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If You Have Diabetes, Here's Are Some Facts You Can Live With!

A new 8 year study published in the New England Journal of Medicine shows:

- You can prevent most of the heart attacks and stroke you're at risk for.
- You can prevent most of the painful nerve problems too.

Doctors from a major medical center in Denmark compared 80 patients treated in the usual way to 80 patients treated aggressively to take better control of their diabetes and other important cardiac risk factors.

Aggressive treatment meant the patients worked with their doctors to:

- Get their Hemoglobin A1C (Hgb A1C) under 6.5 %
(Blood sugars must be lower over a 2 to 3 month period to reduce the Hgb A1C)
- Have a resting Blood Pressure under 130 systolic (top number)
and 80 diastolic (bottom number).
- Have a Total cholesterol under 175 mg/dl which usually means the
 - LDL cholesterol, lousy type, is usually below 100
 - HDL cholesterol, healthy type, is over 40
 - Triglycerides (another blood fat) is under 150
- Get any protein in the urine down by taking an ACE inhibitor or ARB-type of medication
- Take an aspirin every day (baby size of 81 mg or regular 325 mg)
- Change bad habits; Stop smoking , Eat less fat , Walk daily

When this was done for less than 8 years, compared to patients getting usual care, the patients with the comprehensive care showed:

- 53% fewer heart attacks, deaths, strokes and bypass or artery operations
- 61% fewer patients with kidney failure needing dialysis
- 58% fewer patients with eye problems leading to visual loss and blindness
- 63% fewer nerve problems that cause painful legs and feet, digestive problems and poorly controlled blood pressure that can cause lightheadedness with standing.

Help us help you prevent these dangerous medical complications of diabetes. **Let us show you how at your next appointment.**

Reference: Dr. P. Gaede et al, Denmark's Steno Clinic, New England Journal of Medicine, Jan 30, 2003

Addendum: Now a 13 year follow-up has been completed and shows comprehensive treatment reduced the number of deaths by 20% compared to casual care.

Reference: Dr. P. Gaede et al. 13 yr. Follow-up. New Engl Journal Med, Feb 7, 2008