

BETTER DIABETES MANAGEMENT

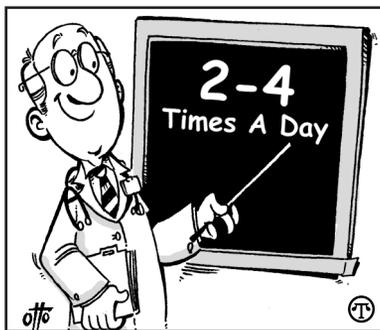
New Guide Calls For Increased Blood Sugar Testing To Help Millions With Type 2 Diabetes

(NAPSA)—The American Academy of Family Physicians (AAFP), one of the largest physician organizations in the country, has developed a new guide for patient self-testing of blood sugar levels. While the guide applies to all 13 million people diagnosed with diabetes, it is particularly important for the nearly 7 million Americans with type 2 diabetes who treat their disease with oral medications—not insulin.

Until now, there has been no clear self-testing guidance for these patients as to when and how often to test their blood sugar to help manage their disease.

“Today, most people with type 2 diabetes test about once a day. However, a recent study of data from the Centers for Disease Control and Prevention (CDC) shows that almost two-thirds of these people have blood sugar levels that are out of control,” says Steven Edelman, MD, Endocrinologist at the University of California, San Diego School of Medicine and founder of the non-profit organization Taking Control of Your Diabetes.

Uncontrolled, diabetes can lead to serious complications such as blindness, kidney disease and amputation. To reduce the risk of developing complications, the American Diabetes Association



Increased blood sugar testing (2-4 times per day) is now advised for millions of type 2 diabetes patients.

(ADA) recommends that people with diabetes maintain an A1c value of less than 7%. The A1c is a lab test typically ordered every 3 months by doctors to determine how well their patients are managing their diabetes.

According to the new AAFP guide:

- Patients taking oral medication, whose blood-sugar levels are not under control (as measured by their A1c result), should test their blood sugar levels 2 to 4 times a day. The guide also provides some suggested times for testing, such as 1 to 2 hours after a meal.

- These patients are also encouraged to test their blood sugar levels multiple times per

day for several days prior to each doctor visit, to ensure the physician has enough information to recommend adjustments in their treatment program.

- For all patients with diabetes, additional blood sugar testing beyond their normal schedule is advised under certain circumstances such as: signs of hypoglycemia (low blood sugar), illness, changes in physical activity/nutrition, stress resulting from a major life change, worsening A1c measurements, and changes or adjustments in medication (including a number of medications not related to diabetes treatment).

“By testing more often and at the right times, patients and their doctors will be better able to see what’s happening with their blood sugar and make the changes they need to stay healthy,” says Edelman, a diabetes patient himself, who travels around the country conducting conferences to help people learn how to better manage their diabetes.

The new guide has been mailed by the AAFP to its membership of more than 94,000 family doctors. This is especially important because family doctors treat nearly 80% of diabetes patients in this country.

To see the complete guide, visit www.familydoctor.org.