

# Wisconsin Diabetes Weekly

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## In the News

### Study: Keeping Blood Sugar Steady Helps You Live Longer with Diabetes

New research finds that people who have more swings in their blood sugar levels were more than twice as likely to die early, compared to folks with more stable blood sugar management. The study authors used a test called hemoglobin A1C to measure blood sugar. [Read more.](#)

### Facilitated Conversations Can Reduce Family Hypoglycemia Burden

An international survey of more than 4,300 family members of people with diabetes suggests that most feel worried or anxious about their loved one experiencing a hypoglycemic episode, with three-quarters of respondents reporting they spent time helping family members manage low blood glucose events, according to [recent findings](#).

### Findings Confirm that Americans Pay Significantly More for Prescription Drugs

The U.S. House Committee on Ways and Means released a report, titled “[A Painful Pill to Swallow: U.S. vs. International Prescription Drug Prices](#),” finding that U.S. drug prices are nearly four times higher than the combined average of 11 other similar countries, and that Americans pay as much as 67 times more than consumers in other nations for prescription drugs, even when accounting for rebates. Committee staff analyzed 2018 pricing data of 79 drugs sold in the United States and 11 other countries.

## Important News

### Many Primary Care Doctors Underscreen, Misdiagnose Diabetes

Doctors are the first line of defense against diseases, but what if they lack the necessary information on a patient's condition? New research shows about 25% of physicians misdiagnose people who have diabetes with prediabetes instead. In addition, the average doctor didn't know 33% of the risk factors for prediabetes, is unfamiliar with prevention or management of the condition, and overall, underscreens for it. [Read more.](#)



### Americans Are Still Eating Too Much Added Sugar, Fat

Most of us know one of the best health moves we can make is to skip the junk food and eat a nutritious, well-balanced diet. But how are we doing at putting that knowledge into action? Not so great, according to a new analysis that reveals Americans continue to get more than 50% of their calories from low-quality carbohydrates and artery-clogging saturated fat. In their analysis of the eating habits of nearly 44,000 adults over 16 years, NIH-funded researchers attributed much of our nation's poor dietary showing to its ongoing love affair with heavily processed fast foods and snacks. [Read more.](#)

## In the News *(continued)*

### First-time Pregnancy Complications Linked to Increased Hypertension Risk

Women who experience complications such as preterm births and preeclampsia during their first pregnancy are nearly twice as likely than women without complications to develop high blood pressure later in life—some as quickly as three years later, according to a new study of more than 4,000 women. Researchers say their findings underscore the need for doctors to focus more aggressively on knowing the health histories of women—both during their pregnancies to help prevent adverse outcomes, and afterwards to flag their risks for future cardiovascular events. [Read more.](#)



## Conference, Educational, and Grant Opportunities

### IHI Forum Broadcast

*Madison • December 10-11 • Continuing Education Credits*

MetaStar is pleased to announce they will again host a local broadcast of the Institute for Healthcare Improvement's (IHI) annual National Forum on Quality Improvement in Health Care at their home office building, which includes free parking right outside the building. The sessions are December 10 from 7 a.m. to 3:15 p.m. and December 11 from 7 a.m. to 1:30 p.m. There is a \$95 fee that covers administrative and catering costs. [Register now.](#)

[www.DoIHavePrediabetes.org](http://www.DoIHavePrediabetes.org)



Resources in this newsletter are compiled by the Wisconsin Chronic Disease Prevention Program.

## Journal Articles and Reports of Interest

**Use and Discontinuation of Insulin Treatment Among Adults Aged 75 to 79 Years with Type 2 Diabetes.** Weiner JZ, et al. *JAMA Intern Med.* 2019 Sep 23. doi: 10.1001/jamainternmed.2019.3759. [Epub ahead of print]

**Healthy Dietary Patterns and Incidence of CKD: A Meta-Analysis of Cohort Studies.** Bach KE, et al. *Clin J Am Soc Nephrol.* 2019 Sep 24. doi: 10.2215/CJN.00530119. [Epub ahead of print]

Learn More About American Diabetes Association's Mental Health Provider Directory



### For More Information

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For more about our program, check out [www.preventdiabeteswi.org](http://www.preventdiabeteswi.org).



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