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In each issue of *Diabetes Resources* we provide information about management of diabetes for health care providers.

Our publications support the *New Mexico Diabetes Practice Guideline* by providing specific tools and resources for providers to help reduce the complications associated with diabetes. The **ABCs of diabetes** is a reminder to test patients **2 to 4 times per year for A1C, check Blood pressure at each visit and test Cholesterol levels annually.** The *Diabetes Resources* address other clinical recommendations. Dilated eye exam, foot exam and kidney disease screening as well as nutrition and physical activities are additional covered topics.

In support of the *New Mexico Diabetes Practice Guideline 2006*, please see the reverse side of *Diabetes Resources* for tools and resources that can help in your efforts to provide education and support to your patients with diabetes.

Check www.nmtod.com for organizations that have graciously provided funding for *Diabetes Resources*.

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 Diabetes Association.

Diabetes Resources

Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 7 No. 4, 2006

Cholesterol: The Final Link to the ABCs

The Issue:

- ❖ Lipid disorders such as elevated LDL-Cholesterol (LDL) can be life threatening to people with diabetes.¹ The National Cholesterol Education Program considers diabetes to be a coronary vascular disease risk equivalent.²
- ❖ Diabetes is a major, independent risk factor for coronary heart disease and other forms of cardiovascular disease. Reducing cholesterol levels in people with diabetes reduces risk for coronary heart disease.²
- ❖ In New Mexico, only 50.8% 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.³
- ❖ 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.^{1,2}

Did you know?

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

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

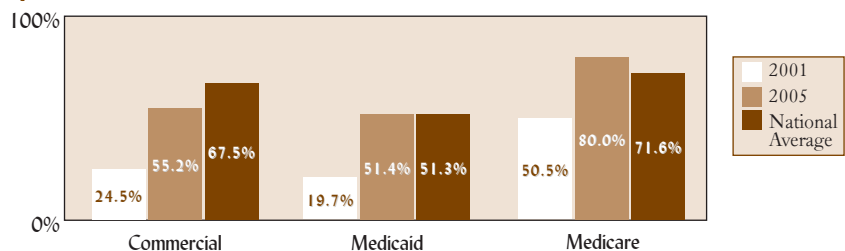
Risk	LDL	HDL	Triglycerides
High	≥130	<40	≥400
Borderline	100-129	40-59	150-399
Low	<100	≥60	<150

The Current Clinical Recommendation:

The *New Mexico Health Care Takes On Diabetes Practice Guideline 2006* 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 in men and > 50 mg/dl in women, Triglycerides < 150 mg/dl.

New Mexico's Numbers:

Percentage of New Mexicans with Diabetes Who Had LDL < 130 in 2001 and 2005^{3,5-6}



¹ Diabetes Care, Volume 26, Supplement 1, January 2003.

² www.nhlbi.nih.gov

³ Data reported using nationally validated HEDIS® methodology. Rates derived from meeting continuous enrollment requirements. HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).

⁴ Diabetes in America, 2nd Edition, Chapter 19, Heart Disease in Diabetes.

⁵ HEDIS 2006 data for CY 2005 provided by BCBSNM/HMONM, Molina Healthcare of New Mexico, Lovelace Sandia Health Systems and Presbyterian Health Plan.

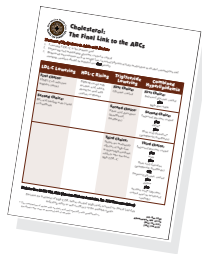
⁶ National average data provided by Centers for Medicare & Medicaid Services (CMS) for CY 2005, Quality Compass for CY 2005 and Indian Health Services for FY 2005.

Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at www.nmtod.com. For further information contact Charm Lindblad, Executive Director, 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 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.diabetesnm.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 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 and can be found on the American Diabetes Association website at www.diabetes.org/makethelink or call 1.800.DIABETES (342.2383).

Websites—The editorial committee has identified a select number of websites about cholesterol that you may 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
- ❖ National Heart, Lung and Blood Institute Cholesterol Education Program: www.nhlbi.nih.gov/about/ncep
- ❖ American Heart Association: 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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