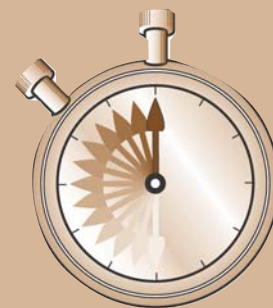




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DIABETES — A 60-Second Guide



A quarterly publication for clinicians caring for people with diabetes - Vol. 1 No. 3, 2002

In this issue of Diabetes—
A 60-Second Guide we
provide information and
resources to help you
address the "ABCs of
Diabetes." What are the
"ABCs?" Simply an easy
way to remember the key
factors in controlling the
morbidity caused by
diabetes:

- **A1C level**
(Goal: A1C < 7%)
- **Blood pressure**
(Goal: BP < 130/80)
- **Cholesterol level**
(Goal: LDL < 100 mg/dl)

Developed by the National
Diabetes Education
Program, the "ABCs" are
used throughout the
country to help physicians
and patients focus on
those factors that can
reduce the risk of vascular,
cardiac, eye, and kidney
disease due to diabetes.

Please see the reverse side
for resources and tools that
can help you incorporate
the ABCs into your practice.

Funding for Diabetes—A 60-Second
Guide generously provided by the
American Association of Health Plans.

New Mexico Health Care Takes On
Diabetes is a broad coalition of New
Mexico's diabetes care professionals, New
Mexico Health Plans, the New Mexico
Department of Health, and the New
Mexico Medical Review Association, with
technical and administrative support from
the American Association of Health Plans
and the American Diabetes Association.

Back to the Basics

The Issue:

- ❖ Hypertension is twice as common in people with diabetes. Some studies estimate the majority of the risk of diabetes complications is attributable to concomitant hypertension
- ❖ It has been shown that each 10 mm Hg reduction in systolic blood pressure is accompanied by a significant reduction in the risk of myocardial infarction (11%), microvascular complications (13%) and death (15%).¹
- ❖ Weight reduction can reduce blood pressure independent of sodium reduction and also can improve blood glucose and lipid levels. The loss of one kilogram in body weight has resulted in decreases in mean arterial blood pressure of ~ 1 mm Hg.²

Did you know?

While diabetes is a major risk factor for cardiovascular disease, that risk is doubled when hypertension is also present.

The Current Clinical Recommendation:

The New Mexico Health Care Takes On Diabetes 2002 Guideline recommends that all people with diabetes have a blood pressure check at every visit to their health care professionals. The goal is a blood pressure of < 130/80 mm Hg.³

Websites—The editorial committee has identified a select number of websites on blood pressure that we think you will find informative:

- ❖ National Diabetes Education Program: www.ndep.nih.gov
- ❖ American Diabetes Association: www.diabetes.org
- ❖ National Institute of Diabetes and Digestive and Kidney Disease, National Institute of Health: www.niddk.nih.gov/health/diabetes/diabetes.htm

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website.*

**Please note that these websites do not necessarily represent the views of New Mexico Health Care Takes On Diabetes. They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.*

¹ United Kingdom Prospective Diabetes Study (UKPDS)

² Diabetes Care 2002; 25: s71-73.

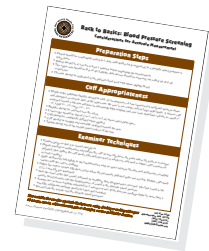
³ Based on The American Diabetes Association's Clinical Practice Recommendations of January 2002.

Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at www.takingondiabetes.org/communitypartnership, or contact Charm Lindblad, Project Manager, at 505.796.9121 or toll-free 1.866.796.9121.

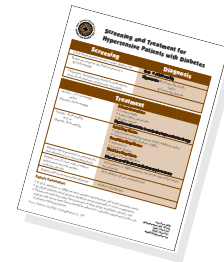
Blood Pressure Screening: A Step-by-Step Guide for Blood Pressure Screening —

Measuring blood pressure is a basic fundamental skill, yet often performed inaccurately. Various levels of personnel from medical assistants to nurses are responsible for taking patients' blood pressures, but many have not been trained appropriately. This simple step by step guide describes a technique that will help produce accurate readings by which the provider can base a management plan. It can also serve as a training guide for new staff learning this skill for the first time. There are no copyright restrictions. This form can be found on the New Mexico Health Care Takes On Diabetes website.



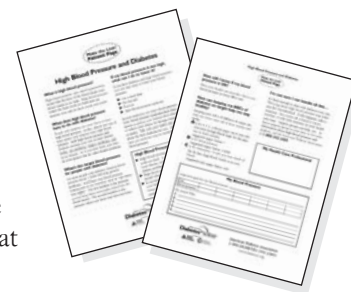
Screening and Treatment for Hypertensive Patients with Diabetes: A One-Page Tool—

This simple table outlines the ADA recommendations for blood pressure screening, diagnosis, and treatment for patients with diabetes. How often should blood pressure be screened in this population? At what systolic and diastolic levels are lifestyle modifications recommended? When should antihypertensive medications be prescribed and what are the current drugs of choice? This one page guide summarizes these recommendations to assist providers with managing their diabetes patients with hypertension. There are no copyright restrictions. This form can be found on the New Mexico Health Care Takes On Diabetes website.



Make the Link! High Blood Pressure and Diabetes: A Patient Handout—

This patient education tool created by the American Diabetes Association and the American College of Cardiology clarifies for patients why managing their blood pressure is so important, particularly for those who have diabetes. Written at a low literacy level, this front-back 8.5" x 11" handout describes the impact that high blood pressure has on patients with diabetes and suggests ways to lower their pressure. It also has space for patients to record their pressures and develop an action plan. There are no copyright restrictions. This form can be found on The American Diabetes Association website at www.diabetes.org/makethelink or call 1.800.DIABETES (342.2383).



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