Diabetes Management Journal

February 2023 References

NEWS & VIEWS REFERENCES

SGLT2-I as first-line treatment

1. Kidney Disease: Improving Global Outcomes (KDIGO) Diabetes Work Group KDIGO 2022 Clinical Practice Guideline for Diabetes Management in Chronic Kidney Disease. Volume 102, ISSUE 5, SUPPLEMENT , S1-S127, November 2022 doi.org/10.1016/j.kint.2022.06.008
2. Fieldhouse R, SGLT-2 inhibitors now first-line therapy for diabetes and CKD: new guidelines. Australian Doctor 23 January 2023.

Bionic pancreas shows promise

1. NIH Record. Bionic Pancreas Improves Type 1 Diabetes Management. October 28, 2022 Vol. LXXIV, No. 22.
2. Bionic Pancreas Research Group. Multicenter, Randomized Trial of a Bionic Pancreas in Type 1 Diabetes. N Engl J Med 2022; 387:1161-1172 DOI: 10.1056/NEJMoa2205225
3. Grossmann M. Multicenter, randomized trial of a bionic pancreas in type 1 diabetes. Diabetes Research Review. Issue 135-2022. USDA approves DMT to prevent T1D.

Gestational diabetes may (not) be associated with cardiovascular disease

1. Xie W, Wang Y, Xiao S, Qiu L, Yu Y, Zhang Z. Association of gestational diabetes mellitus with overall and type specific cardiovascular and cerebrovascular diseases: systematic review and meta-analysis. BMJ. 2022 Sep 21;378 e070244. doi: 10.1136/bmj-2022-070244. PMID: 36130740; PMCID: PMC9490552.
2. Grossman M. Diabetes Research Review, 135:4 December 12, 2022

T1D with CKD or AGEs increases fracture risk

1. Schwartz AV, Backlund, J-Y, de Boer I, et al., Risk factors for lower bone mineral density in older adults with type 1 diabetes: a cross-sectional study. Lancet Diabetes and Endocrinology 10:7 p509-518 July 1, 2022. doi.org/10.1016/S2213-8587(22)00103-6
2. Martineau P, Leslie WD. Trabecular bone score (TBS): Method and applications. Bone. 2017 Nov;104:66-72. doi: 10.1016/j.bone.2017.01.035. Epub 2017 Feb 1. PMID: 28159710.
3. Grossman M. Risk factors for lower bone mineral density in older adults with type 1 diabetes. Diabetes Research Review issue 134, 22 November 2022.
4. Pothiwala P, Evans EM, Chapman-Novakofski KM. Ethnic variation in risk for osteoporosis among women: a review of biological and behavioral factors. J Womens Health (Larchmt). 2006 Jul-Aug;15(6):709-19. doi: 10.1089/jwh.2006.15.709. PMID: 16910903.

Disease modifying therapy may prevent T1D

1. FDA News Release. FDA Approves First Drug That Can Delay Onset of Type 1 Diabetes. November 17, 2022. Accessed December 11, 2022 at fda.gov/news-events/press-announcements/fda-approves-first-drug-can-delay-onset-type-1-diabetes
2. Tenne, J. US FDA approves first drug that can delay onset of type 1 diabetes. Endocrinology Practice Review. Issue 7, 2022.
3. JDRF News, FDA approves teplizumab to delay type 1 diabetes in at-risk individuals in US. Nov 18, 2022. Accessed December 11, 2022 at https://jdrf.org.au/fda-approves-teplizumab/

FEATURE REFERENCES

p10-15 The ocular complications of diabetes

1. Cheung N, Mitchell P, Wong TY. Diabetic retinopathy. Lancet 2010;376:124-36
2. Foreman J, Keel S, Xie J, van Wijngaarden P, Crowston J, Taylor HR, Dirani M. National Eye Health Survey Report, 2016.

