



4TH DAILY CARDIOLOGY
SYMPOSIUM

CONCISE, PRECISE, PRACTICAL

The Sweet Taste of Healing! Optimizing The Use of Oral Diabetes Medications

Learning Objectives and Case vignette



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Learning Objectives

- What are the treatment objectives for patients with diabetes and how to monitor them?
- What is the significance of non-pharmacologic interventions in managing T2D?
- What are these non-pharmacologic interventions?
- How effective are these non-pharmacologic interventions in controlling diabetes?
- What is the process for recommending and implementing non-pharmacologic measures for patients with T2D?

Learning Objectives (cntd)

- How successful are patients generally in adhering to non-pharmacologic measures?
- When is it appropriate to start medication for patients diagnosed with T2D?
- What factors should be considered when choosing medications for treating T2D?
- When should treatment start with a single medication and when should it start with more than one?

Learning Objectives (cntd)

- How should we decide between different classes of diabetes medications?
- How should we choose between different molecules within a class of diabetes medications?
- What is the recommended approach to augmenting and up-titrating medications?
- What is the recommended approach for monitoring patients and conducting lab tests to identify potential side effects of medications and adjust dosages accordingly?

Case vignette

- 63 Y/O lady, retired teacher with Hx. of HTN and DLP
- Current cigarette smoker
- There is a family history of T2D in her mother and her sister
- She remains asymptomatic in her routine activities
- Current Medications:
 - Valsartan/HCTZ 160/12.5mg Daily
 - Atorvastatin 20mg Daily
- Ph/E:
 - BP: right hand: 117/76 mmHg, left hand: 115/74 mmHg, HR: 76 bpm
 - BMI: 31, Heart and Lungs: NL, Peripheral pulses: 2+
 - otherwise unremarkable

Case vignette (cntd)

- Recent Lab:
 - FPG: 177mg/dL, 2hpp: 210 mg/dL, HbA1c: 8.1%,
 - TC=166 mg/dL, LDL=81 mg/dL, HDL= 41 mg/dL, TG= 220 mg/dL
 - CBC and TFT: NL, Cr: 0.9 mg/dL, Na: 144 mEq/L, K: 36 mEq/L
 - UACR: 25 mg/g

What is your approach to the management of diabetes in this patient?

Thank you for your attention



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