

Wisconsin Diabetes Weekly

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In the News

Physicians Must Debunk Potentially Erroneous Ideas About Diabetes Treatment Plans for Older Adults

Contrary to management guidelines, older adults with type 2 diabetes may overemphasize additional health conditions and complications when participating in decisions to enhance or de-intensify therapy, according to new findings. Researchers assessed which factors patients believed were most important in making treatment decisions based on responses to surveys completed by 818 adults aged at least 65 years with type 2 diabetes. [Read more.](#)

It's Not Just Insulin: Diabetes Patients Struggle to Get Crucial Supplies

In the first three months after getting his Dexcom continuous glucose monitor, Ric Peralta managed to reduce his average blood sugar level by three percentage points. "It took me from not-very-well-managed blood sugar to something that was incredibly well managed," says Peralta, a 46-year-old optician in Whittier, California, who was diagnosed with type 1 diabetes in 2008.

Peralta was so enthused that he became a "Dexcom Warrior," a sort of grassroots spokesman for the product. It became hard to imagine life without his new monitor, a device that lets him keep track of the trends in his blood sugar 24 hours a day on his smart phone. And yet, he's spent weeks at a time without the device over the past year because of problems with insurance restrictions. [Read more.](#)

Important News

FDA Approves First Oral GLP-1 Treatment for Type 2 Diabetes

The U.S. Food and Drug Administration has approved Rybelsus (semaglutide) oral tablets to improve control of blood sugar in adult patients with type 2 diabetes, along with diet and exercise. Rybelsus is the first glucagon-like peptide (GLP-1) receptor protein treatment approved for use in the United States that does not need to be injected. GLP-1 drugs are non-insulin treatments for people with type 2 diabetes. [Read more.](#)



No Patients with Prediabetes Referred to Prevention Program

None of the more than 1,400 patients with prediabetes were formally referred to the CDC's National Diabetes Prevention Program, according to findings recently published in the Journal of the American Board of Family Medicine. "The fact that there is a highly effective (better than the effectiveness of most medicines!) lifestyle intervention—the National Diabetes Prevention Program—to prevent progression to type 2 diabetes is wonderful," James W. Keck, MD, MPH, a physician within the department of family and community medicine at the University of Kentucky, told Healio Primary Care. "However, this program is sorely underutilized. With one in three adults meeting the definition of prediabetes, there is much work to do to raise awareness of prediabetes and the diabetes prevention program." [Read more.](#)

In the News *(continued)*

Men and Women Experience Different Co-Morbidities in Diabetes and Prediabetes

A new study has identified differences in the conditions experienced by men and women with prediabetes and diabetes. The study measured the prevalence of prediabetes and diabetes in the study population and analyzed sex and gender differences between co-morbidities. The observational study looked at over 11,000 people, aged between 6 and 80 years old, who all underwent a thorough clinical examination. It was determined whether each subject had prediabetes or diabetes, or not, and any additional conditions were identified and recorded. [Read more.](#)



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

Journal Articles and Reports of Interest

Glycemic Outcomes in Adults with T1D Are Impacted More by Continuous Glucose Monitoring Than by Insulin Delivery Method: 3 Years of Follow-Up From the COMISAIR Study. Šoupal J, et al. *Diabetes Care*. 2019 Sep 17. doi: 10.2337/dc19-0888. [Epub ahead of print]

Characteristics Influencing Expected Cognitive Performance During Hypoglycaemia in Type 2 Diabetes. Petersen JZ, et al. *Psychoneuroendocrinology*. 2019 Sep 4;110:104431. doi: 10.1016/j.psyneuen.2019.104431. [Epub ahead of print]

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