

Wisconsin Diabetes Weekly

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In the News

Intensive Blood Pressure Control May Slow Age-Related Brain Damage

In a nationwide study, researchers used magnetic resonance imaging (MRI) to scan the brains of hundreds of participants in the National Institutes of Health's Systolic Blood Pressure Intervention Trial (SPRINT) and found that intensively controlling a person's blood pressure was more effective at slowing the accumulation of white matter lesions than standard treatment of high blood pressure. The results complement a [previous study](#) published by the same research group which showed that intensive treatment significantly lowered the chances that participants developed mild cognitive impairment. [Read more.](#)

Telephone Counseling Aids Vets with Diabetes and Depression

An individualized telephone-based intervention reduced depressive symptoms among U.S. veterans with type 2 diabetes and depression, a new study found. The intervention, consisting of nine telephone sessions focusing on addressing patient-centered behavioral goals targeting both diabetes control and depression symptoms, reduced depression at one year but did not significantly improve glycemic control compared with "enhanced usual care." However, glycemic control improved in both groups, suggesting that in the control group merely informing the patient's providers about the patient's non-optimally controlled diabetes and/or depression had an effect. [Read more.](#)

Important News

CDC Updates Prediabetes Risk Test

The Centers for Disease Control and Prevention (CDC) recently updated its [Prediabetes Risk Test \(en español\)](#) to ensure that CDC and the American Diabetes Association (ADA) provide the same risk test to the American people, avoiding potential confusion. The new ADA/CDC prediabetes risk test ensures questions are easy to understand and users can access further information easily. The new ADA/CDC risk test also provides stronger calls to action, a results page that can be emailed and printed, an explanation of what results mean, and an opportunity to share the test with friends and family. A [pdf version \(en español\)](#) of the new risk test is also available.



UW: Scaling Up Teleophthalmology for Diabetic Eye Screening

According to researchers in the Department of Ophthalmology and Visual Sciences, University of Wisconsin School of Medicine and Public Health, significant opportunities exist to overcome barriers to scale up and promote widespread implementation of teleophthalmology in the U.S. Further development of methods to sustain effective increases in diabetic eye screening rates using this technology is needed. [Read more.](#)

In the News *continued* . . .

High-Sugar Intake Worsens Autoimmune Disease in Mice

In recent decades, people in Western countries have been eating more food that is high in sugar, salt, and fat. Experts think that diet may play a role in autoimmune diseases, which have also become more common in the West. Scientists don't have a clear idea of what causes autoimmunity, but some clues point to the role of diet. [Read more.](#)

No Improvements Seen in Diabetes Care Over a Decade

Researchers found no significant improvements in diabetes care between 2005 and 2016, with gaps in care related to socioeconomic status persisting, according to a recently published study. Using the 2005 to 2016 National Health and Nutrition Examination Survey, researchers analyzed data related to 2,488 adults who had either diagnosed (n = 1,742) or undiagnosed (n = 746) diabetes. [Read more.](#)



Resources

Join Target: BP™ to Optimize BP Diagnosis and Management

Target: BP™ is a national initiative formed by the American Heart Association (AHA) and the American Medical Association (AMA) in response to the rising incidence of uncontrolled blood pressure (BP). Target: BP helps health care organizations, at no cost, improve BP control rates through an evidence-based quality improvement program and recognizes organizations committed to improving BP control.

By joining Target: BP, you will receive access to the latest guidelines, clinical tools and support to help your practice optimize how patients with hypertension are diagnosed and managed. With empowered care teams helping to achieve better health outcomes, more patients will avoid life-altering events, such as heart attacks and strokes, leading to a healthier America. [Learn more.](#)



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

Journal Articles and Reports of Interest

The Economic Burden of Elevated Blood Glucose Levels in 2017: Diagnosed and Undiagnosed Diabetes, Gestational Diabetes Mellitus, and Prediabetes. Dall TM, et al. *Diabetes Care*. 2019 Sep;42(9):1661-1668. doi: 10.2337/dc18-1226.

Plant-Based Diets are Associated with a Lower Risk of Incident Cardiovascular Disease, Cardiovascular Disease Mortality, and All-Cause Mortality in a General Population of Middle-Aged Adults. Kim H, et al. *J Am Heart Assoc*. 2019 Aug 20;8(16):e012865. doi: 10.1161/JAHA.119.012865.

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Diabetic Retinopathy**



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