

Free e-learning resource

Obesity and type 2 diabetes

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Marie is a 47-year-old lady with type 2 diabetes of 3 years' duration, with a BMI of 31.7 kg/m², an HbA_{1c} of 67 mmol/mol and mild hypertension.

Is Marie's BMI a concern? What would be your starting point in addressing Marie's hyperglycaemia and obesity?

Anya is 59 years old with a 12-year history of type 2 diabetes. She is on triple oral therapy for her diabetes, yet her HbA_{1c} is 73 mmol/mol. With a BMI of 35.8 kg/m², Anya has expressed that her weight is a major issue for her. Attempts to lose weight have proved difficult, although she is now eating a healthier diet and has been provided with supportive information.

What might you choose as the next treatment option for Anya to address glycaemic control and obesity?

Jason is 42 years old and was diagnosed with type 2 diabetes 7 years ago. His BMI is 41 kg/m². Despite taking multiple therapies to improve his glycaemic control and reduce his weight, his HbA_{1c} is well above target, at 85 mmol/mol.

What other options are available to improve Jason's glycaemic control and obesity?

D *Diabetes & Primary Care's* series of interactive case studies is aimed at all healthcare professionals in primary and community care who would like to broaden their understanding of diabetes.

These three scenarios cover the diagnosis and classification of obesity, its clinical consequences and the role of primary care in its management.

The format uses typical clinical scenarios as tools for learning. Information is provided in short sections, with most ending in a question to answer before moving on to the next section.

Working through the case studies will improve our knowledge and problem-solving skills in diabetes care by encouraging us to make evidence-based decisions in the context of individual cases.

Readers are invited to respond to the questions by typing in their answers. In this way, we are actively involved in the learning process, which is hopefully a much more effective way to learn.

By actively engaging with these case histories, I hope you will feel more confident and empowered to manage such presentations effectively in the future.

David Morris, Undergraduate Clinical Tutor, Keele University; and retired GP and Specialist Doctor in Diabetes

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