



## MEDIA LITE

### As sweet as a nut? CVD prevention in a nut shell...

According to new research published in the online journal *BMC Medicine*, people who eat more than three servings of nuts per week, particularly including walnuts, have a reduced risk of death due to cardiovascular disease (CVD), which is the leading cause of mortality in people with diabetes.

To examine the relationship between nut consumption and health outcomes, researchers examined data from 7000 older people (aged 55–90) living in Spain. Participants were randomised to receive dietary interventions and were subsequently followed up for 4.8 years. The results showed that people who ate more nuts had a lower BMI and waist-size compared to those who ate nuts less frequently.

In addition, the group which ate the largest amount of nuts had fewer people with T2D and fewer people receiving medication for high blood pressure. I think it's time to get cracking!

*diabetesnews.com*  
15 July 2013



### A quarter of people with diabetes miss critical kidney check

Data from the National Diabetes Audit shows that 25% of people with diabetes did not receive an annual urinary albumin test, which is capable of detecting the early signs of kidney disease.

The analysis suggests that 75 000 people were left at an increased risk of developing kidney failure between 2010–11 in the absence of the test. During this time period, a record-breaking 9753 people across England and Wales were reported to require renal replacement therapy due to diabetes-related kidney failure.

Fortunately, a large proportion of people included in the Audit received the annual blood test to measure kidney function.

*BBC News*  
15 July 2013

### Limiting SMBG: Restrictions on glucose test strips

Self-monitoring of blood glucose (SMBG) is being restricted in people with diabetes because test strips are being rationed to reduce costs.

According to a new report from Diabetes UK, 39% of people with diabetes were refused a prescription for blood glucose test strips or had their prescription limited. Of these, 58% were diagnosed with, or caring for, someone with T1D and 42% were diagnosed with, or were caring for, someone with T2D.

Diabetes UK is campaigning for the removal of restrictive policies on test strips and is calling for the case-by-case assessment of test strip provision between physicians and those with diabetes.

*The Independent*  
1 August 2013

### How low can you go? Caution over blood pressure control

Data from a large prospective cohort study involving 30 154 people with diabetes has revealed a U-shaped association between baseline blood pressure (BP) and long-term health outcomes.

The researchers found increased risks at both ends of the systolic BP spectrum, with an optimal BP value in the middle. The optimum BP for coronary heart disease risk reduction was reported to be systolic BP 130–140 mmHg and diastolic BP 80–90 mmHg.

Co-author Dr Gang Hu said: "My advice for individual clinicians is the idea of 'the lower, the better' should pass away... Patients need individualised or tailored treatment for their hypertension."

*Medwirenews.com*  
15 July 2013

### High complication rates revealed by Inpatient Audit

Results from the National Diabetes Inpatient Audit (NaDIA) have shown that potentially life-threatening complications are developing in people with diabetes at an alarming rate.

Over a period of 5 days, over 60 inpatients with diabetes developed diabetic ketoacidosis (DKA), which can be fatal and often occurs due to a severe shortage of insulin.

Shockingly, the majority of hospitals included in the survey made errors whilst handling medications used to treat diabetes, with over one third of inpatients reporting a medication error during the study period.

*Evening Standard*  
27 June 2013