





Podcast Episode Fact Sheet

Podcast Series	Diabetes Residency Education Series
Episode Title	<i>10 Steps to Glycemic Control (Part 2): Five <u>more</u> ways to help your patients meet their targets for glycemic control</i>
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;"><<Dr. Dyer <<Dr. Ragain</p> <p style="text-align: center;">Department of Family Medicine, TTUHSC, Lubbock</p>
Recorded	April 21, 2006; Department of Family & Community Medicine, TTUHSC School of Medicine, Lubbock
Episode Description	This episode is the second of a 2-part podcast that addresses why it's important for your patient to achieve glycemic control and 5 more ways to help them do it.
Learning Objectives <i>The listener should be able to:</i>	<ol style="list-style-type: none"> 1. Explain the importance of helping patients achieve glycemic control 2. Apply 5 more steps to improve patients' glycemic control—10 steps altogether 3. Use control therapies sooner to achieve target glucose levels more quickly 4. Treat co-morbid conditions aggressively in patients with diabetes 5. Take advantage of a team approach that includes other health care professionals and the patient's own disease management
Content Outline	<p>Question/Answer format (Dyer interviews Ragain)</p> <ul style="list-style-type: none"> • Review of 5 previously listed steps (discussed in Part 1) • Discussion of next 5 (of 10 steps) to help patients meet glycemic control targets: <ol style="list-style-type: none"> 6. Don't wait to titrate 7. After 3 months, if patients are not at target HbA_{1c} < 6.5%, consider combination therapy 8. Initiate combination therapy or insulin immediately for all patients with HbA_{1c} ≥ 9% at diagnosis 9. Use combinations of agents with different courses of action. 10. Use an interdisciplinary approach to diabetes management to encourage patient education and self-care • Review of the final 5 steps
Application of the episode content to	<ol style="list-style-type: none"> 1. Control of blood sugar improves outcomes for DM patients; for every 1% drop in A_{1c}, other DM endpoints are improved by more than 20%

practice	2. These 10 steps are oriented to providing effective continuity of care for patients with DM
Podcast Pearl Topic	Male patients with DM may experience erectile dysfunction, but may be too embarrassed to ask the physician about treatment options
Personnel	Jack Dyer, MD
Comments	Published to iTunes 4/25/06
References	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.