



Clinical Champion Update

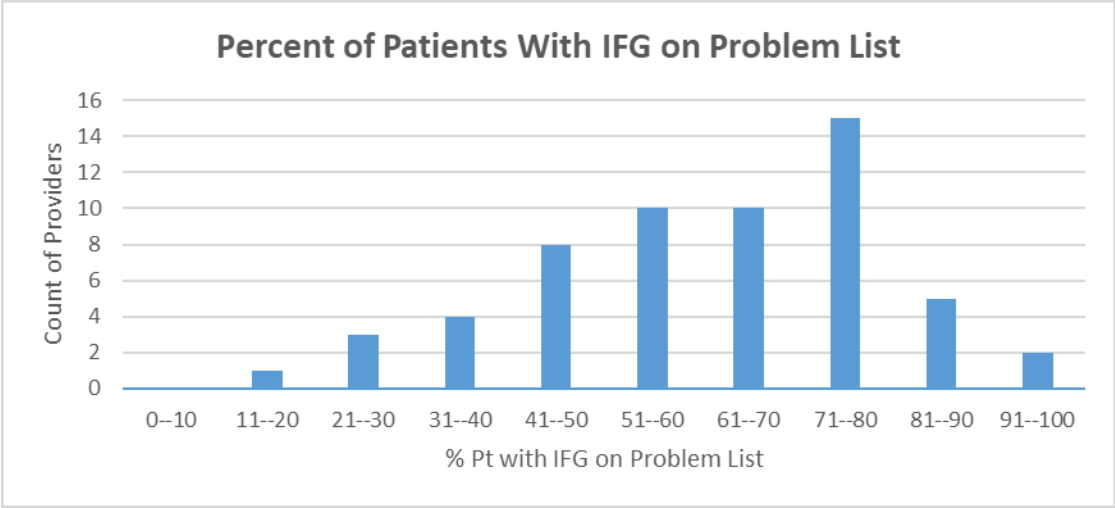
Date: 11/1/21

Subject: Diabetes

Diabetes is an ongoing epidemic in the United States with an estimated 30 million adults with T2DM. Additionally, nearly another 33% of adults have impaired fasting glycemia (IFG), or pre-diabetes. Studies have shown that of these pre-diabetic patients, only up to 15% are aware their blood sugar is abnormal. Traditionally, we discuss this as blood sugar being “slightly elevated” and reassure the patient they do not have diabetes. **What if we took this as a warning shot, and encouraged significant lifestyle intervention as early as possible?**

See the attached pre-diabetes guidelines. Intensive lifestyle intervention has shown to delay progression to T2DM for an average of 11 years. This significantly reduces the time a patient has T2DM, which reduces their rates of micro- and macrovascular complications. Lower morbidity. Lower mortality. Metformin is an option for persistent and worsening pre-diabetes, but delays progression to T2DM by only 3 years. The most effective interventions are multi-disciplinary – this includes exercise programs (consider involving PT for an exercise adverse or exercise wary patient), behavioral health, nutrition, and diabetes education. Insurances do not cover diabetes education for this diagnosis, but many cover nutrition, which incorporates education. Please see the attached insurance coverage for our current best guesses for nutrition coverage.

At Valley Medical Group, we have 2550 patients with the diagnosis of IFG in their charts or notes at some point in time in the last year. Only 66% of these patients have IFG on their problem list, and this rate varies greatly by provider as shown below. If the studies are true, and nearly 1 in 3 of our adults have IFG, we are significantly under-diagnosing this condition. Screen regularly for IFG in these patients at risk, and add IFG to the problem list when appropriate.



Thank you,

Betsy Green NP and Trisha Rogers PA

Diabetes Clinical Champions