

Wisconsin Diabetes Weekly

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In the News

Stress Links Poverty to Inflammation and Heart Disease

Researchers found that people with lower incomes had more stress-related brain activity, which was linked with greater inflammation in the body. Those with more inflammation had a higher risk of heart attack and other heart problems over the following years. This stress-driven inflammation may account for almost a third of the increased risk of heart disease in people with lower incomes. [Read more.](#)

AMA: Why Your Patients Should Lace Up Their Walking Shoes

Older women don't need to get in 10,000 steps a day to lower their mortality rates. Just 4,400 steps daily – even at a low intensity – is linked to significantly lower mortality rates when compared to rates for those who take 2,700 steps a day, a new study finds. The study included women ages 62 to 101 years old, with an average age of 72, and looked at the larger picture of mortality rates. [Read more.](#)

Food Insecurity Associated with Increased Insulin Resistance

New research shows household food insecurity is associated with insulin resistance among Latinos with type 2 diabetes. Researchers found that just over two-thirds of participants were classified as food-insecure. Food-insecure individuals had significantly higher insulin resistance, insulin, glucose, high-sensitivity C-reactive protein, cortisol, and total cholesterol. [Read more.](#)

Conferences, Educational, and Grant Opportunities

The Benefits of DSMES Referrals

How do you ensure that your patients with diabetes receive ongoing education and support? Learn the four critical times to assess, provide, and adjust diabetes self-management education and support (DSMES) in this National Institute of Diabetes and Digestive Kidney Diseases [Every Person with Diabetes Needs Ongoing Self-Management Education and Support](#) blog post.

And, learn how a cardiologist and a family physician work with certified diabetes educators (CDEs) and the benefits they found from referring patients to DSMES in this Know Diabetes by Heart™ [Benefits of Diabetes Educator Referrals](#) blog post.



Varied Bedtimes Tied to Obesity, Diabetes, High Blood Pressure

People who don't consistently get the same amount of sleep or go to bed at the same time each night may be more likely to develop health problems like obesity, high blood pressure, high cholesterol and diabetes, a recent study suggests. Researchers had 2,003 patients do home-based sleep studies for one week using devices known as actigraphs, which assess nighttime movements and sleep-wake cycles. On average, these people got about 7.15 hours of sleep each night and went to bed at around 11:40 p.m. [Read more.](#)

In the News *continued* . . .

The Truth About Aging and Dementia

Although there are some normal age-related changes, including in a person's memory and thinking, dementia, or severe memory loss that interferes with daily life, is not part of the normal aging process. Dementia is a term for a collection of symptoms of cognitive decline including disruptions in language, memory, attention, recognition, problem solving, and decision-making that interferes with daily activities. Although 5.8 million people in the U.S. have dementia, it is not normal aging of the brain. [Learn more.](#)



Conferences, Educational, and Grant Opportunities *continued* . . .

Supporting Your Patients in Managing Their CV Risk Through Lifestyle Management Webinar • July 29 • 2PM–3PM

TODAY!

The American Heart Association and the American Diabetes Association's Know Diabetes by Heart™ initiative invites you to join the upcoming webinar, Supporting Your Patients in Managing their CV Risk through Lifestyle Management. For patients living with type 2 diabetes, controlling multiple lifestyle and behavioral factors is key to lowering their risks for cardiovascular disease. Experts, Gretchen Youssef, MS, RD, CDE, Program Director, MedStar Diabetes Institute and Cindy Lamendola, MSN, NP Nurse Practitioner and Clinical Research Nurse Coordinator Stanford University School of Medicine will discuss innovative diabetes self-management education and support (DSMES), medical nutrition therapy (MNT), physical activity, smoking cessation counseling and patient-centered care to improve overall outcomes applicable to your patients. [Learn more and register.](#)



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

Journal Articles and Reports of Interest

Trends in Quality of Care for Patients with CKD in the United States. Tummalapalli SL, et al. *CJASN*. 2019 Jul. doi: 10.2215/CJN.00060119. [Epub ahead of print]

Comparison of Major Adverse Cardiac Events Between Instantaneous Wave-Free Ratio and Fractional Flow Reserve-Guided Strategy in Patients with or without Type 2 Diabetes: A Secondary Analysis of a Randomized Clinical Trial. DEFINE-FLAIR Trial Investigators. *JAMA Cardiol*. 2019 Jul 17. doi: 10.1001/jamacardio.2019.2298. [Epub ahead of print]

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Diabetes, Hypertension, and
Chronic Kidney Disease**



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