

An Overview of Type 2 Diabetes

Links & Resources - for health care providers

- Tools and Resources for Health Care Providers - Diabetes Canada
- Finding the sweet spot in managing diabetes with coronary artery disease and chronic kidney disease - Canadian Family Physician
- Hypoglycemia in Type 2 Diabetes: It is common, so what strategies can minimize the risk? - Canadian Family Physician
- Deprescribing Antihyperglycemics - Deprescribing.org
- SGLT2 Inhibitors and GLP1 Agonists - BC PAD

Links & Resources - for patients

- Tools and Resources for People with Diabetes - Diabetes Canada
- Eat Well Saskatchewan - Free access to a dietitian
- Nutrition in Diabetes - American Diabetes Association
- 23 1/2 Hours (whiteboard video for exercise motivation) - Dr. Mike Evans
- Quitting Smoking - Saskatchewan Pharmacist Resources
- Saskatchewan Diabetes Education Directory
- Diabetes: Q&A Patient Booklet - RxFiles

This page is free to access website links at RxFiles.ca/diabetes. SCAN HERE



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Welcome to our third edition of *RxFiles: Type 2 Diabetes*.

This book was written to support academic detailing visits in Saskatchewan that focused on diabetes medication management. We are confident your patients will benefit from the numerous pearls, strategies, and tools found inside.

Diabetes is a complex topic. In this section, *An Overview of Type 2 Diabetes*, we provide perspectives on patient management.

- The cornerstone of management for type 2 diabetes is **lifestyle change**. Although difficult to change, it is important. On page 7 we provide data on the impact of exercise and nutrition that you may find useful to share with your patients. Providing a prescription for physical activity has been shown to be more effective than simply talking about exercise; a sample prescription is found on page 36. We've also included some useful nutrition tips, and when possible it is often helpful to refer patients to a registered dietitian.
- **Individualizing A1c targets** - and reassessing for appropriateness over time - is an important task. On page 5 we outline a "traffic light" approach to A1c targets. This approach encourages clinicians to examine how long a patient has had diabetes, and how heavy the burden of treatment is likely to weigh, in order to gauge the likelihood of benefit and desirability from an aggressive A1c target.
- **A multifactorial approach** (e.g. controlling blood pressure, managing lipids, and achieving smoking cessation) may be more important for many people with diabetes than attaining a low A1c. On page 6 we answer frequently asked questions about when to use low-dose ASA, ACEIs/ARBs, statins, and other "non-diabetes" agents in people with diabetes.
- **Managing comorbidities** alongside diabetes brings additional challenges. On page 8 we describe how to "protect and preserve" the kidneys in diabetes; on page 9 we provide tips for co-managing heart failure and diabetes.
- See our new Diabetes in Pregnancy page 10 and Diabetes in Older Adults page 11 for management tips during these phases of life.

From all of us at RxFiles Academic Detailing, we hope you find this book useful in practice.