Diabetes Management Journal

p10-15 The ocular complications of diabetes cont'd

3. Yau JWY, Rogers SL, Kawasaki R, Lamoureux EL, Kowalski JW, Bek T, et al. Global Prevalence and Major Risk Factors of Diabetic Retinopathy. Diabetes Care. 2012;35:556 LP–564.
4. Al Ghamdi AH. Clinical Predictors of Diabetic Retinopathy Progression; A Systematic Review. Curr Diabetes Rev. 2020;16(3):242-247.
5. Wang W, Lo ACY. Review Diabetic Retinopathy: Pathophysiology and Treatments. Int.J.Mol.Sci. 2018;19:1816.
6. DCCT/EDIC Research Group. Frequency of Evidence-Based Screening for Retinopathy in Type 1 Diabetes. New England Journal of Medicine 2017; 376:1507–1516
7. International Council of Ophthalmology ICO Guidelines for Diabetic Eye Care, 2017. Accessed from: https://icoph.org/eye-care-delivery/diabetic-eye-care/
8. Diabetic Retinopathy Study (DRS) Research Group. Four risk factors for severe visual loss in diabetic retinopathy: the third report from the Diabetic Retinopathy Study. Arch Ophthalmol 1979; 97:654-655.
9. National Health and Medical Research Council (NHMRC). Guidelines for the Management of Diabetic Retinopathy, 2008.
10. Rudland V, Price SAL, Callaway L, ADIPS position paper on pre-existing diabetes and pregnancy. ANZ J. Obs & Gynae 2 November 2020, 60;6:831-839
11. Hanna S, Optometry Australia Diabetes Guidelines Working Group. Guidelines on the examination and management of patients with diabetes. Clin Exp Optom 2016; 99: 120–126
12. RANZCO Screening and Referral Pathway for Diabetic Retinopathy, 2016. Accessed 13/11/2022 from https://ranzco.edu/wp-content/uploads/2018/11/RANZCO-Referral-pathway-for-DR-2016.pdf
13. Early Treatment Diabetic Retinopathy Study Research Group. Fundus photographic risk factors for progression of diabetic retinopathy. ETDRS report number 12. Ophthalmology. 1991;98(5 Suppl):823–833.
14. Keech AC, Mitchell P, Summanen PA, O'Day J, Davis TME, Moffitt MS, et. al. Effect of fenofibrate on the need for laser treatment for diabetic retinopathy (FIELD study): a randomised controlled trial. Lancet. 2007;370:1687–1697.
15. Chew EY, Davis MD, Danis RP, Lovato JF, Perdue LH, Greven C, et. al. The Effects of Medical Management on the Progression of Diabetic Retinopathy in Persons with Type 2 Diabetes: The ACCORD Eye Study. Ophthalmology. 2014 Dec; 121(12): 2443–2451.
16. Wright AD, Dodson PM. Medical management of diabetic retinopathy: fenofibrate and ACCORD Eye studies. Eye (Lond). 2011 Jul;25(7):843-9.
17. Early Treatment Diabetic Retinopathy Study Research Group. Early photocoagulation for diabetic retinopathy. ETDRS report number 9. Ophthalmology, 1991 May;98(5 Suppl):766-85.
18. Vander J, Duker JS, Benson WE, Brown GC, McNamara JA, Rosenstein RB. Long-term stability and visual outcome after favorable initial response of proliferative diabetic retinopathy to panretinal photocoagulation. Ophthalmology 1991 Oct;98(10):1575-9.
19. Reddy SV, Husain D. Panretinal photocoagulation: A review of complications. Semin Ophthalmol 2018;33(1):83-88.
20. Aiello LM. Perspectives on diabetic retinopathy. Am J Ophthalmol 2003;136:122-135
21. Sharma N, Ooi J-L, Ong J, Newman D. The use of fenofibrate in the management of patients with diabetic retinopathy: an evidence-based review. Aust Fam Phys 44 (6) June 2015: 367-370.
22. Modjtahedi BS, Wu J, Luong TQ, Gandhi NK, Fong DS, Chen W. Severity of Diabetic Retinopathy and the Risk of Future Cerebrovascular Disease, Cardiovascular Disease, and All-Cause Mortality. Ophthalmology 021;128:1169-1179.
23. Okamoto F, Sone H, Nonoyama T, Hommura S. Refractive changes in diabetic patients during intensive glycaemic control. Br J Ophthalmol 2000;84:1097–1102
24. Kiziltoprak H, Tekin K, Inanc M, Goker YS. Cataract in diabetes mellitus. World J Diabetes 2019 March 15; 10(3): 140-153
25. Rodrigues GB, Abe RY, Zangalli C, Sodre SL, Donini FA, Costa DC, et. al. Neovascular glaucoma: a review. Int J Retin Vitr 2016;2:26
26. Skarbez K, Priestley Y, Hoepf M, Koevary SB. Comprehensive review of the effects of diabetes on ocular health. Expert Rev Ophthalmol. 2010;5(4):557-577.

Diabetes Management Journal

p10-15 The ocular complications of diabetes cont'd

27. Tamhankar MA, Biousse V, Gui-Shuang Y et. al. Isolated Third, Fourth and Sixth Cranial Nerve Palsies From Presumed Microvascular Versus Other Causes: A Prospective Study. Ophthalmology 2013;120(11).
28. Watanabe K, Hagura R, Akanuma Y et al. Characteristics of cranial nerve palsies in diabetic patients. Diabetes Res. Clin. Pract 1990;10(1):19–27
29. Huemer J, Khalid H, Ferraz D, Faes L, Korot E, Jurkute N, et. al. Re-evaluating diabetic papillopathy using optical coherence tomography and inner retinal sublayer analysis. Eye, 2022; 36:1476–1485
30. Wang Y, Wu S, Wen F, Cao Q. Diabetes mellitus as a risk factor for retinal vein occlusion: A meta-analysis. Medicine 2020;99:9.

