

Wisconsin Diabetes Weekly

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In the News

Type 2 Diabetes Prevalent Among People Living With HIV

With the advent of antiretroviral therapy (ART), HIV is becoming a common chronic illness, one that affects millions of people. In clinical practice, this has translated to a need to manage patients with comorbid HIV and type 2 diabetes (T2D). Approximately 1 in 5 people with HIV also has prevalent T2D, and control of glycated hemoglobin (HbA1c) levels in these patients may have a beneficial effect on CD4 counts according to the results of two studies. [Read more.](#)

Have You Joined the Wisconsin Heart Health Community of Practice?

The Wisconsin Heart Health Community of Practice (CoP) is a statewide forum that aims to promote best practices, collaborative activities, organizational and professional relationships, and ideas that help to improve the heart health of all Wisconsin residents. The goal is not only best practice sharing and partner networking, but also the active implementation and continuous improvement of these best practices in Wisconsin healthcare organizations and communities wherever feasible. [Learn more.](#)

Wisconsin Heart Health
Community of Practice



Important News

Lower Socioeconomic Status, More Complicated Disease Influence Decision to Skip Diabetes Education Sessions

Factors that may impede attendance at diabetes self-management education and support, or DSMES, sessions include lower socioeconomic status, required copayments, higher HbA1c, multiple medications and the use of insulin, according to findings published in *Diabetes Educator*. Researchers retrospectively reviewed electronic medical records of 1,375 adults with type 2 diabetes (mean age, 53.2 years; 60% women). All individuals were scheduled to attend DSMES program sessions. [Read more.](#)



Maintained Weight Loss Improves Cardiometabolic Risk Factors in Diabetes

Among patients with diabetes who lost weight, those who maintained their weight loss significantly improved their cardiometabolic risk factors compared with those who regained weight, according to a recently published study. The benefits, including improvements in HDL, triglycerides, glucose, blood pressure, waist circumference, and diabetes control, were greatest among patients who lost at least 10% of their body weight and maintained at least 75% of their weight loss at four years, according to the researchers. [Read more.](#)

In the News *(continued)*

People with Diabetes Can Reduce Heat Illness from Exercise

Diabetes can make people more prone to heat stroke when they exercise on hot days, but two studies suggest there are things people with diabetes and others can do to lower their risk of heat-related illnesses. Exercising in the heat may get harder with age because older adults don't sweat as easily to help reduce body temperature. This risk may be even greater when people have diabetes because of diminished blood flow in the skin and reduced ability to get rid of excess heat by sweating, researchers note. [Read more.](#)



Conference, Educational, and Grant Opportunities

The Changing Climate of Care: 2019 Wisconsin Dialysis Symposium

Madison • November 14 • 7:30 a.m. to 5 p.m.

The Wisconsin Dialysis Symposium is an annual, day-long continuing education program coordinated by the National Kidney Foundation of Wisconsin in collaboration with nephrology and dialysis related professional organizations. Continuing education credits are available for social workers, nurses, dietitians and patient care technicians. Full time students training for a healthcare career at a technical school or university are highly encouraged to attend for a reduced registration cost. For the first time, remote access is an option. [Learn more and register today.](#)

Don't miss the Council of Renal Nutrition's [Pre-Symposium Workshop and Dinner Meeting](#) on November 13 from 5:45 p.m. to 8:30 p.m.



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

Journal Articles and Reports of Interest

Changes in Consumption of Sugary Beverages and Artificially Sweetened Beverages and Subsequent Risk of Type 2 Diabetes: Results from Three Large Prospective U.S. Cohorts of Women and Men. Drouin-Chartier JP, et al. *Diabetes Care*. 2019 Oct 3. doi: 10.2337/dc19-0734. [Epub ahead of print]

A Diet Rich in Vegetables and Fruit and Incident CKD: A Community-Based Prospective Cohort Study. Jhee JH, et al. *Am J Kidney Dis*. 2019 Oct;74(4):491-500. doi: 10.1053/j.ajkd.2019.02.023.

Learn More About
Microvascular Complications
and Foot Care Management
in Diabetes



For More Information

If you received the *Wisconsin Diabetes Weekly* as a forward, [sign up](#) to receive the publication directly from the listserv.

For more about our program, check out www.dhs.wisconsin.gov/diabetes/index.htm.