



Joslin Diabetes Center and Joslin Clinic

Clinical Guideline for Adults with Diabetes

Summary of Revisions, May 2010

Section	Specific Changes
Team Approach	<ul style="list-style-type: none">• New section added to highlight elements of team care and individualized patient plan for comprehensive care and improved adherence.
A1C	<ul style="list-style-type: none">• Recently approved recommendations for diagnosis of diabetes and for increased risk of diabetes.• Individualized goals.
Physical activity	<ul style="list-style-type: none">• Revisions of physical activity recommendations in people with medical or physical limitations.
Cardiovascular Health	<ul style="list-style-type: none">• Aspirin recommendations for primary prevention revised to reflect current consensus, based on gender and age.• Indications for stress testing in asymptomatic patients revised.• The current status of Thiazolidinediones' controversy.
Lipids	<ul style="list-style-type: none">• Role of non-HDL-cholesterol in patients with elevated triglycerides further defined.• Indications and use of combination therapy with fibrates, Niacin, and/or omega-3 fatty acids clarified.
Blood Pressure	<ul style="list-style-type: none">• Update of blood pressure goals in those with CHD and/or multiple risk factors.
Eyes	<ul style="list-style-type: none">• Treatment information on macular edema revised, reflecting newer modalities, including intravitreal injectables.

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Mental Health	<ul style="list-style-type: none">• Re-written to include assessment for stress management, coping skills, and issues related to fear of hypoglycemia and onset of complications.
Men's Health	<ul style="list-style-type: none">• Screening for hormonal assessment for sexual dysfunction
Dental Care	<ul style="list-style-type: none">• Increased emphasis on dental care for people with diabetes added
Bibliography	<ul style="list-style-type: none">• Extensively revised for each section