p16-18 Menopause and diabetes

1. Burger HG, Dudley EC, Robertson DM, Dennerstein L. Hormonal changes in the menopause transition. Recent ProgHorm Res 2002; 57: 257--75.
2. Gartoulla P, Worsley R, Bell RJ, Davis SR. Moderate-severe vasomotor and sexual symptoms remain problematic for 60-65 year old women. Menopause 2015; 22(7): 694-701.
3. Davis SR, Baber RJ. Treating menopause - MHT and beyond. Nature reviews Endocrinology 2022.
4. Shelling AN. Premature ovarian failure. Reproduction 2010; 140(5): 633-41.
5. Dorman JS, Steenkiste AR, Foley TP, et al. Menopause in type 1 diabetic women: is it premature? Diabetes 2001; 50(8): 1857-62.
6. Yarde F, van der Schouw YT, de Valk HW, et al. Age at menopause in women with type 1 diabetes mellitus: the OVADIA study. Hum Reprod 2015; 30(2): 441-6.
7. Yi Y, El Khoudary SR, Buchanich JM, et al. Association of age at diabetes complication diagnosis with age at natural menopause in women with type 1 diabetes: The Pittsburgh Epidemiology of Diabetes Complications (EDC) Study. J Diabetes Complications 2021; 35(3): 107832.
8. Muka T, Asllanaj E, Avazverdi N, et al. Age at natural menopause and risk of type 2 diabetes: a prospective cohort study. Diabetologia 2017; 60(10): 1951-60.
9. Davis SR, Castelo-Branco C, Chedraui P, et al. Understanding weight gain at menopause. Climacteric 2012; 15(5): 419-29.
10. Matthews KA, Crawford SL, Chae CU, et al. Are changes in cardiovascular disease risk factors in midlife women due to chronological aging or to the menopausal transition? J Am Coll Cardiol 2009; 54(25): 2366-73.
11. Davis SR, Lambrinoudaki I, Lumsden MA, et al. Menopause. Nature Reviews Disease Primers 2015; Article number: 15004.
12. Prabakaran S, Schwartz A, Lundberg G. Cardiovascular risk in menopausal women and our evolving understanding of menopausal hormone therapy: risks, benefits, and current guidelines for use. Ther Adv Endocrinol Metab 2021; 12: 20420188211013917.
13. Yki-Jarvinen H. Sex and insulin sensitivity. Metabolism 1984; 33(11): 1011-5.
14. Mandrup CM, Egelund J, Nyberg M, et al. Effects of menopause and high-intensity training on insulin sensitivity and muscle metabolism. Menopause 2018; 25(2): 165-75.
15. Zhu L, Zou F, Yang Y, et al. Estrogens prevent metabolic dysfunctions induced by circadian disruptions in female mice. Endocrinology 2015; 156(6): 2114-23.
16. Gray KE, Katon JG, LeBlanc ES, et al. Vasomotor symptom characteristics: are they risk factors for incident diabetes? Menopause 2018; 25(5): 520-30.
17. Rouen PA, Krein SL, Reame NE. Postmenopausal Symptoms in Female Veterans with Type 2 Diabetes: Glucose Control and Symptom Severity. J Womens Health (Larchmt) 2015; 24(6): 496-505.
18. Investigators WGfWsHi. Risks and benefits of estrogen plus progestin in healthy postmenopausal women. JAMA 2002; (288): 321-33.
19. de Villiers TJ, Stevenson JC. The WHI: the effect of hormone replacement therapy on fracture prevention. Climacteric 2012; 15(3): 263-6.
20. Menopause: diagnosis and management. National Institute for Health and Care Excellence UK 2015; NG23(www.nice.org.uk/guidance/ng23).
21. Hulley S, Grady D, Bush T, et al. Randomized Trial of Estrogen Plus Progestin for Secondary Prevention of Coronary Heart Disease in Postmenopausal Women.Heart and Estrogen/progestin Replacement Study (HERS) Research Group. Jama 1998; 280(7): 605-13.

