



Park Nicollet

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International Diabetes Center releases new edition of “Type 2 Diabetes BASICS” curriculum

ST. LOUIS PARK, Minn., (January 28, 2009) – International Diabetes Center at Park Nicollet (IDC) announces the release of the third edition of its best-selling diabetes curriculum, “Type 2 Diabetes BASICS.” The curriculum offers diabetes educators a systematic, evidence-based approach to teaching patients with type 2 diabetes how to manage their disease.

This third edition of “Type 2 Diabetes BASICS” has been updated with the latest clinical information and diabetes medications. It encourages patients to set goals and to develop problem-solving skills so they can become active partners in their own care.

“We are excited to release the third edition of ‘Type 2 Diabetes BASICS,’” said Richard M. Bergenstal, MD, executive director of IDC. “It introduced standardized education to the diabetes community in 1998, and whether it is used for groups or individuals, it consistently produces impressive clinical, education and satisfaction outcomes.”

Prediabetes education is an important update to this edition. The U.S. Dept. of Health and Human Services estimates that 40 percent of U.S. adults ages 40 to 74 currently have the condition. Studies have shown that many people with prediabetes go on to develop diabetes within 10 years, so early intervention is critical. The curriculum encourages lifestyle behaviors that can help prevent or delay the onset of type 2 diabetes.

Physical activity is emphasized in each session of the curriculum, because it is crucial to managing type 2 diabetes. Patients learn how regular activity positively impacts glucose levels, heart health and weight management.

A new CD-ROM containing more than 90 presentation slides to use at education sessions is included with the curriculum guide. It also has a looping introduction with diabetes facts, questions and answers to engage patients during check-in.

About 23.6 million people in the United States, or 7.8 percent of the population, have diabetes. Of these, 5.7 million are undiagnosed, according to the American Diabetes Association. Teaching people with type 2 diabetes how to manage their disease can significantly reduce the risk of complications such as eye, kidney, foot and heart problems.

For more information, call International Diabetes Center Publishing at 1-888-637-2675 or visit idcpublishing.com.

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About International Diabetes Center at Park Nicollet

International Diabetes Center at Park Nicollet provides world-class diabetes care, education and clinical research to meet the needs of people with diabetes, their families and the health professionals who care for them. Located in suburban Minneapolis, the center is recognized internationally for its range of clinical and educational programs, products and services. International Diabetes Center is part of Park Nicollet Health Services.