



Diabetes Care

A newsletter for physicians from the Barren River District Health Department



Winter 2011

Diabetes Recap – What was New in 2010

New Medicines

Victoza

Novo Nordisk obtained FDA approval for the new drug Victoza® (liraglutide [rDNA origin] injection), the first once-daily human glucagon-like peptide-1 (GLP-1) analog for the treatment of type 2 diabetes. Victoza is indicated as an adjunct to diet and exercise to improve blood sugar control in adults with type 2 diabetes mellitus. Victoza is not recommended as first-line therapy for patients who have inadequate glycemic control on diet and exercise. It has not been studied sufficiently in patients with a history of pancreatitis.

Kombiglyze™ XR

Bristol-Myers Squibb Company and AstraZeneca got FDA approval of Kombiglyze™ XR for the treatment of type 2 diabetes in adults. Once-a-day Kombiglyze XR combines saxagliptin (also known as Onglyza™), a DPP-4 inhibitor, and metformin XR, a biguanide, in one tablet for the treatment of type 2 diabetes. Kombiglyze XR should generally be administered once a day with the evening meal, with gradual dose titration to reduce the gastrointestinal side effects associated with metformin. The maximum daily recommended dose is 5 mg for saxagliptin and 2,000 mg for metformin extended-release.

AACE Consensus Statement for CGM

In October, the American Association of Clinical Endocrinologists (AACE) published an online consensus statement for continuous glucose monitoring (CGM): <http://www.aace.com/pub/pdf/ContinuousGlucoseMonitoring.pdf>

Severe Restrictions for Avandia

In September 2010, the FDA announced that it will allow Avandia (rosiglitazone) to stay on the market with severe restrictions for its use. Use of Avandia and other drugs containing rosiglitazone will be restricted to patients with Type 2 diabetes who cannot control their diabetes using other medications and are unable to take Actos (pioglitazone). These new restrictions are in response to data that suggest an elevated risk of cardiovascular events, such as heart attack and stroke, in patients treated with Avandia.

The FDA has required GlaxoSmithKline (GSK) to develop a risk evaluation and mitigation strategy (REMS). Under the REMS, Avandia will be available to new patients only if they are unable to achieve glucose control on other medications. Current users of Avandia who are benefiting from the drug will be able to continue using the medication if they choose to do so. Doctors will have to attest to and document their patients' eligibility; patients will have to review statements describing the cardiovascular safety concerns associated with this drug and acknowledge they understand the risks. The FDA anticipates that the REMS will significantly limit use of Avandia.

The Hisayama Study Links Insulin Resistance and Alzheimer's Disease

People with diabetes or insulin resistance are more likely to develop plaques in the brain associated with Alzheimer's disease, per a report published in *Neurology* on August 25, 2010.



Contact us at 1-877-641-5822 or 1-270-781-8039, Press extension 150, 136 or 186

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Kentucky *Diabetes Resource Directory*

The Kentucky Diabetes Prevention and Control Program and partners are pleased to announce the release of a new web-based *Kentucky Diabetes Resource Directory*. The diabetes directory can be found at <https://apps.chfs.ky.gov/KYDiabetesResources>.

This new diabetes resource directory will allow a person to search by county, or surrounding counties, for self-management classes, support groups, specialists (endocrinologists or diabetologists), coalitions, or medical nutrition therapy (nutrition providers). The directory can be used by providers' offices and community members alike.

Professional Diabetes Resources from the Kentucky Diabetes Network



The Kentucky Diabetes Network (KDN) is a multidisciplinary group of health care professionals across the state who strive to improve the treatment and outcomes for Kentuckians with diabetes, to promote early diagnosis and ultimately to prevent the onset of diabetes. This busy, dedicated group meets regularly to work on projects and publications that assist health care providers to provide diabetes care according to current standards of care. Check out their website at www.kentuckydiabetes.net/professional_resources.html for some great publications, like these:

- Guidelines for Management of Adult Diabetes
- Diabetes Care Standing Orders
- Diabetes Care Tool
- Pre-Diabetes Risk Screening Tool
- Diabetes Medications Supplement
- Team Care – Comprehensive Lifetime Management for Diabetes
- Sugar Substitutes Guide for Health Professionals
- Patients Assistance Resource Library – a listing of resources for indigent patients
- KDN Publication Listing – a listing of publications from various sources, i.e. NIDDK, NIH, etc.

CE Opportunities for Providers and Office Staff

Present Diabetes is a great online source for **free CE/CME**. Go to: <http://presentdiabetes.com> and click on Lecture Hall.

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