p16-18 Menopause and diabetes cont'd

22. Leiberman EH, Gerhard M, Uehata A, et al. Estrogen improves endothelium-dependent, flow-mediated vasodilation in postmenopausal women. Ann Intern Med 1994; 121: 936-41.
23. Davis SR, Goldstat R, Newman A, et al. Differing effects of low dose estrogen and progestin replacement therapy and pravastatin in hypercholesterolemic postmenopausal women. Climacteric 2002; 5: 341-60.
24. Pereira RI, Casey BA, Swibas TA, Erickson CB, Wolfe P, Van Pelt RE. Timing of Estradiol Treatment After Menopause May Determine Benefit or Harm to Insulin Action. J Clin Endocrinol Metab 2015; 100(12): 4456-62.
25. Margolis KL, Bonds DE, Rodabough RJ, et al. Effect of oestrogen plus progestin on the incidence of diabetes in postmenopausal women: results from the Women's Health Initiative Hormone Trial. Diabetologia 2004; 47(7): 1175-87.
26. Prentice RL, Aragaki AK, Chlebowski RT, et al. Dual-Outcome Intention-to-Treat Analyses in the Women's Health Initiative Randomized Controlled Hormone Therapy Trials. Am J Epidemiol 2020; 189(9): 972-81.
27. Prentice RL, Aragaki AK, Chlebowski RT, et al. Randomized Trial Evaluation of the Benefits and Risks of Menopausal Hormone Therapy Among Women 50-59 Years of Age. Am J Epidemiol 2021; 190(3): 365-75.
28. Vinogradova Y, Coupland C, Hippisley-Cox J. Use of hormone replacement therapy and risk of venous thromboembolism: nested case-control studies using the QResearch and CPRD databases. Bmj 2019; 364: k4810.
29. Rossouw J, Anderson G, Prentice R, et al. Risks and benefits of estrogen plus progestin in healthy postmenopausal women: principal results from the Women's Health Initiative Randomised Controlled Trial. JAMA 2002; 288(3): 321-33.
30. Canonico M, Oger E, Conard J, et al. Obesity and risk of venous thromboembolism among postmenopausal women: differential impact of hormone therapy by route of estrogen administration. The ESTHER Study. Journal of thrombosis and haemostasis : JTH 2006; 4(6): 1259-65.
31. Baksu B, Davas I, Agar E, Akyol A, Uluocak A. Do different delivery systems of estrogen therapy influence serum lipids differently in surgically menopausal women? J Obstet Gynaecol Res 2007; 33(3): 346-52.
32. Anderson GL, Limacher M, Assaf AR, et al. Effects of conjugated equine estrogen in postmenopausal women with hysterectomy: the Women's Health Initiative randomized controlled trial. JAMA 2004; 291(14): 1701-12.
33. Vinogradova Y, Coupland C, Hippisley-Cox J. Use of hormone replacement therapy and risk of breast cancer: nested case-control studies using the QResearch and CPRD databases. Bmj 2020; 371: m3873.
34. Fournier A, Fabre A, Mesrine S, Boutron-Ruault MC, Berrino F, Clavel-Chapelon F. Use of different postmenopausal hormone therapies and risk of histology- and hormone receptor-defined invasive breast cancer. J Clin Oncol 2008; 26(8): 1260-8.
35. Baber RJ, Panay N, Fenton ATIWG. 2016 IMS Recommendations on women's midlife health and menopause hormone therapy. Climacteric 2016; 19(2): 109-50.
36. Gartoulla P, Worsley R, Bell RJ, Davis SR. Moderate to severe vasomotor and sexual symptoms remain problematic for women aged 60 to 65 years. Menopause 2015; 22(7): 694-701.
37. Kingsberg SA, Krychman M, Graham S, Bernick B, Mirkin S. The Women's EMPOWER Survey: Identifying Women's Perceptions on Vulvar and Vaginal Atrophy and Its Treatment. J Sex Med 2017; 14(3): 413-24.
38. Santen RJ. Vaginal administration of estradiol: effects of dose, preparation and timing on plasma estradiol levels. Climacteric 2014; 118: 121-34.
39. Davis SR, Baber R, Panay N, et al. Global Consensus Position Statement on the Use of Testosterone Therapy for Women. Climacteric 2019; 22(5): 429-34.
40. Mintziori G, Lambrinoudaki I, Goulis DG, et al. EMAS position statement: Non-hormonal management of menopausal vasomotor symptoms. Maturitas 2015; 81(3): 410-3.

p20-22 Long-term metformin use risks B12 deficiency: review, clinical assessment and management

1. Diabetes Australia. National Diabetes Services Scheme Snapshot – September 2022. [ONLINE]. Accessed November 1 2022. Available at https://www.ndss.com.au/about-the-ndss/diabetes-facts-and-figures/diabetes-data-snapshots/

