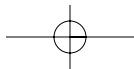
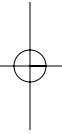
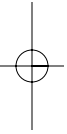




# The CADRE Handbook of Diabetes Management



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Accurate indications, adverse reactions, and dosage schedules for drugs are provided in this book, but it is possible that this information may change. The reader is urged to review the manufacturer's package information data for any medications mentioned or discussed in this book.

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## ABOUT CADRE

The Council for the Advancement of Diabetes Research and Education (CADRE) is a nonprofit organization committed to reducing the devastating complications of both type 1 and type 2 diabetes through achievement of tight metabolic control. To achieve this goal, CADRE provides health care professionals with scientific information and educational programs to enable them to manage and empower their patients who are living with diabetes.

Effectively managing diabetes requires both day-to-day disease management and up-to-date information on new discoveries and evolving therapies. Thus, CADRE programs support, highlight, and promote practical guidelines for patient education and management as well as cutting-edge research in diabetes pathophysiology and treatment.

### *EDUCATIONAL OBJECTIVES*

CADRE is dedicated to providing valuable educational initiatives to health care professionals about diabetes care and management. In addition to sponsoring continuing medical education seminars and symposia with leading universities and medical associations, CADRE produces educational monographs and lecture kits, journal supplements, and practical tools to help physicians provide better care for their patients with diabetes.

CADRE programs help health care practitioners to:

- ▲ Understand interplay between insulin deficiency, insulin resistance, and other etiologic factors in diabetes
- ▲ Execute early, aggressive intervention to prevent microvascular and macrovascular complications of diabetes

- ▲ Partner with patients to achieve target A1C and blood glucose levels, and to reduce cardiovascular risk factors
- ▲ Describe the mechanism of action, efficacy, and safety of available pharmacologic agents for diabetes
- ▲ Implement effective treatment strategies based on patient type and management needs
- ▲ Discuss future diabetes therapies with patients and colleagues

For more information about CADRE and its programs, visit the CADRE Web site at [www.cadre-diabetes.org](http://www.cadre-diabetes.org).

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## INTRODUCTION

**T**he *CADRE Handbook of Diabetes Management* is a practical, quick reference tool for primary care physicians, endocrinologists, diabetes educators, and other health care professionals on the diagnosis and treatment of type 1 and type 2 diabetes. This handbook has been designed to present information in a concise format that can be accessed at a glance. The CADRE editorial subcommittee has chosen well-recognized experts to contribute chapters. While each chapter expresses the views of the authors, the goals of the book have been developed and shaped by the subcommittee and the editors William T. Cefalu, MD, John E. Gerich, MD, and Derek LeRoith, MD, all leading diabetes specialists. *The CADRE Handbook of Diabetes Management* reflects CADRE's aggressive stance toward diabetes treatment, which encourages:

- ▲ Wide screening and early intervention
- ▲ A target goal of the lowest possible A1C without unacceptable hypoglycemia, with action recommended at A1C >7.0%
- ▲ Intensive treatment plans to normalize A1C levels and achieve targets for hypertension and lipid dysfunction in type 2 diabetes
- ▲ A team approach, consisting of physicians, educators, nutritionists, and the patient, that inspires both patients and physicians to work toward achieving goals

Up-to-date information on diabetes is presented, using major references including the American Diabetes Association Clinical Guidelines and the American Association of Clinical Endocrinologists Medical Guidelines and studies such as the Diabetes

Control and Complications Trial, the United Kingdom Prospective Diabetes Study, and the Diabetes Prevention Program.

*The CADRE Handbook of Diabetes Management* is structured to follow the natural progression of care of the patient with diabetes, beginning with initial screening and diagnosis, education and treatment plans to achieve therapeutic goals, follow-up visits, and the management of special populations and complications. The table below outlines the content of each chapter.

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Chapter 1 <i>The Burden of Diabetes</i>	Focuses on the physical, emotional, financial, and quality-of-life costs of diabetes as well as its increasing prevalence
Chapter 2 <i>Classification and Diagnosis</i>	Explains the pathophysiology and classification of diabetes and outlines guidelines for screening and testing for diabetes and pre-diabetes
Chapter 3 <i>Rationale for Standards of Care</i>	Summarizes existing evidence supporting glycemic and other target goals in diabetes management
Chapter 4 <i>Applying Standards of Care</i>	Provides step-by-step instruction on how to achieve target goals in clinical practice, focusing on glycemic, hypertension, and dyslipidemia control
Chapter 5 <i>Approaches for the Newly Diagnosed Patient</i>	Directs health care professionals on how to set up treatment plans for patients, including creating a diabetes team, instructing and fostering patient self-management, and monitoring goals and tools

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Chapter 6 <i>Drug Therapy</i>	Summarizes the most important information about oral medications
Chapter 7 <i>Follow-Up Visits</i>	Highlights the issues that need to be addressed in subsequent visits
Chapter 8 <i>Oral Monotherapy and Combination Therapy</i>	Details the procedures for initiating oral monotherapy or combination therapy
Chapter 9 <i>Insulin Therapy in Type 2 Diabetes</i>	Explains the why, when, and how of starting insulin therapy
Chapter 10 <i>Special Situations</i>	Addresses treatment strategies for specific patient populations, such as the hospitalized patient, children, and the elderly
Chapter 11 <i>Management of Complications</i>	Provides methods for treating the most common physical consequences of diabetes
Chapter 12 <i>Frequently Asked Questions</i>	Provides tips on specific issues that commonly arise in clinical practice

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