



First Time ADA and EASD Recommend Treatment Guidelines

For the first time, the ADA and the European Association for the Study of Diabetes (EASD) have spelled out a treatment regimen that recommends initial therapy with lifestyle modifications and metformin (a drug used for treating type 2 diabetes in adults and children) and the early addition of insulin therapy in patients who do not meet target goals.

Consider these figures: By 2030 seven out of 10 countries with the most diabetic patients will be in Asia, with India and China topping the list with 79.4 million and 42.3 million, respectively. The Philippines, which is not even in the current top 10 list, will catapult to No. 9 with 7.8 million (from the current 3.36 million).

Indeed, these dire estimates from the journal *Diabetes Care* is more than enough reason for the experts from the American Diabetes Association to be alarmed and visit the Asia-Pacific region, for the first time, to offer their recommendations -- a treatment algorithm -- for the management of type 2 diabetes.

A treatment algorithm usually refers to decision tree approaches to healthcare treatment (i.e., if symptoms A, B and C are evident, then use treatment X).

The ADA clinical practices recommendations were released during the Standing Together Against Diabetes, a medical conference held in Bangkok, Thailand early this month.

During the event, the experts promoted the use of the algorithm by educating the doctors who attended the conference and providing them with educational materials.

This ADA initiative to optimize diabetes therapy is supported by an unrestricted educational grant from pharmaceutical giant sanofi aventis.

“Although current new classes of medications and numerous combinations have been demonstrated to lower the concentration of glucose in the blood (glycemia), current management still fail to achieve and maintain the levels that can provide optimal health care status for people with diabetes,” acknowledged Dr. John Buse, professor of medicine and Division of Endocrinology chief at the University of North Carolina.

Buse, who is also ADA president-elect, added that with the emergence of many different medications for the treatment of type 2 diabetes in recent years, ADA’s recommendations will set a precedent in the treatment of the disease by providing an easy-to-use treatment algorithm.

“This will help doctors in the Asia-Pacific region to choose the most appropriate therapies for

lowering the blood sugar levels in people with type 2 diabetes,” he said.

The experts acknowledged the effects of the globalization of the Western lifestyle for making type 2 diabetes a major and progressive health care problem around the world.

“It is sometimes described as a ‘lifestyle disease’ because it is more common in people who do insufficient physical activity and are overweight or obese. It is strongly associated with high blood pressure, high cholesterol and an ‘apple’ body shape, where excess weight is carried around the waist,” Kahn said.

He noted that the burden of the disease was greatest in countries like India and China where there is rapid population growth. In the Philippines, diabetes is currently the ninth leading cause of death, currently affecting one out of 25 Filipinos.

=====

Advertisement

Do you have patients in pain? Over 5,000 Anodyne Therapy Care Providers in 35 countries worldwide are helping thousands of patients per month with painful, circulatory problems get relief. To learn how you can help your patients get back to life, click here.

<http://www.diabetesincontrol.com/annodyne/index.php>

This article came from

http://www.diabetesincontrol.com/index.php?option=com_content&view=article&id=5005

Please visit Diabetes In Control for the most current news in Diabetes care.

www.diabetesincontrol.com