p20-22 Long-term metformin use risks B12 deficiency cont'd

2. Royal Australian College of General Practitioners. 'What medicines are prescribed the most in Ausralia'. December 2021. [ONLINE]. Accessed November 1 2022. Available at https://www1.racgp.org.au/newsgp/clinical/what-medicines-are-prescribed-the-most-in-australi
3. de Jager J, Kooy A, Lehert P, et al. Long term treatment with metformin in patients with type 2 diabetes and risk of vitamin B-12 deficiency: randomised placebo controlled trial. BMJ. 2010 May 20;340:c2181.
4. American Diabetes Association Professional Practice Committee, Standards of Medical Care in Diabetes – 2022. Diabetes Care. 45(1):S46-S59
5. Stabler SP. Clinical practice. Vitamin B12 deficiency. N Engl J Med. 2013;368(2):149-160.
6. Tomkin GH, Hadden DR, Weaver JA, Montgomery DA. Vitamin-B12 status of patients on long-term metformin therapy. BMJ. 1971;2:685-687.
7. Schafer G. Some new aspects on the interaction of hypoglycemia-producing biguanides with biological membranes. Biochem Pharmacol. 1976;25:2015- 2024.
8. Gilligan MA. Metformin and vitamin B12 deficiency. Arch Intern Med. 2002;162: 484-485.
9. Aroda VR, Edelstein SL, Goldberg RB: Diabetes Prevention Program Research Group. Long-term Metformin Use and Vitamin B12 Deficiency in the Diabetes Prevention Program Outcomes Study, The Journal of Clinical Endocrinology & Metabolism. 2016. 101(4):1754–1761,
10. Ting RZ-W, Szeto CC, Chan MH-M, Ma KK, Chow KM. Risk factors of vitamin B12 deficiency in patients receiving metformin. Arch Intern Med2006;166:1975-9.
11. Allen, LH. How common is vitamin B-12 deficiency?, The American Journal of Clinical Nutrition. 2009. 89(2):693S–696S.
12. The Royal Australian College of General Practitioners. Management of type 2 diabetes: A handbook for general practice. East Melbourne, Vic: RACGP, 2020.
13. Kibirige D, Mwebaze R. Vitamin B12 deficiency among patients with diabetes mellitus: is routine screening and supplementation justified? J Diabetes Metab Disord. 2013 May 7;12(1):17
14. Devalia V, Hamilton MS, Molloy AM British Committee for Standards in Haematology. Guidelines for the diagnosis and treatment of cobalamin and folate disorders. Br J Haematol. 2014;166(4):496-513.
15. Reinstatler L, Qi Y, Williamson R, Garn J, Oakley-Jr G. Association of Biochemical B12 Deficiency With Metformin Therapy and Vitamin B12 Supplements. The National Health and Nutrition Examination Survey, 1999–2006. Diabetes Care. 2012;35:327–33
16. Bauman WA, Shaw S, Jayatilleke E, et al. Increased intake of calcium reverses vitamin B12 malabsorption induced by metformin. Diabetes Care. 2000 Sep;23(9):1227-31.
17. Mechanick JI, Youdim A, Jones DB, et al. Clinical practice guidelines for the perioperative nutritional, metabolic, and nonsurgical support of the bariatric surgery patient—2013 update: cosponsored by American Association of Clinical Endocrinologists, the Obesity Society, and American Society for Metabolic & Bariatric Surgery. Surg Obes Relat Dis. 2013;9(2):159-191

p24 – 27 Diabetes management at end of life

1. Hall A, Boulton E, Kunonga P et al. Identifying older adults with frailty approaching end-of-life: A systematic review. Palliat Med 2021; 35: 1832-1843
2. Mauck EE. An Operational Definition of End-of-Life Healthcare: A complex and Subjective Construct. Omega 2022; DOI: 10.1177/00302228221086058
3. Tripp D, Janis J, Jarrett B et al. How Well Does the Surprise Question Predict 1-year Mortality for Patients Admitted with COPD. J Gen Int Med 2021; 36: 2656-2662
4. Dunning T, Duggan N, Savage S. Caring for People with Diabetes at the End of Life. Curr Diab Rep 2016; 16: 103
5. White N, Kupeli N, Vickerstaff V et al. How accurate is the 'Surprise question' at identifying patients at end of life? A systemic review and meta-analysis. BMC Med 2017; 15: DOI: 10.1186/s12916-16-017-0907-4
6. De Bock R, Van Den Noortgate N and Piers R. Validation of the Supportive and Palliative Care Indicators Tool in a Geriatric Population. J Palliat Med 2018; 21(2): 220-224 and Mitchell GK, Senior HE, Rhee JJ et al. Using intuition or a formal palliative care needs assessment screening process in general practice to predict death within 12 months: A randomised controlled trial. Palliat Med. 2018 Feb;32(2):384-394. doi: 10.1177/0269216317698621. Epub 2017 Apr 28. PMID: 28452570.

p24 – 27 Diabetes management at end of life cont'd

7. University of Edinburgh. Supportive and Palliative Care Indicators Tool. https://www.spict.org.uk
8. Australian Institute of Health and Welfare. Diabetes compendium. 2017 26 June 2018]; https://www.aihw.gov.au/reports/diabetes/diabetescompendium/contents/how-many-australians-have-diabetes
9. Dionisio R, Giardini A, De Cata P et al. Diabetes Management in End of Life: A Preliminary Report Stemming From Clinical Experience. Am J Hosp Palliat Care 2105; 32(6): 588-593
10. Dunning T and Martin P. Palliative and end of life care of people with diabetes: Issues, challenges and strategies. Diab Res Clin Prac 2018; 143: 454-463
11. Trinacty J and Keely E. End of Life: What Does That Mean for the Management of Adult Patients With Type 1 Diabetes? Can J Diab 2019; 43(4): 261-262
12. James J. Dying well with diabetes. Ann Palliat Med 2019; 8(2): 178-189
13. Sharma A, Sikora L and Bush SH. Management of Diabetes Mellitus in Adults at the End of Life: A review of Recent Literature and Guidelines. J Palliat Med 2019; 22(9): 1133-1138
14. Diabetes Australia: www.diabetesaustralia.com.au
15. Chowdhury SR, Alam SR, Chowdhury RH et al. Management of Diabetes at the End of Life. 2021; 3(1) 44-46
16. Lindskog M, Kärvestedt L and Fürst CJ. Glycaemic control in end-of-life care: fundamental or futile? Curr Opin Support Palliat Care. 2014; 8: 378-382
17. Dunning T. Palliative and End-of-Life Care: Vital Aspects of Holistic Diabetes Care of Older People With Diabetes. Diab J 2020; 33(3): 246-254

