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# Diabetes Resources

## Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 13 No. 4, 2010

In each issue of **Diabetes Resources** we have provided specific information about management for diabetes, including important tests and resources to help reduce complications associated with the disease. Information is included about the ABCs of diabetes: **A1C testing 2-4 times per year, Blood pressure screening at every visit, and annual Cholesterol testing. Additional clinical information is also provided. A dilated eye exam, sensory foot exam and screening for kidney disease are each recommended annually. Attention to these risk factors reduces the chance for cardiac, renal, eye and vascular disease secondary to diabetes.**

In support of the **New Mexico Adult Diabetes Practice Guideline 2010**, please see the reverse side of **Diabetes Resources** for recommendations for care including resources and tools that can help in your efforts to provide education and support among your patients with diabetes.

Check [www.nmtod.org](http://www.nmtod.org) for organizations that have graciously provided funding for **Diabetes Resources**.

New Mexico Health Care Takes On Diabetes, a New Mexico non-profit corporation, 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.

## 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.<sup>1</sup> The National Cholesterol Education Program considers diabetes to be a coronary vascular disease risk equivalent.<sup>2</sup>
- ❖ 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.<sup>2</sup>
- ❖ In New Mexico, less than 50% 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?*

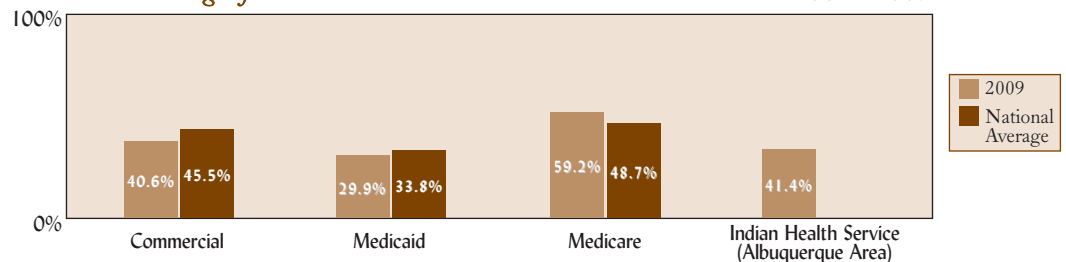
Risk	LDL	HDL	Triglycerides
High	≥130	<40	≥400
Borderline	100-129	40-59	150-399
Low	<100	≥60	<150

### The Current Clinical Recommendation:

The *New Mexico Health Care Takes On Diabetes Adult Practice Guideline 2010* recommends that all people with diabetes have a lipid profile once a year or more frequently if cholesterol is not well controlled. The goals are 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 <100 in 2009<sup>3,5-7</sup>*



*Note: HEDIS® changed the LDL-C level of "good control" from less than 130 to less than 100 in 2007. This rate is not comparable to past years.*

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 2009 data for CY 2008 provided by BCBSNM, Molina Healthcare of New Mexico, Lovelace Health System, Presbyterian Health Plan and UnitedHealthCare.  
 6 Indian Health Service data provided for the Albuquerque Area and based on Government Performance and Results Act (GPRA) indicators from 2009 fiscal year.  
 7 National average data provided by Quality Compass for CY 2008.

# 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.org](http://www.nmtod.org). For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

**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](http://www.diabetesnm.com) then click on DPCP programs, then Kitchen Creations.

**Make the Link! Publications**—Many people with diabetes also have high blood pressure and high cholesterol, so make the link:

## **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](http://www.diabetes.org/makethelink) or call 1.800.DIABETES (342.2383).

**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 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](http://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 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 Heart, Lung and Blood Institute 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)
- ❖ National Diabetes Education Program: [www.ndep.nih.gov](http://www.ndep.nih.gov)
- ❖ American Diabetes Association: [www.diabetes.org](http://www.diabetes.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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