

The Dakota Diabetes Coalition is proud to offer a regular column on diabetes and elated concerns every other Friday.



Dr. Johnson is a family practice doctor in Grand Forks with a special interest in diabetes -- and a special knack for writing. As a member of the Dakota Diabetes Coalition, he has generously made himself available to answer questions through our listserv. If you have comments, or questions for Dr. Johnson to address in future columns, please contact gailhand@yahoo.com

Visit the Coalition's website!

<http://www.ndhealth.gov/diabetescoalition/>

Diabetes Scatter Shots!

Highlights from recent diabetes publications

Today is officially the first day of Spring. In North Dakota we know that the real beginning of spring remains just around the corner. And April marks a historic milestone in diabetes care.

In April of 1922, Banting, Best, and Macleod from the University of Toronto licensed their breakthrough discovery to Eli Lilly, Inc., of Indianapolis.

NovoNordisk followed with its own release in 1923.

The product, of course, was insulin. Prior to this discovery and ultimate commercial production, type 1 diabetes was a death sentence, most patients living only a few days to a few weeks. We have come a long way since then!

Depression and the Pre-Diabetes Patient

Diabetes Care, a journal of the American Diabetes Association, notes a correlation between taking anti-depressants and developing type 2.

In the March issue is a retrospective analysis of patients in the original Diabetes Prevention Program (2002) that showed a strong link

between antidepressant use and the risk of developing type 2 diabetes. A similar link between having the diagnosis of depression (and perhaps not on medication) was not seen. It would be difficult to state for certain that antidepressants cause patients at risk to convert to type 2 diabetes, but, as the authors note, more research is warranted in this area.

Stopping antidepressants in people with pre-diabetes or type 2 diabetes patients would not be recommended necessarily at this time. As the authors point out, patients on antidepressants may have more severe depression, and this may be the risk factor for developing type 2 diabetes.

Certainly, there will be more in the coming weeks and months regarding this topic. **Diabetes Care** 31:420-426, 2008

Psych screening recommended for children

In a related article from *Diabetes Care* (October 2007), Cameron, et al discuss the notion of routine screening in children with type 1 diabetes for psychological disorders, particularly adjustment disorders, depression and anxiety. Operating under the assumption that screening for complications in diabetes is worthwhile if the prevalence is significant, and if interventions improve outcomes. As there is good evidence for higher rates of psychological complications in children with type 1 diabetes, as well as for these disorders persisting into adulthood, these screenings should be part of routine practice.

Diabetes Care 30:2716-2724, 2007

In other Diabetes News...

Pharmacists in the know

Diabetes team management that includes pharmacists has been shown to improve performance in patients with type 2 diabetes. Patients in this study, sponsored by GlaxoSmithKline, were asked to report a data set to their participating pharmacist on a monthly basis.--**Journal of the American Pharmacist Association**, March-April 2008

New continuous sensor introduced

Abbott announced approval of the Freestyle Navigator continuous glucose monitoring system last week. This is the third continuous glucose monitoring system to enter the marketplace, joining Medtronic's Real-Time sensor systems (available with or without insulin pump) and Dexcom Seven STS. All of the systems provide continuous real-time monitoring to supplement finger-stick data.

These systems also allow 'downloading' of the data for interpretation by the health care provider.

ADVANCE trial data to be released early

Following the controversial release of early data from the ACCORD study, which suggested that control of diabetes to an A1C <6% may actually be detrimental in certain patients, the ADVANCE trial, similarly looking at very tight diabetes control, will have some of its data presented early, at the American Diabetes Association annual meeting in June. This will be anxiously awaited, as preliminary analysis did not show adverse outcomes in these tightly controlled patients.

Spring diabetes activities to support!

- **Diabetes Alert Day:** March 25 marks the 20th Annual American Diabetes Association event to emphasize diabetes. See www.diabetes.org for more information.
- **Walk and Splash for Camp Sioux,** Grand Forks Alerus Center/CanadInn on Saturday, April 26th, Contact: Janelle Olson, Altru Diabetes Center: jlolson@altru.org or Marilyn Chandler, Altru Diabetes Center: mchandler@altru.org