

Diabetes Distilled

Lesley Hamilton

Diabetes Network Manager/ Diabetes Dietitian

Western Trust





Three in five

people living with diabetes experience emotional or mental health problems as a result of their condition.

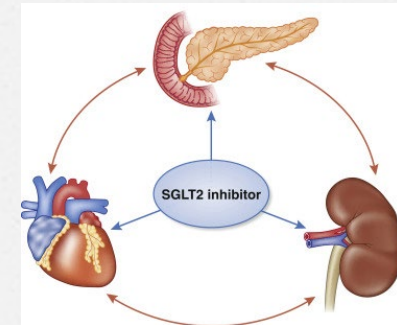


Risk Stratification

Guidelines



Complex diabetes ?



Pathways

ADA 2022.....EASD sept 22

- ADA- food choices , activity and lifestyle and weight management
- ADA/EASD consensus on Glycaemic management (*draft update*)
- Holistic management



Food choices?.... Food conversations

- Less meat....more plants?
- Time Restricted Eating (TRE) ?
- Microbiomes – what's your gut feeling?
- Direct study / ReTune study



Overcoming Inertia in T2

- o High value non insulin Products
- o Patient Age *prescribing vs deprescribing*
- o Rescue therapy
- o Use of Continuous Glucose Monitoring?



Peripheral Neuropathy

o Diabetic Peripheral Neuropathic pain (DPNP)

o OPTION-DM trial

o Suboptimal pain relief after 6 weeks

➔ patients were assigned to treatment pathways

amitriptyline + pregabalin;
pregabalin + amitriptyline;
duloxetine + pregabalin

- No significant differences
- Pain score reduction with combination therapy
- QOL benefits



New Incretin Therapies

○ Tirzepatide (Mounjaro) – “twincretin”

↓ 6kg

dual GIP and GLP-1 receptor agonist
(SURPASS + SURMOUNT trials)

↓ 1.9%

Decrease in liver fat content after 1 year

○ Triple G – GIP, GLP-1 and Glucagon triple
receptor agonist

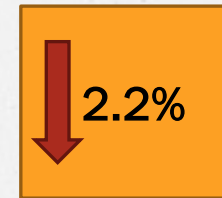
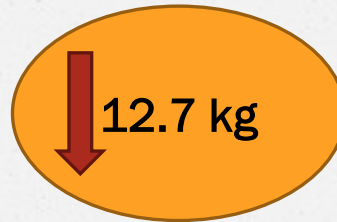
↓ 9kg

↓ 1.9%



New Incretin Therapies

◊ Mazdutide



◊ Pemvidutide



*Slow build up
well tolerated*



Guidelines....new !

- Advise adults with diabetes that they are at higher risk of periodontic disease and advise regular oral health reviews
- JBDS-IP patients with diabetes on dialysis
BG Monitoring Guidelines
- Glycaemic Control in People with cancer



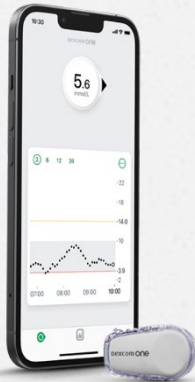
Guidelines ...there's more!

- o BP guidelines – NICE amended recommendations on BP targets for T1 diabetes
- o Continual Glucose monitoring- CGM
 - Flash (intermittently scanned) **isCGM**
 - Real time **rtCGM**

Are we ready?



CGM....Type 1 and Type 2 on insulin



Android or iOS smart device sold separately



CGM conversations

- o Benefits*but*.....
- o Interpreting data....lots of data
- o Sharing data?
- o Short term use to support awareness ?
- o Short term use to support insulin titration /
insulin starts
- o Reviews- virtual
- o Time in range



Lesley.Hamilton@westerntrust.hscni.net

