





# Podcast Episode Fact Sheet

Podcast Series	<b>Diabetes Residency Education Series</b>
Episode Title	<b><i>10 Steps to Glycemic Control (Part 1): Five ways to help your patients meet their targets for glycemic control</i></b>
Personnel	<p>Interviewer: Jack Dyer, MD; Interviewee: Mike Ragain, MD</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p style="text-align: center;">&lt;&lt;Dr. Dyer                      &lt;&lt;Dr. Ragain</p> <p style="text-align: center;"><a href="#">Department of Family Medicine, TTUHSC, Lubbock</a></p>
Recorded	April 21, 2006; Department of Family & Community Medicine, TTUHSC School of Medicine, Lubbock
Episode Description	This episode is the first of a 2-part podcast that addresses why it's important for your patient to achieve glycemic control and 5 ways to help them do it.
Learning Objectives <i>The listener should be able to:</i>	<ol style="list-style-type: none"> <li>1. Explain the importance of helping patients achieve glycemic control</li> <li>2. Apply 5 steps to improve patients' glycemic control</li> <li>3. Use control therapies sooner to achieve target glucose levels more quickly</li> <li>4. Treat co-morbid conditions aggressively in patients with diabetes</li> <li>5. Take advantage of a team approach that includes other health care professionals and the patient's own disease management</li> </ol>
Content Outline	<p>Question/Answer format (Dyer interviews Ragain)</p> <ul style="list-style-type: none"> <li>• Why is it important to achieve glycemic control in patients with diabetes?</li> <li>• Discussion of first 5 (of 10 steps) to help patients meet glycemic control targets: <ol style="list-style-type: none"> <li>1. Aim for good glycemic control, defined as HbA<sub>1c</sub> &lt; 6.5%. Measure A<sub>1c</sub> every 3 months</li> <li>2. Monitor HbA<sub>1c</sub> every 3 months in addition to regular glucose self-monitoring</li> <li>3. Aggressively manage hyperglycemia, dyslipidemia and hypertension with the same intensity to obtain the best patient outcome</li> <li>4. Recognize that DM is complicated and requires multiple treatments</li> <li>5. Address the underlying pathophysiology, including treatment of insulin resistance</li> </ol> </li> <li>• Review of the first 5 steps</li> </ul>
Application of the episode content to	<ol style="list-style-type: none"> <li>1. Control of blood sugar improves outcomes for DM patients; for every 1% drop in A<sub>1c</sub>, other DM endpoints are improved by more than 20%</li> </ol>

practice	2. These 10 steps are oriented to providing effective continuity of care for patients with DM
Podcast Pearl Topic	The bane of the diabetic patient: smoking
Personnel	Mike Ragain, MD
Comments	Published to iTunes 4/24/06
References	<a href="#">Del Prato S, Felton A-M, Munro N, Nesto R, Zimmet P, Zinman B. Improving glucose management: Ten steps to get more patients with type 2 diabetes to glycaemic goal [Recommendations from the Global Partnership for Effective Diabetes Management]. Intl J of Clin Pract 59 (11): 1345-1355.</a>