



Diabetes Newsletter

Control your
diabetes.
For Life.

PIKE COUNTY HEALTH DEPARTMENT

CELEBRATING 40 YEARS OF SERVICE

SEPTEMBER, 2006

HOPE FOR PRESERVING VISION

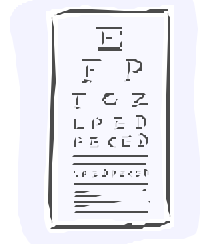
Researchers in clinical trials of the investigational retinopathy drug ruboxistaurin report that the drug can reduce the risk of sustained moderate vision loss by as much as 41%.

In two multicenter trials, a total of 813 participants were assigned to take either 32 mg of ruboxistaurin per day or placebo (dummy pills) for 3 years. All participants had moderate to severe nonproliferative retinopathy when they enrolled in the studies.

Nonproliferative retinopathy occurs when small capillaries in the retina of the eye break, resulting in macular edema, or fluid build-up, that causes swelling in the eyes and threatens vision. Participants were considered to have sustained moderate vision loss when they were consistently unable to read three lines on an eye chart during tests that took place over the course of at least 6 months.

At the end of the trials, 6 % of participants who took ruboxistaurin had sustained moderate vision loss, compared with 10 % in the placebo group. The drug did not, however, prevent participants from developing proliferative retinopathy, which occurs when new blood vessels grow abnormally in the eye and burst, leading to temporary or permanent blindness.

Ruboxistaurin is not yet available. Manufacturer Eli Lilly and Company, which funded the trials, submitted the drug for U.S. Food and Drug Administration review in February 2006.



Free Diabetic Retinopathy/Macular Degeneration Eye Screening

Diabetic Retinopathy is the leading cause of new blindness in adults in America today. Diabetic Retinopathy can have devastating visual consequences and can lead to blindness. Without a doubt, early detection greatly enhances the visual prognosis and outcome for all patients with Diabetic Retinopathy and other retinal diseases. The purpose of the Diabetic Eye Program is to provide communities throughout the State with a method for early detection of Diabetic Retinopathy and other retinal diseases, including Macular Degeneration.

If you notice any of the following symptoms, you should contact your eye care professional as quickly as possible: blurring vision, distorted vision, double vision, darkened or reduced vision. Any one of these symptoms can be an indication of Diabetic Retinopathy or one of the complications from it.

The Lions of Illinois Foundation along with the Illinois Retina Associates, S.C., in conjunction with the Pittsfield Lions Club, is providing an entirely **FREE** screening to anyone who has diabetes, a family history of diabetes, or is 55 years old and older and would like to have a picture taken of their eyes to check for this problem. This screening will be taking place on October 12, 2006 from 1-4 pm at Pike County Health Department. The Foundation will take the photographs and then they will be forwarded to Illinois Retina Associates, S.C. where they will be reviewed by one of their retinal specialist. The person who has had the screening test done will be notified with a copy of the results.

Check Your Date and Time

If you use a blood glucose meter, you might want to check its date and time. In a small study, researchers found that 21 % of meters had the incorrect date and 24 % had the incorrect time.

Researchers at the Diabetes Care Center at the University of Washington Medical Center analyzed 320 meters that patients brought into the clinic during appointments. The meters came from a variety of manufacturers including Lifescan, Abbott, Becton Dickinson, Bayer, and Roche.

Because of time and date inaccuracies, the researchers were unable to download critical information from patients' meters 31 % of the time.

Patients and their doctors often download meter readings onto computer spreadsheets to create electronic logbooks of blood glucose levels. Downloading readings from meters is considered a good way to see fluctuations in blood glucose levels on a given day, and to look for trends in how well blood glucose is controlled over time.

People aren't receiving instructions on how to set the date and time on new meters, says Irl B. Hirsch, MD, professor of medicine at the University of Washington School of Medicine in Seattle, who led the study. In other cases, people forget to reset the meter clock when they change the battery or when they travel to different time zones.

To further complicate matters, the method of setting date and time varies among different brands. Hirsch recommends reading the meter's instruction manual or calling the manufacturer's toll-free number for assistance. If you still have trouble, ask your physician or diabetes educator for help.



**Pike County
Diabetes Support Group
113 E. Jefferson
Pittsfield, IL 62363**

Upcoming Diabetes Events:

For more information call:
Pike County Health Department 285-4407

October 12, 2006

NO Diabetes Support Group

Free Eye Screening

for

Diabetic Retinopathy

Pike County Health Department

1:00 - 4:00 pm

No Appointment Necessary