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## A Review of Emerging Developments & Updated Guidelines on Hyperglycemia Management

### Dr. Buse:

Hi, I'm Dr. John Buse, and you're listening to *ADA Action Center* on ReachMD. I'd like to spend a few minutes talking about a new consensus statement, an update of the American Diabetes Association and European Association for the Study of Diabetes guidance on the management of hyperglycemia in type 2 diabetes, a topic for the 82nd Scientific Session presented by the American Diabetes Association.

This consensus statement was first published in 2012 with a plan for every three year update, so 2015, 2018. We did an update in 2019 because of the large number of trials that were published in the prior year and from there now we've gone forward three more years, so it's time for the 2022 edition.

The things to look for in the new edition, which will be open for public comment, for the next few weeks and then undergo revision and peer review with publication in association with the European Association for the Study of Diabetes meetings in September. The important new areas of focus are driven by the new data available over the last three years, so more focus on behavioral interventions in type 2 diabetes, physical activity, medical nutrition therapy, but also, sleep, and now even a focus on more modest activity just breaking up prolonged periods of sitting as an example.

In the medication management, there is a broader approach as well, so not only glycemia management or the nuts and bolts of how to get glucose levels within range, but also weight management, and a touch on cardiovascular risk factor management, but perhaps most importantly this new focus on organ protection as a primary goal of therapy, specifically cardiorenal protection, with the use of SGLT2 inhibitors and GLP-1 receptor agonists, and certainly a mention of a newly approved drug, for the treatment of type 2 diabetes, tirzepatide, and it's really remarkable efficacy.

So, in general, the new guidance will continue to follow in the path established in prior guidance, but with a broader focus, both in lifestyle and behavioral therapy as well as medication management in type 2 diabetes.

I'm Dr. John Buse. To access this episode and others in our series, visit [reachmd.com/adaactioncenter](https://reachmd.com/adaactioncenter) where you can be Part of the Knowledge. Thanks for listening.