physicians, Medical Students, and Member of a Community-Based Organization. It will be held at the Hilton LAX Hotel in Los Angeles, CA.

Register Online

www.ethnicphysician.org

Visit the [Leadership Summit](#) section to register. Space is limited!



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Click here to donate.



Foundation News Cont.

CMA Foundation Annual Dinner

The CMA Foundation's 14th Annual President's Reception and Awards Dinner will be held on Sunday, October 3, 2010 at the Hyatt Regency Sacramento, CA. Proceeds will support the work of the CMA Foundation in linking physicians and their communities to raise awareness about important public health issues. Honored at the dinner will be incoming CMA President James G. Hinsdale, MD and the recipients of the CMA Foundation Leadership Awards.

Reserve a table or purchase your tickets today!

For more information, visit the "Events" section of www.thecmafoundation.org. Contact: Maria Moran, (916) 779-6640 or mmoran@thecmafoundation.org.

If you are unable to attend, please consider placing an ad in the dinner program. The CMA Foundation is a nonprofit charitable organization, and all ads are tax deductible. Contact: Nela Lee, (916) 779-6639 or nlee@thecmafoundation.org

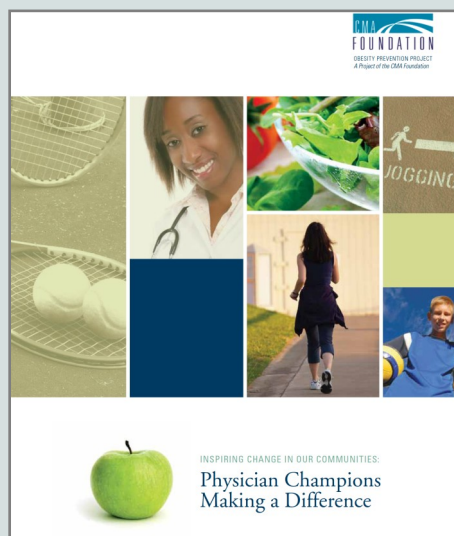
Obesity Prevention Project Monograph Now Available!

The CMA Foundation's Obesity Prevention Project, "*Inspiring Change in our Communities: Physician Champions Making a Difference*" Monograph is now available. This monograph provides a snapshot of the innovative programs implemented by Physician Champions throughout California. The work of each of these physicians is aimed at serving their communities, particularly low income and underserved communities, in a variety of settings.

Each of these physicians was inspired by a patient, an incident, or a movement. Some have dedicated months and years while others could only spare a few hours; and each has changed behavior to break the cycle of childhood obesity by empowering patients to take control of their health.

The monograph is made possible by the generous support of the Network for a Healthy California and Kaiser Permanente.

Click here to access the *Inspiring Change in our Communities: Physician Champions Making a Difference Monograph*. For more information, please contact cmf@thecmafoundation.org or 916.779.6620.



NEPO Health Information Technology Survey

The NEPO HIT Committee was charged with obtaining the most updated information from the RECs and assessing ways NEPO can participate in the HIT process in California. Based on NEPO's strengths, the Committee recommended that NEPO participate in information dissemination and educational outreach to ethnic solo/small group physicians. NEPO will produce tip sheets to help increase the capacity to transition to HIT among primary care ethnic physicians in solo and small group practices.

Please take the time to participate in this quick survey to let us know what you think are the most pressing issues around HIT transition. This survey should take no more than 10 minutes. All responses will be kept confidential. Participants will be given an opportunity to enter a drawing for a chance to win a \$100 TARGET gift card at the end of the survey.

DEADLINE: September 17, 2010
Please click the link below to take the survey:

<http://www.zoomerang.com/Survey/WEB22B2J7QVPT9>

If you have any questions, please contact Phoua Moua, NEPO Coordinator at pmoua@thecmafoundation.org or (916) 779-6636.

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Foundation News (Cont.)

COPD Initiative, AWARE Project

Chronic obstructive pulmonary disease (COPD) is a progressive lung disease associated with increasing breathing difficulties. COPD is the fourth leading cause of death among adults in the USA, after heart disease, cancer and stroke. Only about half of the 24 million Americans with COPD have been diagnosed.

The first phase of AWARE's COPD Initiative involved the posting of educational flyers and brochures (produced by Boehringer Ingelheim) for consumers and clinicians on the AWARE website. These patient education materials can be viewed at <http://www.aware.md/PatientsAndConsumers/EdMaterials.aspx>
Clinician education materials can be viewed at <http://www.aware.md/HealthCareProfessionals/ClinicalResources.aspx>

Boehringer Ingelheim has since provided funding to the AWARE Project to research, design, produce, and distribute a health education flyer about evidence-based COPD guidelines. Now under development, this flyer will feature the guideline for COPD diagnosis, prevention, management assembled by the Global Initiative for chronic Obstructive Lung Disease (GOLD).

The flyer will be posted on the AWARE website soon.

For more information, please contact Sandra S. Navarro, PhD, MPH, AWARE Project Director, at snarro@thecmafoundation.org.

CMA Foundation's Carol A. Lee, Esq. Receives Hispanic Health Leadership Award

Carol A. Lee, Esq., CMA Foundation's President and CEO, was named one of the recipients of the 2010 Hispanic Health Leadership Award. The award was presented by the National Hispanic Medical Association (NHMA) during their Resident Leadership Program Reception held on August 23rd at the Sheraton Grand Hotel in Sacramento. Ms. Lee received the award for her active role in improving health care issues for the Hispanic community. NHMA President & CEO, Elena Rios, MD, MSPH stated, "Carol received the award for her vision and leadership in developing NEPO (Network of Ethnic Physician Organizations), a unique network to advance the leadership of minority physician associations in California and to ultimately, decrease health disparities in the state."