p28-31 Ramadan and living with diabetes

1. Ahmed SH, Chowdhury TA, Hussain S, Syed A, Karamat A, Helmy A, et al. Ramadan and diabetes: a narrative review and practice update. 2020;11(11):2477-520.
2. Meo SA, Hassan AJJPMA. Physiological changes during fasting in Ramadan. 2015;65(5 Suppl 1):S6-14.
3. Hassanein M, Al-Arouj M, Hamdy O, Bebakar WMW, Jabbar A, Al-Madani A, et al. Diabetes and Ramadan: Practical guidelines. Diabetes research and clinical practice. 2017;126:303-16.
4. Ali S, Davies MJ, Brady EM, Gray LJ, Khunti K, Beshyah SA, et al. Guidelines for managing diabetes in Ramadan. Diabetic medicine : a journal of the British Diabetic Association. 2016;33(10):1315-29.
5. Abolaban H, Al-Moujahed A. Muslim patients in Ramadan: A review for primary care physicians. Avicenna journal of medicine. 2017;7(3):81-7.
6. Myers PR, Shoqirat N, Allen DH, Dardas LAJDr, practice c. Patients with diabetes observing Ramadan: The experience of Muslims in the United States. 2019;150:282-7.
7. Salti I, Bénard E, Detournay B, Voinet C, et al. A population-based study of diabetes and its characteristics during the fasting month of Ramadan in 13 countries: results of the epidemiology of diabetes and Ramadan 1422/2001 (EPIDIAR) study. Diabetes Care. 2004;27(10):2306-11.
8. Afandi BO, Hassanein MM, Majd LM, Nagelkerke NJD. Impact of Ramadan fasting on glucose levels in women with gestational diabetes mellitus treated with diet alone or diet plus metformin: a continuous glucose monitoring study. BMJ open diabetes research & care. 2017;5(1):e000470.
9. Al-Arouj M, Bouguerra R, Buse J, Hafez S, Hassanein M, Ibrahim MA, et al. Recommendations for Management of Diabetes During Ramadan. Diabetes Care. 2005;28(9):2305-11.
10. Baqar S, Sheen, J., Andrikopoulos, Ekinci, E. Management of people with diabetes who choose to fast during Ramadan. Australian Diabetes Society Position Statement2022.
11. Alliance IDFaDaRI. Diabetes and Ramadan practical guidelines. 2021.
12. Yılmaz TE, Başara E, Yılmaz T, Kasım İ, Özkara AJIJoCP. Approaches and awareness of family physicians on diabetes management during Ramadan. 2021;75(7):e14205.
13. Hassanein M, Alamoudi RM, Kallash M-A, Aljohani NJ, Alfadhli EM, El Tony L, et al. Ramadan fasting in people with type 1 diabetes during COVID-19 pandemic: The DaR Global survey. 2021;172:108626.
14. Bouchareb S, Chrifou R, Bourik Z, Nijpels G, Hassanein M, Westerman MJ, et al. "I am my own doctor": A qualitative study of the perspectives and decision-making process of Muslims with diabetes on Ramadan fasting. 2022;17(3):e0263088.
15. Khalife T, Pettit JM, Weiss BD. Caring for Muslim patients who fast during Ramadan. American family physician. 2015;91(9):641-2.

p28-31 Ramadan and living with diabetes cont'd

16. Yusof B-NM, Yahya NF, Hasbullah FY, Zukiman WZHHW, Azlan A, Yi RLX, et al. Ramadan-focused nutrition therapy for people with diabetes: A narrative review. 2021;172:108530.
17. Beshyah S, Benbarka M, Sherif IJLJoM. Practical management of diabetes during Ramadan fast. 2007;2(4):185-9.
18. Zainudin SB, Yeoh EJSMJ. Preparing Muslims with diabetes mellitus for Ramadan fasting in Singapore: a clinical approach and review of current practice. 2022;63(11):633-40.
19. Loh HH, Lim LL, Loh HS, Yee A. Safety of Ramadan fasting in young patients with type 1 diabetes: A systematic review and meta-analysis. Journal of diabetes investigation. 2019;10(6):1490-501.

