



## Diabetes in Older Adults

Last reviewed December 2019

### **Diabetes in Older People** <https://guidelines.diabetes.ca/docs/cpg/Ch37-Diabetes-in-Older-People.pdf>

This guideline refers mainly to type 2 diabetes in older people. Screening and diagnosis, recommendations for reducing the risk of developing diabetes, management, prevention and treatment of complications as well as considerations for long-term care are included. (OPEN ACCESS)

### **Optimal Therapy of Type 2 Diabetes: A Controversial Challenge**

<https://www.ncbi.nlm.nih.gov/pubmed/24753144>

This paper reviews treatments for achieving glycemic targets in elderly diabetic patients, and discuss the potential role of emerging treatments in this patient population. (OPEN ACCESS)

### **Evidence-Informed Guidelines for Treating Frail Older Adults with Type 2 Diabetes: From the Diabetes Care Program of Nova Scotia (DCPNS) and the Palliative and Therapeutic Harmonization (PATH) Program**

<https://www.sciencedirect.com/science/article/pii/S152586101300460X?via%3Dihub>

This goal of this publication was to advance a system-wide acceptance of a more appropriate standard of care for frail older patients with type 2 diabetes. (OPEN ACCESS)

### **Achieving Glycemic Control in Elderly Patients with Type 2 Diabetes: A Critical Comparison of Current Options**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4241951/pdf/cia-9-1963.pdf>

This article reviews the guidelines and studies related to older adults with type 2 diabetes mellitus worldwide. (OPEN ACCESS)

### **Treating the Elderly Diabetic Patient: Special Considerations**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4154881/pdf/dms0-7-391.pdf>

The authors provide a review of the current guidelines and literature that focus on the treatment of older adults with diabetes in order to establish the principles of treatment in this age group and assist the clinician in making decisions regarding the care of these patients. (OPEN ACCESS)

### **Optimal Glycaemic Control in Elderly People with Type 2 Diabetes: What Does the Evidence Say?** <https://link.springer.com/article/10.1007%2Fs40264-014-0247-7>

This article provides an overview of the available evidence and the increased risks associated with physical and cognitive health. (PAID ACCESS)

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### Antidiabetic and Cardiovascular Drug Utilisation in Patients Diagnosed with Type 2 Diabetes Mellitus Over the age of 80 Years: A Population-Based Cohort Study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4476852/pdf/afv065.pdf>

This article describes a study completed to evaluate trends in antidiabetic and cardiovascular drug utilization for patients developing type 2 diabetes mellitus over 80 years of age. (OPEN ACCESS)

### Nutrition Considerations for the Growing Population of Older Adults with Diabetes

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4522893/pdf/29.pdf>

This article addresses some of the key nutrition-related aspects of diabetes self-care in older adults with diabetes. (OPEN ACCESS)

### The Risk of Hip Fractures in Older Individuals with Diabetes

<https://care.diabetesjournals.org/content/diacare/30/4/835.full.pdf>

This population-based study compared the risk of hip fractures among men and women with and without diabetes. (OPEN ACCESS)

### Diabetes and Fractures – An Overshadowed Association

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3746497/pdf/nihms198519.pdf>

The purpose of this review was to examine the recent literature on fracture risk in patients with type 1 and type 2 diabetes. (OPEN ACCESS)

### Diabetes in Older Adults: Consensus Report

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4525769/pdf/nihms482500.pdf>

This article overviews the epidemiology and pathogenesis of diabetes in older adults, the evidence for preventing and treating diabetes, common comorbidities in older adults, interventions and more. (OPEN ACCESS)

### Diabetes Management in the Elderly <https://spectrum.diabetesjournals.org/content/31/3/245>

This review focuses on issues that are unique to the older population and aims to provide practical guidance for clinicians who care for them. (OPEN ACCESS)

### Polypharmacy in the Aging Patient: A Review of Glycemic Control in Older Adults with Type 2 Diabetes <https://jamanetwork.com/journals/jama/article-abstract/2499252>

The authors discuss the substantial uncertainty about optimal glycemic control in older adults with type 2 diabetes mellitus. (PAID ACCESS)

### HbA<sub>1c</sub> in the Evaluation of Diabetes Mellitus

<https://jamanetwork.com/journals/jama/article-abstract/2488294>

This publication used a case study approach to illustrate that HbA<sub>1c</sub> levels can be affected by factors independent of glycemia and what other markers can be used. (PAID ACCESS)

### Diabetes: Strategies for Prevention

<http://health.gov.on.ca/en/common/ministry/publications/reports/diabetes/diabetes.aspx>

This Ontario report from the Ministry of Health and Long-term Care highlights the importance of promoting lifestyle changes and creating the social and environmental supports needed to promote health, save lives, and reduce the burden of diabetes in Ontario. (OPEN ACCESS)