

# Wisconsin Diabetes Weekly

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## In the News

### Text Messages to People with Diabetes Shown to Improve Control

Sending supportive text messages to people with diabetes to offer advice about managing the condition led to improved blood glucose control, according to a Chinese study. The results showed an average reduction in HbA1c of 2 mmol/mol (0.2%) in those who received the supportive messages. [Read more.](#)

### Lifestyle Adjustments Can Offset A1C Effects of Insulin Therapy Refusal

Among a cohort of patients with type 2 diabetes who decided not to take insulin, the odds of achieving lower HbA1c measures were eight times higher for those who made adjustments to their lifestyle practices compared with those who did not, according to recently published findings. Researchers used electronic medical records to assess HbA1c outcomes in 300 adults aged at least 18 years with type 2 diabetes. Insulin therapy was refused by all participants. [Read more.](#)

### Soft Drinks – Sugared or Low-Calorie – May Raise Risk of Early Death

Consumption of soft drinks, whether they're sweetened with sugar or artificial sweeteners, may raise the risk of premature death, new research suggests. In a study that followed more than 400,000 European adults for more than 16 years, the risk of premature death was heightened in those who consumed two or more glasses per day of soft drinks. [Read more.](#)

### Healthiest Lifestyle Can Reduce Diabetes Risk by 75%

Adults practicing a combination of healthy lifestyle factors, such as not smoking, avoiding alcohol, participating in physical activity and maintaining a normal weight, are 75% less likely to develop type 2 diabetes when compared with adults who maintain an unhealthy lifestyle, [according to recent findings](#). In a meta-analysis of more than 1 million adults, researchers also found that adults with diabetes who adopted a healthy lifestyle were significantly less likely to develop cardiovascular disease or die of any cause when compared with those with diabetes who practiced unhealthy lifestyle habits.



### Antidiabetic-Medication Prescriptions Change Little Following CV Events

The prescription of glucose-lowering medications in patients with type 2 diabetes changes little after a cardiovascular (CV) event, a study shows. Two classes of glucose-lowering medications, sodium-glucose cotransporter-2 (SGLT2) inhibitors and glucagon-like peptide-1 receptor agonists (GLP-1RA), improve cardiovascular outcomes of patients with type 2 diabetes with established cardiovascular disease. But their use in clinical practice remains relatively low, with a preference for sulfonylureas and dipeptidyl peptidase-4 (DPP-4) inhibitors, researchers note. [Read more.](#)

## Conferences, Educational, and Grant Opportunities

### Know Diabetes by Heart – Grant Opportunity

**\$20,000-\$100,00 Awards • Application Deadline: October 30, 2019**

The Know Diabetes by Heart (KDBH) initiative's purpose is to reduce cardiovascular death (CVD), heart attack, heart failure and stroke in people living with type 2 diabetes (T2D). This grant opportunity is for programs that will address and deliver outcomes related to awareness, CVD risk conversations, diabetes self-management education and support (DSMES), and/or provider confidence in therapies with CVD risk benefit. The online application portal is now open. All applications are due by 4 p.m. CT on Wednesday, Oct. 30, 2019, for a Jan. 1, 2020, project start date. [Apply now!](#)



## Conferences, Educational, and Grant Opportunities

### Glycemic Targets: 2019 Standards of Medical Care in Diabetes

**ADA Online Education • Continuing Education Credits**

In this new webcast you will learn how to link the relationship of A1C to self-monitored blood glucose and the limitations of A1C, explain the rationale for establishing A1C targets and intensive glycemic control trials, indicate when and how to use self-monitoring of blood glucose and to establish SMBG targets, and discuss the pathophysiology, evaluation, and management of hypoglycemia. Earn 1.0 CE Credit. [Participate today.](#)



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

## Journal Articles and Reports of Interest

**Severe Hypoglycemia Attributable to Intensive Glucose-Lowering Therapy Among US Adults with Diabetes: Population-Based Modeling Study, 2011-2014.** Mahoney GK, et al. *Mayo Clin Proc.* 2019 Aug 7. doi: 10.1016/j.mayocp.2019.02.028. [Epub ahead of print]

**Fatty Acid Metabolites Combine with Reduced  $\beta$  Oxidation to Activate Th17 Inflammation in Human Type 2 Diabetes.** Nicholas DA, et al. *Cell Metab.* 2019 Jul 25. doi: 10.1016/j.cmet.2019.07.004. [Epub ahead of print]

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