p32-34 Red meat and diabetes

1. Lee Y, Park K. Adherence to a vegetarian diet and diabetes risk: A systematic review and meta-analysis of observational studies. Nutrients. 2017;9(6). doi:10.3390/nu9060603
2. Pollakova D, Andreadi A, Pacifici F, Della-Morte D, Lauro D, Tubili C. The Impact of Vegan Diet in the Prevention and Treatment of Type 2 Diabetes: A Systematic Review. Nutrients. 2021;13(6). doi:10.3390/NU13062123
3. Toumpanakis A, Turnbull T, Alba-Barba I. Effectiveness of plant-based diets in promoting well-being in the management of type 2 diabetes: A systematic review. BMJ Open Diabetes Res Care. 2018;6(1). doi:10.1136/bmjdrc-2018-000534
4. Fan M, Li Y, Wang C, et al. Dietary Protein Consumption and the Risk of Type 2 Diabetes: ADose-Response Meta-Analysis of Prospective Studies. Nutr 2019, Vol 11, Page 2783. 2019;11(11):2783. doi:10.3390/NU11112783
5. Tian S, Xu Q, Jiang R, et al. Dietary protein consumption and the risk of type 2 diabetes: A systematic review and meta-analysis of cohort studies. Nutrients. 2017;9(9):1-17. doi:10.3390/nu9090982
6. Micha R, Michas G, Mozaffarian D. Unprocessed red and processed meats and risk of coronary artery disease and type 2 diabetes--an updated review of the evidence. 2012;14(6). doi:10.1007/s11883-012-0282-8
7. Schwingshackl L, Hoffmann G, Lampousi A-M, et al. Food groups and risk of type 2 diabetes mellitus: a systematic review and meta-analysis of prospective studies. Eur J Epidemiol. 2017;32(5):363-375. doi:10.1007/s10654-017-0246-y
8. Neuenschwander M, Ballon A, Weber KS, et al. Role of diet in type 2 diabetes incidence: umbrella review of meta-analyses of prospective observational studies. BMJ. 2019;366. doi:10.1136/BMJ.L2368
9. Pan A, Sun Q, Bernstein AM, Manson JE, Willett WC, Hu FB. Changes in red meat consumption and subsequent risk of type 2 diabetes mellitus: three cohorts of US men and women. JAMA Intern Med. 2013;173(14):1328-35. doi: 10.1001/jamainternmed.2013.6633.
10. Pan A, Sun Q, Bernstein AM, et al. Red meat consumption and risk of type 2 diabetes: 3 cohorts of US adults and an updated meta-analysis. Am J Clin Nutr. 2011;94(4):1088-1096. doi:10.3945/AJCN.111.018978
11. Zhang R, Fu J, Moore JB, et al. Processed and Unprocessed Red Meat Consumption and Risk for Type 2 Diabetes Mellitus: An Updated Meta-Analysis of Cohort Studies. Int J Environ Res Public Health. 2021;18(20). doi:10.3390/IJERPH182010788
12. Marí-Sanchis A, Díaz-Jurado G, Basterra-Gortari FJ, et al. Association between pre-pregnancy consumption of meat, iron intake, and the risk of gestational diabetes: the SUN project. Eur J Nutr. 2018;57(3):939-949. doi:10.1007/S00394-017-1377-3
13. Bao W, Bowers K, Tobias DK, Hu FB, Zhang C. Prepregnancy dietary protein intake, major dietary protein sources, and the risk of gestational diabetes mellitus: a prospective cohort study. Diabetes Care. 2013;36(7):2001-8. doi: 10.2337/dc12-2018. Epub 2013 Feb 1.
14. Zhang C, Schulze MB, Solomon CG, Hu FB. A prospective study of dietary patterns, meat intake and the risk of gestational diabetes mellitus. 2006;49(11).
15. Vang A, Singh PN, Lee JW, Haddad EH, Brinegar CH. Meats, processed meats, obesity, weight gain and occurrence of diabetes among adults: findings from Adventist Health Studies. Ann Nutr Metab. 2008;52(2):96-104. doi:10.1159/000121365
16. Snowdon DA, Phillips RL. Does a vegetarian diet reduce the occurrence of diabetes? Am J Public Heal. 1985;75(5):507-512.

