

# Re: Looking Past Blood Sugar to Survive With Diabetes

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.cardiology/2007-08/msg01045.html>

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- *From:* bigvince <Vince.Miraglia@xxxxxxxx>
  - *Date:* Tue, 21 Aug 2007 12:27:23 -0000
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On Aug 20, 10:50 am, William Wagner <-----william...@xxxxxxxx> wrote:

[http://www.nytimes.com/2007/08/20/health/20diabetes.html?\\_r=1&hp&oref...](http://www.nytimes.com/2007/08/20/health/20diabetes.html?_r=1&hp&oref...)  
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or <http://preview.tinyurl.com/2tklvf>

No Mention of HDL ! Mentions BP but no mention of Beta blockers effect on BG.

Bill who is thinking that any meds have pluses and Minus. Sort of like high gloss paint has less durability and High durability has low gloss think road paint.

Below some snippets that perhaps Susan and Jim can weigh in on.

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With cholesterol, the guidelines say that levels of LDL cholesterol, the form that increases heart disease risk, should be below 100 milligrams per deciliter and, if possible, 70 to 80. Yet, Dr. Brownlee said, diabetes patients with LDL cholesterol levels of 100 to 139 often are told that their levels are ideal for a healthy person without diabetes are terrific.

<sup>3</sup>Many practicing doctors just don't know that an LDL cholesterol number that is normal for someone without diabetes is not normal for someone with diabetes,<sup>2</sup> he said.

...The word normal seems just a little strange here the guidelines suggest levels that are almost always only attainable with drug therapy that is hardly a 'normal' level

IA word about the way the guidelines were set from USA today

[http://www.usatoday.com/news/health/2004-10-16-panel-conflict-of-interest\\_x..htm](http://www.usatoday.com/news/health/2004-10-16-panel-conflict-of-interest_x..htm)

"Cholesterol guidelines become a morality play

The Associated Press

They led influential medical groups, starred at prestigious meetings, published in top journals and were undisputed giants in their field. But when these famous doctors advised the government recently on new cholesterol guidelines for the public, something else they had in common wasn't revealed.

Eight of the nine were making money from the very companies whose cholesterol-lowering drugs they were urging upon millions more Americans. Two own stock in them. Two others went to work for drug companies shortly after working on the guidelines. Another was a senior government scientist who moonlights for 10 companies and even serves on one of their boards.' the story also notes

"Christopher Seymour, executive director of the National Lipid Association, a group that promotes cholesterol control and is largely funded by drug companies, has six of the nine guideline doctors on his board.

"Who in America is going to write these guidelines if you don't go to the thought leaders? Should I call Dr. X in the middle of Peoria? What gives them credentials to be on my board?" he asked.

But at the University of Illinois in Peoria, they think quite a lot of Dr. Frank Gold, who in 30 years as a cardiologist has taken no consulting or lecture fees from industry.

"I'm squeaky-clean," he says, and "would jump at the opportunity" to serve on a guidelines panel. "There are tons of people like me, and they're even in places like Des Moines." and further notes that "

Financial conflicts aren't the only danger. "Group think" can set in when a panel doesn't include people who can look at the science with different views than cardiologists.

"These folks made their careers on being aggressive on treating risk factors," but internal medicine doctors might feel differently, said Dr. Harlan Krumholz, who runs a center for medical outcomes research at Yale University. "

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#### Complex Regimens

Before he left the hospital, Mr. Smith's doctors told him about his new diabetes regimen: a statin to drive his cholesterol level very low, two drugs to lower his blood pressure, an aspirin, insulin and two drugs to reduce his blood sugar levels. That new list of drugs was what he should have been taking all along.

And on that recommended list at least according to the last guidelines beta blockers which can increase IR and cause diabetes it is still on the list of meds that should used for 'tight blood pressure control. Diuretics which also can cause diabetes. But just do not worry to treat any problems why we still have on the approved list Advandia the number one drug in it's class. Unfortunately its effect on heart attacks might not be optimal '[some suggest it might actually increase them ] but it is still on that list to reduce blood sugar levels and follow the guidelines]

And it is not just that many diabetes patients are overweight, as people with Type 1 diabetes, who often are thin, also have a high risk of heart disease. There is something about diabetes itself, researchers say, that leads to high levels of LDL cholesterol and a form of LDL cholesterol particles that is particularly dangerous. Diabetes also leads to increased levels of triglycerides, which are fats in the blood that increase heart disease risk, and in diabetes is linked to high blood pressure.

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The key to saving lives is to reduce levels of LDL cholesterol to below 100 and also control other risk factors like blood pressure and smoking. The cholesterol reduction alone can reduce the very high risk of heart attacks and death from cardiovascular disease in people with diabetes by 30 percent to 40 percent, Dr. Cleeman said. And clinical trials have found that LDL levels of 70 to 80 are even better for people with diabetes who already have overt heart disease.

Ldl levels have not been shown to increase the risk of heart disease nor has lowering ldl levels with statins in primary prevention been shown to save lives. Many studies old and new have shown confirmed those facts .Better indicators are the ratio of sub fractions of ldl and hdl of the waist hip ratio .LDL is a oversimplification that sells statins but does not reflect the current science. The piece minimised the effect of diet and exercise many feel that type 2 diabetes is largely preventable if lifestyle changes are made.

Thanks Vince

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