

# Wisconsin Diabetes Weekly

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## In the News

### Health Equity Declining as Income Inequality Grows

As income inequality worsens in America, the health of its less fortunate patients continues to decline, according to a new study conducted by researchers with the Centers for Disease Control and Prevention (CDC). The study collected survey data from the CDC from 1993 to 2017, which included 5.5 million Americans ages 18-64. Researchers asked individuals questions about their overall health during a one-month period and used it to assess trends in health equity based on race, gender, and income level. Despite the national goal to increase health justice and equity—the idea that every patient should have a fair opportunity to be healthy regardless of their income, race or gender—the authors conclude that the situation has only worsened. [Read more.](#)

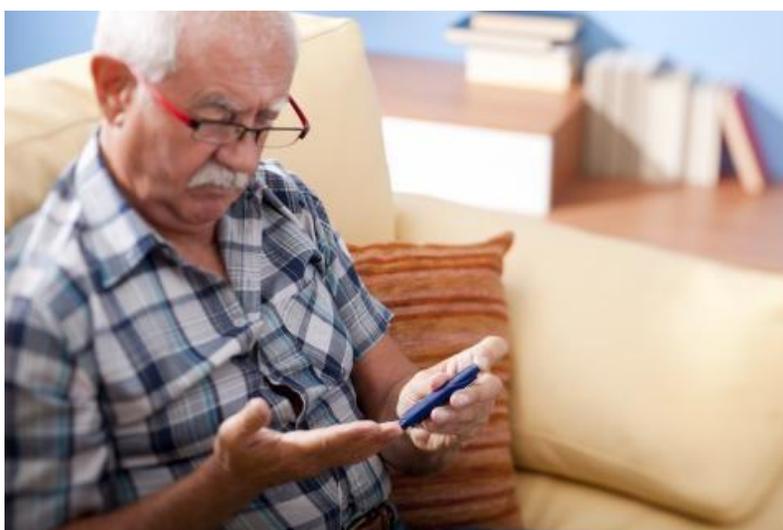
### Depression Treatment Lacking for Black, Hispanic Adults with T2D

Fewer black and Hispanic adults with type 2 diabetes (T2D) receive pharmaceutical treatment for depressive symptoms than their white peers, according to findings. examined medical records of 403 participants (mean age, 51 years; 60% women) from the Partnership to Improve Diabetes Education study to assess medication use, including antidepressants such as fluoxetine, venlafaxine and bupropion. All participants had T2D and an HbA1c level of at least 7.5%. [Read more.](#)

## Important News

### FDA Approval: First Severe Hypoglycemia Treatment Administered Without Injection

The U.S. Food and Drug Administration (FDA) has approved Baqsimi nasal powder, the first glucagon therapy approved for emergency treatment of severe hypoglycemia that can be administered without an injection. [Read more.](#)



### Skin Patches and Phones are Replacing Finger Pricks

Diabetes patients are increasingly using electronic skin patches and their phones, instead of pricking their fingers, to do the complex job of managing a disease that affects more than 30 million Americans. The transformation in blood-sugar testing suggests how harnessing technology and data may drive improvements for disease management – and profits for manufacturers. Many patients now wear coin-sized skin patches on their arms or abdomens that test for blood-sugar levels automatically, then send the data to a patient's smartphone or even to a wearable insulin pump that delivers the medicine. Patients in the U.S. using the devices, known as continuous-glucose monitors, numbered almost 840,000 as of March 31, more than double the 389,000 using them at the end of 2017, according to Seagrove Partners LLC, a health-care research and consulting firm. [Read more.](#)

## In the News *continued* . . .

### FDA Approves First Generics of Lyrica

The U.S. Food and Drug Administration (FDA) has approved multiple applications for first generics of Lyrica (pregabalin) for the management of neuropathic pain associated with diabetic peripheral neuropathy, for the management of postherpetic neuralgia, as an adjunctive therapy for the treatment of partial onset seizures in patients 17 years of age and older, for the management of fibromyalgia, and for the management of neuropathic pain associated with spinal cord injury. [Read more.](#)



## In the News *continued* . . .

### Calorie Restriction Significantly Reduces Heart and Metabolic Risk Factors Independent of Weight Loss

Moderately reducing caloric intake over a period of two years significantly improved cardiometabolic risk factors in young and middle-aged, non-obese adults, according to new findings from the **Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy** (CALERIE) trial.

According to the researchers, there are no pharmacologic agents with such profound effects on such a broad range of cardiometabolic risk factors. Compared to the control group, the calorie restriction group experienced significant improvements in multiple cardiometabolic risk factors, including waist circumference, blood pressure, HDL cholesterol, LDL cholesterol, triglycerides, insulin sensitivity and fasting glucose, and C-reactive protein (a marker of systemic inflammation associated with multiple chronic conditions and diseases of age). [Read more.](#)



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

## Journal Articles and Reports of Interest

**Association Between Plant-Based Dietary Patterns and Risk of Type 2 Diabetes: A Systematic Review and Meta-analysis.** Qian F, et al. *JAMA Intern Med.* 2019 Jul 22. doi: 10.1001/jamainternmed.2019.2195. [Epub ahead of print]

**Diabetes Mellitus Increases Risk of Gastric Cancer After Helicobacter Pylori Eradication: A Territory-wide Study with Propensity Score Analysis.** Cheung KS, et al. *Diabetes Care.* 2019 Jul 11. doi: 10.2337/dc19-0437. [Epub ahead of print]

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