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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. 3, 2005

Diabetes: Getting to the Heart of It

The Issue:

Cardiovascular disease, especially coronary artery disease (CAD), is present in most adults with type 2 diabetes. People with diabetes are 2 to 4 times more likely to develop CAD than those without diabetes and often show an earlier onset of symptoms.

Dyslipidemia and hypercholesterolemia are both common among people with diabetes. In addition, thrombophilia is often present and platelets are more susceptible to aggregation especially in the presence of hyperglycemia because of the increased expression of GpIIb/IIIa receptors. All of these contribute to the development of hypertension, endothelial cell dysfunction, accelerated atherogenesis, and resultant coronary thrombosis. (Flaherty JD, Davidson CJ. JAMA. 2005; 293:1501-1508.)

In preventing and treating the cardiovascular aspects of diabetes, providers need to consider all the available tools including diet, exercise, lifestyle modifications, statins and other lipid lowering medications, antihypertensives and aspirin. We have discussed many of these in past issues and in the 2005 Clinical Practice Guideline. For helpful patient resources, contact the American Heart Association.

Did You Know?

- ❖ Approximately two-thirds to three-fourths of the people with diabetes mellitus die from some form of heart or blood vessel disease. (*Heart Disease and Stroke Statistics - 2004 Update, American Heart Association*)
- ❖ Diabetes increases the risk of stroke, with the relative risk ranging from 1.8 to almost 6.0. (*Stroke*. 2001; 32:280-299)
- ❖ The risk of diabetes for Hispanics and non-Hispanic blacks is almost twice that for non-Hispanic whites. (*NHANES III [1988-94], CDC/NCHS, Diabetes Care*. 1998; 21:518-524)
- ❖ The age-adjusted prevalence of major CVD for women with diabetes is twice that for women without diabetes, and the age-adjusted major CVD hospital discharge rate for women with diabetes is almost four times the rate for women without diabetes. (*MMWR, Vol. 50, No. 43, Nov. 2 2001, CDC/NCHS*)
- ❖ Heart disease death rates among adults with diabetes are 2 - 4 times higher than rates for adults without diabetes. www.diabetes.niddk.nih.gov (*Heart Disease and Stroke Statistics - 2004 Update, American Heart Association*)
- ❖ In 2001 in New Mexico, there were 21,115 diabetes-related hospital discharges. Of these, the majority (72.1% or 15,214 discharges) also involved cardiovascular disease.
- ❖ From 1999-2001 in New Mexico, there were 1,540 deaths due to diabetes. Of these, 890 deaths (or 58%) also involved heart disease.

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.

Diabetes: Cardiovascular Toolkit—The American Diabetes Association, American College of Cardiology and Preventive Cardiovascular Nurses Association is offering a free kit of patient tools to assist with your educational efforts. This kit contains reproducible handouts on 26 topics related to diabetes and cardiovascular disease. Topics cover type 2 diabetes, nutrition, exercise and risk factor management. A Spanish-language version will be available in September 2005. To order the toolkit on CD or hard copy, please call 1-800-DIABETES (342-2383) or send your name and mailing address to AskADA@diabetes.org. Please specify whether you want CD Rom or hard copy. To view the kit, visit www.diabetes.org/makethelink.motivation.

A Provider Tool—Cardiovascular disease (including stroke), cancer and diabetes account for about two thirds of all deaths in the U.S. and \$700 billion in economic impact. The ACS, ADA and AHA have published a Joint Scientific Statement that reviews strategies for the prevention and early detection of these diseases. The strategies are aimed at improving efficacy of periodic medical checkups as an effective platform for addressing major risk factors. The avoidance or modification of risk factors may help reduce the incidence and premature mortality associated with these prevalent chronic conditions.
<http://circ.ahajournals.org/cgi/content/full/109/25/3244>

A Patient Tool—Preventing cardiovascular disease is important. This patient tool provides information about simple steps to lower blood pressure through increasing physical activity, eating less saturated fat and stopping smoking. It can be found on the New Mexico Health Care Takes On Diabetes website at www.nmtod.com.

Other Resources—The American Heart / American Stroke Association has a myriad of educational publications available on heart health and stroke prevention topics, including how CVD is so closely linked with diabetes. The “Heart Of Diabetes” booklet is a simple presentation of diabetes, insulin resistance and the link to CVD. Some of the patient education brochures deal with specific topics, topics such as high blood pressure or nutrition, while others cover a variety of risk factors and lifestyle modifications. There are also professional resources available such as scientific statements on treatment and prevention. Most American Heart Association publications are available online at www.americanheart.org or by contacting your local office in New Mexico at 505-823-8700.

Websites—The editorial committee has identified websites that you may find informative:

- ❖ National Diabetes Education Program: www.ndep.nih.gov
- ❖ American Diabetes Association: www.diabetes.org
- ❖ National Institutes of Health: www.diabetes.niddk.nih.gov
- ❖ American Heart Association, Heart of Diabetes Program: www.americanheart.org/diabetes
- ❖ NM Department of Health, Diabetes Prevention and Control Program: www.diabetesnm.org
- ❖ American Stroke Association: www.strokeassociation.org
- ❖ National Heart Lung & Blood Institute High Blood Pressure Education Program: www.nhlbi.nih.gov/guidelines/hypertension/index.htm
- ❖ National Heart Lung & Blood Institute Heart & Vascular Page: www.nhlbi.nih.gov/health/public/heart/index.htm
- ❖ National Institute of Neurological Disorders and Stroke: www.ninds.nih.gov/disorders/stroke/knowstroke.htm
- ❖ Centers for Disease Control and Prevention (CDC) Heart Disease page: www.cdc.gov/doc.do/id/0900f3ec802720b8
- ❖ American Indian Cardiology Program: www.ihs.gov/medicalprograms/cardiology/card/index.cfm
- ❖ American College of Cardiology: www.acc.org
- ❖ NCQA Heart & Stroke Recognition for Physicians: www.ncqa.org/hsrp/index.htm

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

*Please note that these websites do not necessarily represent the views of NMHCTOD. 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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