

DiabetesSource™

News For The Diabetes Specialist

Spring 1999 ♦ Vol. 2 No. 2



The American Diabetes Association recommends low-dose aspirin for most adults with diabetes.

Patients with diabetes have two to four times higher risk of dying from cardiovascular disease.

New studies show that aspirin can significantly lower this risk. In fact, aspirin seems to be even MORE beneficial for diabetics than for people without diabetes.

Recommend aspirin for diabetics over age 30 with any of the following risk factors for heart disease... obesity, hypertension, dyslipidemia, smoking or a family history of heart disease.

Aspirin is also recommended for patients who already have coronary artery disease... to prevent a heart attack or stroke.

Advise patients to take 81 to 325 mg/day of aspirin. Suggest enteric-coated tablets to reduce the chance of GI bleeding.

Don't recommend aspirin for patients with recent GI bleeding... active liver disease... or those who are allergic to aspirin. Consider Ticlid or Plavix for patients who are allergic to aspirin. Make sure that patients on warfarin are properly monitored if they start taking aspirin.

Pharmacist's Letter ♦ Vol. 15, No. 3 March 1999, Topic #150304.
Sources: Am J Med 1998;105:494. Diabetes Care 1999;22 (Suppl 1):S60.
Lancet 1998;351:1748, 1755.



Tour de Cure

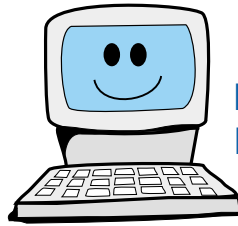
Coming June '99 to a location near you

One special day. More than 50,000 riders.
On over 100 routes.

In some 30 states across the country.
The biggest diabetes cycling
fundraising event of the year.

Register Now! 1-800-868-7888
www.diabetes.org/tour

Five or 50 riders can make up a team.
Ride for fun with friends, family or
co-workers. Raise funds together
and make a HUGE impact!



Make Friends with the Internet: Resources for Diabetes Educators

Anne Nettles RN MSN CDE • Diabetes Educator Associates Inc.
www.Diabeteseducators.com

Now is the time...

Do you have a computer and are you on-line? If not you should be. The net can be a great resource for your practice and staying otherwise connected to others in your specialty. And it is not just for techno experts.

What is out there?...

Professional information on diabetes is abundant on the web but not all of it is good or useful. Overload can be a problem when you are searching. It can be difficult to determine sources. "Scientific information" may be advertising in disguise. Look for sites that you can trust and scrutinize the information you receive. Consumer information is also abundant and you may want to recommend them to your patients. Don't be surprised if they have used them already. Diabetes centers and healthcare systems have begun offering patient information directly to their patients through secure sites. Some sites also have printable handouts. Product information can be found at manufacturers web sites. New developments in diabetes care may not yet be published. Timely information is more accessible on the net.

Getting the news...

Have you ever considered your computer a source of the daily news? It can be. You can get newspapers on-line or sign up for specific professional news through one of the free or low cost daily news searching services. One example is NewsPage (newspage.com) where you can pick your topics and receive short summaries each day. Of course to get the whole story, you may have to sign up for full text documents. It is a great way to stay on the "cutting edge" of the news that you need most. Comprehensive market research or clinical research can be purchased as an ongoing service online.

Searching the web...

When using a "search engine", the biggest complaint is that you get too many unrelated results. Learning to search efficiently is helpful. Colleges, libraries and other organizations offer low cost or free classes on searching the web. Infoseek is a good research engine for medical and technical information. Alta Vista has additional health information. Crawlers or spiders can be useful if you are looking for a specific item.

Searching the literature...

Medline (nlm.nih.gov/pubmed/) allows easy literature searching. Save the results on your computer so you can cut and paste later. Cinahl (cinahl.com) includes references not provided through Medline. This site allows for a free visit. To use it regularly you have to subscribe which is fairly expensive. Some diabetes journals not in Medline are on the ADA website (Spectrum and Clinical Diabetes). Your local medical library is an excellent source for full text references. E-mail your bibliography to them, they can retrieve and mail or fax your articles back. Full text e-mail publications are coming soon. The process may not be inexpensive but it will be a time saver.

Communicating with other professionals...

