In a World of Diabetes Tools, We Are All Advocates

Kelly Close
Founder & Chair
The diaTribe Foundation

Annual Alaska Native Diabetes Conference, October 10, 2019
U.S. Diabetes Care, 2005-2016: Little Has Changed

Figure 1. Cascade of Diabetes Care in the United States for 2005-2016

JAMA Intern Med. Published online August 12, 2019.
What does diabetes advocacy look like?
Diabetes advocacy must come from the bottom-up.

We can all be advocates.
Path to a successful patient and an empowered healthcare professional

1. How to be an advocate
2. TIR as a measure of patient experience
3. Navigating the resources
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As a healthcare professional, you spend your time with people who have diabetes

You have 15 to 30 minutes to make a difference

And this doesn’t include:

• Self-reported 1 to 2 hours of evening time spent on administrative tasks
• 39% of “patient-facing time” spent in the EHR

Most popular apps: dQ&A, Q3 2019 (N=1814)
What do you most want to tell your healthcare providers?

“Sometimes that I am confused by an abundance of conflicting info and that I don’t always understand his directions.”

“I often don’t tell my doctor the full extent of the stress of dealing with diabetes. I don’t want her to think I can’t take care of myself…”

“Talk with me about the latest treatments, developments, tests, devices so I can improve my life with diabetes.”

“Check things other than just A1C, such as feet, etc.”

“More praise for good management and more understanding about the day-to-day challenges of diabetes.”
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Text DIATRIBE245 to 22333 to join live poll!
I use CGM for my patients with

type 1 diabetes

type 2 diabetes

prediabetes
THE MANY FACES OF A 7% A1C
(and an average blood glucose of 154 mg/dl)
"A Big Impact” On Daily Life, Rank Order:
Many Differences, but Time in Range is #1 For All

- **Type 1** (n=1,016)
  - #1: Time in Range
  - #2: Unexpected BG Numbers
  - #3: Dosing Insulin
  - #4: Hypoglycemia
  - #5: A1c

- **Type 2 on insulin** (n=1,141)
  - #1: Time In Range
  - #2: A1c
  - #3: Non-Diabetes Health Issues
  - #4: Dosing Insulin
  - #5: Unexpected BG Numbers

- **Type 2 no insulin** (n=1,266)
  - #1: Time In Range
  - #2: A1c
  - #3: Non-Diabetes Health Issues
  - #4: Unexpected BG Numbers
  - #5: Symptoms of Complications

#1 #2 #3 #4 #5

“Many Differences, but Time in Range is #1 For All”
TIR exists whether or not it’s being measured with CGM

**Blood Glucose Meter**

Professional CGM:
- Medtronic Envision Pro
- Abbott FreeStyle Libre Pro
- Dexcom G6 Pro (under FDA review; 2020 launch expected)
1 hour a day = 5% change in TIR
Diabetes is not destiny
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New medications:

Changing risk is changing destiny
Heart and Kidney Protection

What the science says:

Zinman et al., NEJM 2015;
Wanner et al., NEJM 2016
What the PWDs say:

% that feel strongly that there are diabetes drugs that can help protect you from heart disease.

<table>
<thead>
<tr>
<th>SGLT-2 inhibitor</th>
<th>GLP-1 agonist</th>
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<tbody>
<tr>
<td>Dapagliflozin (Farxiga)</td>
<td>Semaglutide (Rybelsus)</td>
</tr>
<tr>
<td>Canagliflozin (Invokana)</td>
<td>Oral semaglutide (Ozempic)</td>
</tr>
</tbody>
</table>

Respondents on both a GLP-1 and an SGLT-2

Respondents on neither agent
Medicines pretty radically shift risk profiles of having a heart attack or stroke.

How important are **cardio** and **renal** factors to your current therapy recommendations?
How important are cardio and renal protection factors to your current therapy recommendations?

Not important

Somewhat important

Very important
For people with no training, how easy-to-use is emergency injectable glucagon?
For people with no training, how easy-to-use is emergency injectable glucagon?

- Very easy
- Adequate
- Challenging
Inhalable Glucagon

Baqsimi – first FDA approved inhalable (needle-free!) glucagon

• More **ACCURACY**: Seven times as many caregivers correctly gave a full glucagon dose

• Less **TIME**: 16 seconds for intranasal glucagon vs. 1 minute and 53 seconds for the injection kit

Yale et al., Diabetes Technology & Therapeutics 2017

GVOKE: new, ready-to-use, auto-injector emergency glucagon syringe
How many of your patients use mobile apps?
How many of your patients use mobile apps?

- <20%
- 20-50%
- 50-70%
- >70%
- I don't know
mySugr, One Drop, Livongo, Omada, Onduo: Frictionless, subscription BGM strips delivery and remote coaching
Undermyfork:

What happens when I eat different foods? Which foods should I eat?
How much insulin should I take? FDA-cleared decision support apps: Voluntis, Sanofi, Amalgam, Glooko, Hygieia
CGM apps, NO receiver: Replace physical objects!
Dexcom Clarity automated weekly emails/notifications: frictionless data insights

**Dexcom CLARITY Weekly Summary**
Sun Sep 29, 2019 - Sat Oct 5, 2019

**Time in Range**

- **81%**
- **-2%** Decrease since last week
- **136 mg/dL** Average glucose
- **44 mg/dL** Standard deviation

**Target Range Settings:**
Daytime (6:00 AM – 10:00 PM): 70 – 180 mg/dL
Nighttime (10:00 PM – 6:00 AM): 70 – 180 mg/dL

**Clarity Time in Range**
Last week, your glucose readings were In Range 87% of the time. That’s a 9% increase from the week before.
We are all diabetes advocates.
“Our son dropped his A1c from 11.1% to 4.9% in three months!” – Sarita Lisa, Aden’s mom (T1D)

“This book is the positivity I so desperately needed.” – Larry Kipperman (T2D)

“Like carrying around an educator, a friend, and a safety net all in one.” – Shannon (T2D)

“Will truly make your life with diabetes so much easier.” – Marie Halisky (T1D)
We are committed to improving the lives of people with diabetes and prediabetes.
First Look at Lilly’s Automated Insulin Delivery System
5/4/18 - NEW NOW NEXT

By Jeemin Kwon and Brian Levine

At the Lilly Diabetes Bloggers Summit, diaTribe got to hold a prototype of Lilly’s new, disk-like pump, which will integrate with Dexcom G6 CGM in a hybrid-closed loop system.

Recommended

What’s Coming from Dexcom in 2020? A Low-Cost,...
12/28/18 - TYPE 1 & TYPE 2

Lemony One-Pan Green Beans
5/14/19 - TYPE 1 & TYPE 2

To Share or Not to Share: My Approach to Diabetes...
12/28/18 - TYPE 1 & TYPE 2

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Kelly Close
@KellyClose
@klclose
kelly.close@diaTribe.org

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