Tamis Bright, Intern Med 2016, 6:5 (Suppl)
http://dx.doi.org/10.4172/2165-8048.C1.002

Tamis Bright

Texas Tech University Health Sciences Center, USA

Challenges in controlling complicated diabetics

In 2014, there were 29.1 million diabetics in the US or 9.3% of the US population and 422 million diabetics worldwide. Diabetes and its complications account for a large fraction of the health care expenditures for every nation. Controlling the glucose prevents complications and decreases costs. However, according to the National Health and Nutrition Examination Survey (NHANES) data only about half of the diabetics in the US have a HbA1c<7% and only 14% have met the goals for glucose, cholesterol, BP, as well as a non-smoking status. There are a number of new medications, insulins and delivery systems which providers can use to improve overall control in their diabetic patients. Methods of combining the newer oral medications and recently developed concentrated insulins in the armamentarium for controlling DM2 will be discussed. Diabetics with nephropathy and/or gastroparesis are frequently some of the most challenging cases for obtaining adequate glucose control without hypoglycemia. Techniques of managing these patients, including insulin pumps and continuous glucose monitors, will be described.

Biography

Tamis Bright is an Associate Professor of Medicine and has been the Chief of Endocrinology at Texas Tech University for 21 years with focus on diabetes and thyroid diseases. She was graduated from Loyola Stritch Medical School, Maywood, IL and completed her Internal Medicine Residency and Endocrinology Fellowship at the University of Colorado in Denver. She is also the Associate Program Director for the Internal Medicine Residency and has been honored with awards for her teaching to residents and medical students. She has published numerous articles on diabetes and is a frequent Lecturer on Diabetes Management.

Tamis.Bright@ttuhsc.edu

Notes: