

# Diabetes Newsletter



1600 North Second Street

February 1, 2010

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Lifestyle Changes Work as Well as Surgery for Type 2s Who  
Have Artery Disease

Patrick Totty

Article taken from DiabetesHealth Professional E-Newsletter, Issue 273, December 22, 2009

The combination of type 2 diabetes and mild heart disease is a double whammy that in many cases leads to such intrusive therapies as angioplasty\* and can result in death from some sort of cardiovascular event. But a five-year university study of 2,368 type 2 patients with moderate heart disease shows that lifestyle changes and non-intrusive treatments can work just as well at lowering mortality rates as surgery.

Researchers at Saint Louis University School of Medicine, publishing their findings in *Circulation*, a journal of the American Heart Association, reported that that careful management of lifestyle choices and drug therapies gives type 2s with heart disease a much better chance of avoiding death from the disease than previously believed.

Researchers set out to determine which surgical procedure is the best option for type 2s with heart disease—"revascularization" via angioplasty or heart bypass. The "Bypass Angioplasty Revascularization Investigation 2 Diabetes" study began following patients who were receiving their physician-recommended treatments, along with intensive medical treatments that included weight control, cholesterol and blood pressure drugs, blood sugar management, and smoking cessation.

The Saint Louis team found that type 2s following that regimen were no more likely to die from heart disease after five years than type 2s who had undergone angioplasty. Almost 5 percent of patients from both groups died from heart disease within five years.

However, the team found that in type 2s with more serious cases of heart disease, intense medical therapy worked best if accompanied by coronary bypass surgery. Of study group patients who received both treatments, 16 percent died or had a heart attack within five years, while 22 percent of patients who received only nonsurgical therapies died or suffered heart attacks.

The study concluded that the existence of blocked arteries in type 2s may not always call for angioplasty. The success of lifestyle changes and drug therapy in alleviating blockages in some patients is a hopeful sign.

\*Angioplasty clears a blocked artery by inserting a balloon into it and then inflating it. The inflation forces apart arteries walls and restores the free flow of blood through the artery.

\* \* \*

## Sources:

Hope for Patients With Type 2 Diabetes

Surgery May Not Be the Only Way to Treat Clogged Arteries in Diabetic Patients

## 2010 Diabetes Walk

The 2010 Diabetes Walk will be held on Saturday, March 27, 2010 at the Golden Valley Memorial HealthCare Medical Plaza in Clinton. We are in need of team captains. Team captains are in charge of getting participants to walk with you. A team can be anywhere from 2 people to 20 people (or more). Remember that the money that is raised stays locally and helps in anyone in the service area. This money can be used to buy prescriptions, help pay for educations, diabetic shoes, diabetic eye exam or dental exams. So please come out and support this cause. A call me if you would like to be a team captain. Call 660-885-2253, Ext. 6081,



## Clinton Support Group

### TOPIC

Enhanced Fitness

### DATE

Thursday,  
February 11, 2010

### TIME

10:30—11:30 a.m.

### PLACE

GVMH Medical Plaza Classroom

### Presented By:

Teresa Lillibridge, BSW, MA

This is a 12 week exercise program that is designed for seniors. You don't have to have diabetes to come, anyone is welcome. So bring a friend.

## Windsor Support Group

### TOPIC

Retinopathy

### DATE

Tuesday,  
February 9, 2010

### TIME

11:30 am—12:30 p.m.

### PLACE

Windsor GVMH Medical Clinic Rehab Center

### Presented By:

Jamie Ketterman, RN, BSN, CDE

## Bad Weather Notice

This time of year the weather can get nasty. Please call before coming to the support groups if you have any questions about if we are having the support group due to bad weather. You can call 660-890-7084 for this information.

Thanks

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