Pictured: (L-R) CMA Foundation staff members Joe Mette, Elissa Maas, MPH, Carol A. Lee Esq., and CMA Foundation Board Chair Dexter Louie, MD



Vaccine update for Medicare Part D patients: Pertussis Vaccine (Tdap) coverage.

California continues to see significantly increased numbers of reported pertussis cases, including eight infant deaths, this year. The California Department of Public Health (CDPH) has recently received clarification of the Medicare coverage for the adult pertussis booster vaccine (Tdap) from the Centers for Medicare and Medicaid Services (CMS).

Please review the attached letter from CDPH and [CMS](#) on Tdap coverage by Medicare Part D for those 65 years and older.

Thank you for your efforts to immunize and protect



Upcoming Events

3rd Annual Destination Getaway - Sailing Into Advanced Practice: A Course for Diabetes Educators

The 3rd annual, "Destination Getaway" will provide clinical and didactic program with opportunities to interact with experts who care for our most complex patients. Speakers will share innovative, researched and applied techniques leaving participants with a new toolbox for care and increase perspective from an enriched knowledge base.

Date of Event : September 30th, 2010—October 2nd, 2010

[CLICK Here for More Information.](#)

Diabetes in the 21st Century: A Dynamic One-Day Program Exploring the Art and Science of Diabetes Care

Are you interested in teaching your patients about diabetes but find it difficult to keep pace? Then you should consider attending this all day seminar that brings together critical elements of diabetes care and education. The seminar will include presentations and case studies that will illustrate creative strategies to succeed at teaching diabetes education.

Date of Event; November 8, 2010

Course location: California State University, Chico

Cost: \$69

For more information click [Here](#)

10TH ANNUAL STOCKTON DIABETES CONFERENCE

WHEN: Saturday, Dec 11th, 2010

WHERE: DeRosa University Center, University of the Pacific, Stockton

TIME: 9:00 AM - 3:00 PM

FREE TO ATTEND

FREE CONTINENTAL BREAKFAST AND LUNCH

TARGET: All licensed health professionals involved in the day to day care of individuals with diabetes in primary care.

SAVE THE DATE - FURTHER DETAILS COMING SOON

Have an Event to Share?

We recognize the value in sharing learning opportunities for clinicians who care for patients with diabetes. Therefore, we welcome you to contact us if you have a diabetes-related event that you would like to have listed in the [Diabetes Dose](#), such as conferences, workshops, or other educational opportunities (both CME/CEU and non-CME/CEU). To have your event listed in the next [Diabetes Dose](#), contact Joe Mette

Dates to Remember

September	National Cholesterol Awareness Month
September 25th, 2010	Ethnic Physician Leadership Summit
September 30th- October 2, 2010	Annual Destination - Getaway: Sailing Into Advanced Practice: A Course for Diabetes Educators
October 3rd, 2010	CMA Foundation Annual Dinner
November 8th, 2010	Diabetes in the 21st Century
December 11th, 2010	10th Annual Stockton Diabetes Conference



In the News

Diabetes and Bariatric Surgery

According to data from the Centers for Disease Control and Prevention, diabetes is the seventh leading cause of death in the United States and the estimated total cost (both direct and indirect) associated with diabetes is \$174 billion.¹ It is no wonder that identifying solutions to preventing and managing diabetes is a top priority. On August 20, 2010, Medical News Today released an article titled, "[Patients with Diabetes May Need Fewer Medications After Bariatric Surgery](#)". The article summarized recent findings by Makary et al. published in the August issue of the [Archives of Surgery](#). The findings indicate that bariatric surgery may be associated with reduced use of medications and lower health care costs among patients with type 2 diabetes.

Of the 2,235 patients in the study, 74.7% were able to cease all their diabetes medications within 6 months of the surgery. The average number of medications per patient was 4.4 medications. Though health care costs increased in the year following the surgery by 9.7% (\$616), the costs decreased by 34.2% (\$2,179) and 70.5% (\$4,498) in years two and three, respectively.

Based on the findings, Makary et al. conclude that health care providers should consider discussing bariatric surgery as a treatment option for obese patients with type 2 diabetes, while also discussing risks and benefits. They also urge health plans to add bariatric surgery as a covered benefit considering the cost savings and benefits to patient health.

For further information on bariatric surgery and clinical guidelines, visit the American Society for Metabolic and Bariatric Surgery web page at www.asmb.org.

¹Centers for Disease Control and Prevention. National diabetes fact sheet: general information and national estimates on diabetes in the United States, 2007. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2008.

Diabetes Cost Hospitals \$83 Billion Dollars in 2008

Between 2004 and 2007 the number of diabetes diagnose increased from 14.7 million to 17.9 million¹. This disease is a chief threat to public health and to keeping medical care costs low. The Agency for Health Care Research and Quality used data from the Healthcare Cost and Utilization Project to write a statistical report that found hospitals spent \$83 billion dollars in 2008 for the stays involving patients with diabetes, or 23% of the total hospital costs in the U.S. The report also found that hospital stays for patients with diabetes were longer, more costly and more likely to originate in the emergency department than patients without diabetes. Lastly the report indicates that 1 in 5 hospital stays were related to patients with diabetes. For the entire statistical report click [here](#)

1. Statistical Brief #93. Healthcare Cost and Utilization Project (HCUP). August 2010. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/reports/statbriefs/sb93.jsp.



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