The net allows us to work and problem solve with other educators and clinicians making joint projects possible. Transporting long documents quickly can improve the communication between committees and task forces. Members can con-



Mark Your Calendar!

Upcoming Meetings

Juvenile Diabetes Foundation

29th Annual Conference

- ◆ June 2 - 6, 1999 - San Francisco, CA

American Diabetes Association

(59th Annual Scientific Session)

- ◆ June 19-22, 1999 - San Diego, CA

American Association of

Diabetes Educators

(26th Annual Meeting)

- ◆ August 18-22, 1999 - Orlando, FL



The WebMaster

Website Options For Inquiring Minds

www.Eatright.org

- ◆ American Dietetic Association
Your link to Nutrition and Health.

www.guideline.gov

- ◆ National Guideline Clearinghouse
A public resource for evidence-based clinical practice guidelines.

www.diabetes.ca

- ◆ Canadian Diabetes Association
Professional information.

New Approaches to Type 2 Diabetes

Are you up-to-date in your knowledge of what type 2 diabetes is and how to manage it? This curriculum has been developed to provide the latest information on pathophysiology, drug therapy and related management issues.

Upon completing the course, participants will be able to...

- ◆ Describe current understanding of the progression of type 2 diabetes.
- ◆ Identify therapeutic nutritional goals for the person with type 2 diabetes.
- ◆ Describe the role of nutrition in glycemic management of type 2 diabetes.
- ◆ List pharmacologic options for the current management of type 2 diabetes.

American Association of Diabetes Educators
Call ☎ 1-800-338-DMED for further information.

Submit items of interest for upcoming issues to:
Paddock Laboratories, Inc.
Fax: (612) 546-4842 or
e-mail: nfred@paddocklabs.com

DiabeteSource is a trademark of:



3940 Quebec Avenue North ◆ Minneapolis, MN 55427
Phone: (800) 328-5113

ttribute when it is convenient for them. For example, throughout the last six months, the AADE Research Committee has taken advantage of the net to send agendas, minutes and documents. Follow up improves when feedback is immediate. The recently developed Research Literature Database was shared electronically with committee members and our program speakers the same day it was finished without postage, mail delays or having it lost within large organizations. Now everyone has a clean, original version to save and print. Using the internet, we transported the work to our website designer the next day (this resource will be available at www.aadenet.org late Summer '99). It would never have been possible using conventional methods.

Continuing education on the net?...

Some organizations have been offering education by internet for years (i.e. American Journal of Nursing). Some programs are live and some use telephonic or videoconferencing options. Diabetes organizations and companies are exploring the convenient possibilities that internet education has to offer.

Becoming computer literate is a challenge. When you do, you'll wonder how you ever managed before (take it from a recent convert!). Friends and colleagues can help you start. Some are very experienced surfers. The internet can make your work life easier and definitely more interesting.

A Morning in the Life of the Techno-Educator...

- 8:00 Open office browser, check electronic calendar, print appointments for the day.
- 8:10 Read NewsPage news on healthcare headlines.
- 8:15 Check e-mails from colleagues responding to your request for help on gestational diabetes project.
- 8:25 Print responses for your afternoon committee meeting.
- 8:30 Send 5 thank you notes.
- 8:35 Check the state legislative web site for an update on new diabetes reimbursement.
- 8:45 Save list of legislators to call later in your PC electronic file.
- 8:50 Off to clinic.
- 9:00 Patient #1: Question arises about insulin availability during his vacation to Jamaica. Search insulin manufacturer website, print out info for patient.
- 9:30 Patient #2: Has been started on an anti-hypertensive drug that you are not familiar with. Go on-line to your favorite drug information site and check out side effects, print and post for clinic staff reference.
- 10:55 Clinic is over. Off to Gestational Planning Committee.
- 11:00 Handout feedback from colleagues printed earlier, discuss further plans.
- 11:45 Type up minutes on your laptop.
- 12:00 E-mail minutes to committee when you return to your office. Realize your quarterly report is due tomorrow but you can't miss your daughter's soccer game at 4pm. E-mail your quarterly report form to your home office, plan to work on it tonight.

What in the world did you do before electronics and the INTERNET?



Check out Anne's website recommendations under "WebMaster".

GLUTOSE 15™

ONE TUBE • ONE TWIST • ONE 15 GRAM DOSE