Diabetes Management Journal

p32-34 Red meat and diabetes cont'd

17. Würtz AML, Jakobsen MU, Bertoia ML, et al. Replacing the consumption of red meat with other major dietary protein sources and risk of type 2 diabetes mellitus: a prospective cohort study. Am J Clin Nutr. 2021;113(3):612-621. doi:10.1093/AJCN/NQAA284
18. Rajpathak SN, Crandall JP, Wylie-Rosett J, Kabat GC, Rohan TE, Hu FB. The role of iron in type 2 diabetes in humans. Biochim Biophys Acta. 2009;1790(7):671-681. doi:10.1016/J.BBAGEN.2008.04.005
19. Shahinfar H, Jayedi A, Shab-Bidar S. Dietary iron intake and the risk of type 2 diabetes: a systematic review and dose-response meta-analysis of prospective cohort studies. Eur J Nutr. 2022;61(5). doi:10.1007/S00394-022-02813-2
20. Kataria Y, Wu Y, Horskjær P de H, Mandrup-Poulsen T, Ellervik C. Iron Status and Gestational Diabetes-A Meta-Analysis. Nutrients. 2018;10(5). doi:10.3390/NU10050621
21. Bao W, Chavarro JE, Tobias DK, et al. Long-term risk of type 2 diabetes in relation to habitual iron intake in women with a history of gestational diabetes: a prospective cohort study. Am J Clin Nutr. 2016;103(2):375-381. doi:10.3945/AJCN.115.108712
22. Liu J, Li Q, Yang Y, Ma L. Iron metabolism and type 2 diabetes mellitus: A meta-analysis and systematic review. J Diabetes Investig. 2020;11(4):946-955. doi:10.1111/JDI.13216
23. Zhang WCB, Xing Y, Shao B. Serum Ferritin and the Risk of Metabolic Syndrome: A Systematic Review and Dose-Response Meta-Analysis of Cross-sectional Studies. Biomed Environ Sci. 2021;34(8):623-631. doi:10.3967/BES2021.086
24. Hua NW, Stoohs RA, Facchini FS. Low iron status and enhanced insulin sensitivity in lacto-ovo vegetarians. 2001;86(4). doi:S0007114501002203 [pii]
25. Ye J, Yu Q, Mai W, Liang P, Liu X, Wang Y. Dietary protein intake and subsequent risk of type 2 diabetes: a dose–response meta-analysis of prospective cohort studies. Acta Diabetol. 2019;56(8). doi:10.1007/s00592-019-01320-x
26. Viguiliouk E, Stewart S, Jayalath V, et al. Effect of Replacing Animal Protein with Plant Protein on Glycemic Control in Diabetes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Nutrients. 2015;7(12):9804-9824. doi:10.3390/nu7125509
27. Rivellese AA, Lilli S. Quality of dietary fatty acids, insulin sensitivity and type 2 diabetes. Biomed Pharmacother. 2003;57(2):84-87. doi:10.1016/S0753-3322(03)00003-9
28. Rivellese AA, De Natale C, Lilli S. Type of dietary fat and insulin resistance. Ann N Y Acad Sci. 2002;967:329-335. doi:10.1111/J.1749-6632.2002.TB04288.X
29. Riccardi G, Giacco R, Rivellese AA. Dietary fat, insulin sensitivity and the metabolic syndrome. Clin Nutr. 2004;23(4):447-456. http://linkinghub.elsevier.com/retrieve/pii/S0261561404000263.
30. Rice Bradley BH. Dietary Fat and Risk for Type 2 Diabetes: a Review of Recent Research. Curr Nutr Rep. 2018;7(4):214. doi:10.1007/S13668-018-0244-Z
31. Clarke RE, Dordevic AL, Tan SM, et al. Dietary advanced glycation end products and risk factors for chronic disease: A systematic review of randomised controlled trials. Nutrients. 2016;8(3). doi:10.3390/nu8030125
32. Luévano-Contreras C, Gómez-Ojeda A, Macías-Cervantes MH, et al. Dietary Advanced Glycation End Products and Cardiometabolic Risk. Curr Diab Rep. 2017;17(8). doi:10.1007/S11892-017-0891-2
33. Zhuang R, Ge X, Han L, et al. Gut microbe-generated metabolite trimethylamine N-oxide and the risk of diabetes: A systematic review and dose-response meta-analysis. Obes Rev. 2019;20(6):883-894. doi:10.1111/OBR.12843
34. Bahadoran Z, Ghasemi A, Mirmiran P, Azizi F, Hadaegh F. Nitrate-nitrite-nitrosamines exposure and the risk of type 1 diabetes: A review of current data. World J Diabetes. 2016;7(18):433. doi:10.4239/WJD.V7.I18.433
35. Longnecker MP, Daniels JL. Environmental contaminants as etiologic factors for diabetes. Environ Health Perspect. 2001;109 Suppl 6(Suppl 6):871-876. doi:10.1289/EHP.01109S6871
36. Tonstad S, Butler T, Yan R, Fraser GE. Type of vegetarian diet, body weight, and prevalence of type 2 diabetes. Diabetes Care. 2009;32(5):791-6. Epub 2009 Apr 7.
37. Berkow SE, Barnard N. Vegetarian diets and weight status. Nutr Rev. 2006;64(4):175-188.
38. Rosell M, Appleby P, Spencer E, Key T. Weight gain over 5 years in 21,966 meat-eating, fish-eating, vegetarian, and vegan men and women in EPIC-Oxford. Int J Obes (Lond). 2006;30(9):1389-96.

Diabetes Management Journal

p32-34 Red meat and diabetes cont'd

39. Vergnaud AC, Norat T, Romaguera D, et al. Meat consumption and prospective weight change in participants of the EPIC-PANACEA study. Am. 92(2):398-407. Epub 2010 Jun 30.
40. Schulz M, Kroke A, Liese AD, Hoffmann K, Bergmann MM, Boeing H. Food groups as predictors for short-term weight changes in men and women of the EPIC-Potsdam cohort. J Nutr. 2002;132(6):1335-40.
41. Romaguera D, Norat T, Vergnaud AC, et al. Mediterranean dietary patterns and prospective weight change in participants of the EPIC-PANACEA project. Am. 92(4):912-21. Epub 2010 Sep 1.
42. Barnard ND, Levin SM, Yokoyama Y. A Systematic Review and Meta-Analysis of Changes in Body Weight in Clinical Trials of Vegetarian Diets. J Acad Nutr Diet. 2015;115(6):954-969. doi:10.1016/j.jand.2014.11.016
43. Huang RY, Huang CC, Hu FB, Chavarro JE. Vegetarian Diets and Weight Reduction: a Meta-Analysis of Randomized Controlled Trials. J Gen Intern Med. 2016;31(1):109-116. doi:10.1007/s11606-015-3390-7

-- ENDS --