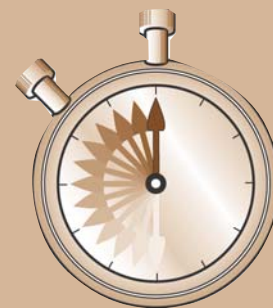




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# DIABETES — A 60-Second Guide



A quarterly publication of useful resources for clinicians caring for people with diabetes - Vol. I No. 4, 2003

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 mmHg)
- **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.



## Cholesterol: The Final Link to the ABCs

### The Issue:

- ❖ Lipid disorders such as elevated LDL cholesterol can be life threatening to people with diabetes.<sup>1</sup> The National Cholesterol Education Program considers diabetes to be a coronary vascular disease risk equivalent.<sup>2</sup>
- ❖ Having diabetes (and the associated dyslipidemia) puts a person in the same high-risk category for cardiovascular disease as a non-diabetic person who has already had his/her first myocardial infarction.<sup>2</sup>
- ❖ In New Mexico, only 48 percent of people with diabetes have documented LDL levels below 130 mg/dl. Since the current recommendation is to maintain LDL under 100 mg/dl, even fewer people are likely to have the recommended level.<sup>3</sup>
- ❖ There is strong evidence that lowering LDL, lowering triglycerides, and raising HDL through a combination of nutrition, exercise, and the use of medications will lower the risk of developing cardiovascular disease.<sup>1,2</sup>

### Did you know?

Studies show in most cases, the increased risk of heart disease mortality associated with diabetes was greater for women than men.<sup>4</sup>

*What is the risk of coronary heart disease for people with diabetes based on their lipoprotein levels?*

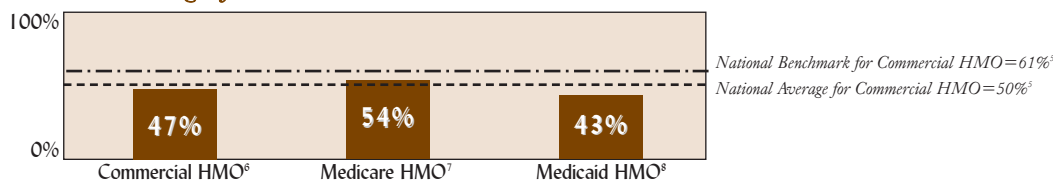
Risk	LDL	HDL	Triglycerides
High	≥130	<40	≥400
Borderline	100-129	40-59	150-399
Low	<100	≥60	<150

### The Current Clinical Recommendation:

The New Mexico Diabetes 2003 Practice Guideline recommends that all people with diabetes have a lipid profile once a year or more frequently if not well controlled. The goal is LDL < 100mg/dl, HDL > 40 mg/dl, Triglycerides < 150 mg/dl.

### New Mexico's Numbers:

*Percentage of New Mexicans with Diabetes Who Had LDL-C < 130 in 2001*



<sup>1</sup> Diabetes Care, Volume 26, Supplement 1, January 2003.

<sup>2</sup> www.nhlbi.nih.gov

<sup>3</sup> This number is calculated using HEDIS® methodology. HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).

<sup>4</sup> Diabetes in America, 2nd Edition, Chapter 19, Heart Disease in Diabetes.

<sup>5</sup> National average and benchmarks for commercial line of business provided by NCQA Quality Compass® 2002.

<sup>6</sup> Sample taken from a combined population of 1,644 Commercial enrollees who met 12 months of continuous enrollment criteria and the HEDIS definition of diabetes for the measurement year 2001. Commercial enrollees were insured during 2001 by Blue Cross and Blue Shield of New Mexico, Cimarron Health Plan, Lovelace Health Systems, and Presbyterian Health Plan.

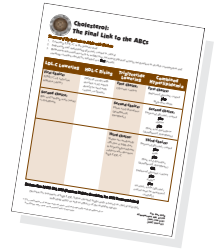
<sup>7</sup> Samples taken from a combined population of 1,233 Medicare enrollees who met the 12 months of continuous enrollment criteria and the HEDIS definition of diabetes for the measurement year 2001. Medicare enrollees were insured during 2001 by Lovelace Health Systems, St. Joseph Healthcare MedicarePlus, and Presbyterian Health Plan.

<sup>8</sup> Sample taken from a combined population of 2728 Medicaid enrollees who met 12 months of continuous enrollment criteria and the HEDIS definition of diabetes for the measurement year 2001. Medicaid enrollees were insured in 2001 by Cimarron Health Plan, Lovelace Health Systems, and Presbyterian Health Plan.

# 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](http://www.takingondiabetes.org/communitypartnership), or contact Charm Lindblad, Project Manager, at 505.796.9121 or toll-free 1.866.796.9121.

**Treatment of Dyslipidemia in Adults with Diabetes: A One-Page Tool**—Prioritizing treatment of diabetic dyslipidemia can be confusing. The primary goal is to lower the patient's LDL-C and improve and maintain glycemic control. This one-page reference table will assist clinicians with decisions regarding prioritizing pharmaceutical interventions for their patients with diabetes. Keep in mind that behavioral interventions such as weight loss, increased physical activity, moderation of alcohol consumption and smoking cessation should be initiated as a first priority. This table reflects the ADA recommendations for "Management of Dyslipidemia in Adults with Diabetes" Diabetes Care 26:S83-S86, 2003. There are no copyright restrictions. This form can be found on the New Mexico Health Care Takes On Diabetes website.



**Kitchen Creations: A Patient Resource**—A meal plan comprised of healthy foods is one of the cornerstones of diabetes self-management. Research has clearly proven that the risk for complications caused by diabetes that can alter quality of life can be decreased when blood glucose values are maintained at levels that mimic "normal" values. Kitchen Creations, a Cooking School for People with Diabetes and Their Families, is a cooking school conducted at county extension services. These FREE classes provide information and hands-on training which include developing and following a meal plan, and a cookbook containing New Mexican traditional food recipes prepared in healthy ways. Kitchen Creations is jointly sponsored by the New Mexico Department of Health Diabetes Prevention and Control Program (DPCP) and the New Mexico State University Cooperative Extension Service. For more information on cooking classes and locations in your area, contact your local County Extension Service Agent or log on to [www.nmdiabetes.com](http://www.nmdiabetes.com) then click on DPCP programs, then Kitchen Creations.

**Make the Link! Cholesterol, Triglycerides, and Diabetes: A Patient Handout**—This patient education tool created by the American Diabetes Association and the American College of Cardiology clarifies why managing cholesterol 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 cholesterol has on patients with diabetes and suggests ways to lower their cholesterol levels. Additionally it provides space for patients to record their cholesterol and triglyceride levels and develop an action plan. There are no copyright restrictions. This form is also available in Spanish. This form can be found on the American Diabetes Association website at [www.diabetes.org/makethelink](http://www.diabetes.org/makethelink) or call 1.800.DIABETES (342.2383).

**Websites**—The editorial committee has identified a select number of websites on cholesterol that you may find informative:

- ❖ National Diabetes Education Program: [www.ndep.nih.gov](http://www.ndep.nih.gov)
- ❖ American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)
- ❖ National Institute of Diabetes and Digestive and Kidney Disease, National Institute of Health: [www.niddk.nih.gov/health/diabetes/diabetes.htm](http://www.niddk.nih.gov/health/diabetes/diabetes.htm)
- ❖ National Cholesterol Education Program: [www.nhlbi.nih.gov/about/ncep](http://www.nhlbi.nih.gov/about/ncep)
- ❖ American Heart Association: [www.americanheart.org](http://www.americanheart.org)

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.

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