In this issue of Diabetes—A 60-Second Guide we provide information and resources to help you address the "ABCs of Diabetes." What are the "ABCs?" Simply an easy way to remember the key factors in controlling the morbidity caused by diabetes:

- **A1C level**
  (Goal: A1C < 7%)

- **Blood pressure**
  (Goal: BP < 130/80)

- **Cholesterol level**
  (Goal: LDL < 100 mg/dl)

Developed by the National Diabetes Education Program, the "ABCs" are used throughout the country to help physicians and patients focus on those factors that can reduce the risk of vascular, cardiac, eye, and kidney disease due to diabetes.

Please see the reverse side for resources and tools that can help you incorporate the ABCs into your practice.

The Issue:

- Hypertension is twice as common in people with diabetes. Some studies estimate the majority of the risk of diabetes complications is attributable to concomitant hypertension.

- It has been shown that each 10 mm Hg reduction in systolic blood pressure is accompanied by a significant reduction in the risk of myocardial infarction (11%), microvascular complications (13%) and death (15%).

- Weight reduction can reduce blood pressure independent of sodium reduction and also can improve blood glucose and lipid levels. The loss of one kilogram in body weight has resulted in decreases in mean arterial blood pressure of ~ 1 mm Hg.

The Current Clinical Recommendation:

The New Mexico Health Care Takes On Diabetes 2002 Guideline recommends that all people with diabetes have a blood pressure check at every visit to their health care professionals. The goal is a blood pressure of < 130/80 mm Hg.

Did you know?

While diabetes is a major risk factor for cardiovascular disease, that risk is doubled when hypertension is also present.

Websites—The editorial committee has identified a select number of websites on blood pressure that we think you will find informative:

- American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website.*

*Please note that these websites do not necessarily represent the views of New Mexico Health Care Takes On Diabetes. They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.

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1 United Kingdom Prospective Diabetes Study (UKPDS)
2 Diabetes Care 2002; 25: s71-73.
The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at www.takingondiabetes.org/communitypartnership, or contact Charm Lindblad, Project Manager, at 505.796.9121 or toll-free 1.866.796.9121.

**Blood Pressure Screening: A Step-by-Step Guide for Blood Pressure Screening** — Measuring blood pressure is a basic fundamental skill, yet often performed inaccurately. Various levels of personnel from medical assistants to nurses are responsible for taking patients’ blood pressures, but many have not been trained appropriately. This simple step-by-step guide describes a technique that will help produce accurate readings by which the provider can base a management plan. It can also serve as a training guide for new staff learning this skill for the first time. There are no copyright restrictions. This form can be found on the New Mexico Health Care Takes On Diabetes website.

**Screening and Treatment for Hypertensive Patients with Diabetes: A One-Page Tool** — This simple table outlines the ADA recommendations for blood pressure screening, diagnosis, and treatment for patients with diabetes. How often should blood pressure be screened in this population? At what systolic and diastolic levels are lifestyle modifications recommended? When should antihypertensive medications be prescribed and what are the current drugs of choice? This one-page guide summarizes these recommendations to assist providers with managing their diabetes patients with hypertension. There are no copyright restrictions. This form can be found on the New Mexico Health Care Takes On Diabetes website.

**Make the Link! High Blood Pressure and Diabetes: A Patient Handout** — This patient education tool created by the American Diabetes Association and the American College of Cardiology clarifies for patients why managing their blood pressure is so important, particularly for those who have diabetes. Written at a low literacy level, this front-back 8.5” x 11” handout describes the impact that high blood pressure has on patients with diabetes and suggests ways to lower their pressure. It also has space for patients to record their pressures and develop an action plan. There are no copyright restrictions. This form can be found on The American Diabetes Association website at www.diabetes.org/makethelink or call 1.800.DIABETES (342.2383).

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