

Wisconsin Diabetes Weekly

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In the News

New Potential Approach to Type 2 Diabetes Treatment

The protein adipisin, which is produced in body fat, helps protect insulin-secreting cells called pancreatic beta cells from destruction in type 2 diabetes, according to a new study. Among middle-aged adults, higher levels of the protein in the blood were also associated with protection from type 2 diabetes. [Read more.](#)

New Protocols for Pilots with Insulin-Treated Diabetes

Those with diabetes who've always dreamed of becoming airline pilots may now get their chance thanks to new protocols that the FAA released on November 7. Under FAR Part 67.401, the federal air surgeon has discretion to allow pilots with insulin-treated diabetes mellitus to obtain a first- or second-class medical certificate as long as they do not pose a safety risk. [Read more.](#)

Diagnosis of Treatment-Resistant Hypertension Predicts Mortality Outcomes in T2D

For patients with type 2 diabetes (T2D), apparent treatment-resistant hypertension increases risk for cardiovascular events and mortality, according to a recently published study. The prospective study included patients with T2D who were diagnosed with apparent treatment-resistant hypertension according to mean office blood pressure (BP) levels during the first year of follow-up (N=646). [Read more.](#)

Important News

No *Wisconsin Diabetes Weekly* on December 2

The *Wisconsin Diabetes Weekly* will not publish on December 2. Publication resumes on December 9.



Which Environmental Factors Affect Type 2 Diabetes Risk?

New research studies the association between environmental quality in over 3,000 United States counties and finds intriguing differences between rural and urban areas. Researchers wanted to measure the cumulative environmental effects on the risk of developing type 2 diabetes. To this end, they developed an Environmental Quality Index (EQI), which included data on the quality of the air, water, and land, as well as sociodemographic factors in a given area. Sociodemographic factors included average household income, education, violent crime rates, or property crime rates. The EQI also included so-called built domain factors. That is, how many fast-food restaurants were in an area, how many fatal accidents occurred, and how many highways, roadways, or public housing units there were. [Read more.](#)

In the News *(continued)*

Low-Carb Advice in Group Visits Lowers Hypos, Meds in Diabetes

Advice on low-carbohydrate diets incorporated into group medical visits for patients with difficult to treat type 2 diabetes was associated with less use of diabetes medication and, surprisingly, less hypoglycemia, as well as greater weight loss, compared to group visits without such advice. Both approaches led to a similar improvement in glycemic control, however. [Read more.](#)

Meet the Man Who Started the First-Ever All-Diabetes Pro Cycling Team

When Phil Southerland, now 37, was 7 months old, doctors told his parents he likely wouldn't live past the age of 25. The baby was thirstier than normal, crying all the time, losing large amounts of weight, and struggling to breathe. One doctor first dismissed his condition as the flu, but a nurse noticed something important: fruity breath—a tell-tale sign of diabetes, which occurs as a complication of uncontrolled high blood sugar. [Read more.](#)



Conference, Educational, and Grant Opportunities

2020 Healthy Aging Summit

SAVE THE DATE! • June 3-4, 2020 • *Wisconsin Dells*

Hosted by the Wisconsin Institute for Healthy Aging, the biennial **Healthy Aging Summit** brings together hundreds of people from across the state to learn, network, and collaborate—all in support of healthier communities and healthier aging. The Summit draws program providers, leaders and volunteers, researchers, and professionals from agencies and organizations including: aging offices, aging and disability resource centers (ADRCs), public health departments, health care organizations, independent living centers, senior centers, senior housing facilities, fitness centers, and others.



Resources in this newsletter are compiled by the Wisconsin Chronic Disease Prevention Program.

Journal Articles and Reports of Interest

Diabetes Prevalence and Incidence Among Medicare Beneficiaries—United States, 2001–2015. Andes LJ, et al. *MMWR Morb Mortal Wkly Rep.* 2019;68:961–966. doi: 10.15585/mmwr.mm6843a2.

Hypertension and Diabetes in Non-Pregnant Women of Reproductive Age in the United States. Azeez O, et al. *Prev Chronic Dis.* 2019;16:190105. doi: 10.5888/pcd16.190105.

Learn More About Building Dementia-Friendly Communities in Wisconsin



For More Information

If you received the *Wisconsin Diabetes Weekly* as a forward, [sign up](#) to receive the publication directly from the listserv.

For more about our program, check out www.preventdiabeteswi.org.