

The TRIAD Study



NIDDK NATIONAL INSTITUTE OF
DIABETES AND DIGESTIVE
AND KIDNEY DISEASES

TRIAD Thanks You

Thanks for your participation! We want to give you an update as TRIAD enters its last year. You may recall that the CDC first funded the project – *Translating Research Into Action for Diabetes* (TRIAD) – in 1998. The six participating sites are Indiana University; Kaiser Permanente Northern California; Pacific Health Research Institute-Hawaii; University of California, Los Angeles (UCLA); University of Medicine and Dentistry of New Jersey (UMDNJ); and University of Michigan. After a decade of research, we are happy to share TRIAD findings with you.

Good News. Patients with diabetes are getting more eye exams, foot exams, and other types of medical care. This helps their doctors make better decisions for proper care.

Could-Be-Better News. Results of hemoglobin A1C tests, blood pressure and cholesterol control are also improving, but more slowly. Read on for what to do about this....

A Not-So-“Sweet” Heart. TRIAD found that women with heart disease and diabetes are somewhat more likely to have high blood pressure and high LDL (bad) cholesterol levels than men. Diabetes is a greater risk factor for heart disease in women than in men. Therefore, TRIAD researchers encourage women with diabetes to be aware of their

increased risk for heart disease, and to work with their healthcare providers to lower blood sugar, blood pressure, and LDL cholesterol levels.

Share with Your Doctor. Some patients with diabetes face extra challenges to maintain good control. TRIAD found that achieving good control is harder for women, African Americans, smokers, and people who do not exercise. Feeling depressed or hopeless and having difficulties paying for medications or test strips can make it hard to maintain good control as well. Don't be embarrassed to talk about any of these issues with your doctor – together you can explore ways to overcome barriers to better control!

Don't Fall Through the Cracks. Patients with diabetes are more likely to receive the preventive care they need than in the past. But some still go long periods of time without getting preventive and screening tests. TRIAD found that younger patients and those with fewer health problems were more likely to miss this care. Depressed patients were also less likely to receive the care they need. These groups run the risk of serious problems like heart and kidney disease, stroke, and foot problems, much sooner in their lives. Making and keeping regular appointments and check-ups is crucial to maintaining health and preventing future problems.



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For more information about diabetes or the TRIAD study, visit the CDC's Web site: www.cdc.gov/diabetes or call toll-free 1-877-CDC-DIAB (232-3422) ...Have you visited the TRIAD Web site at www.triadstudy.org?

Up in Smoke. TRIAD found that, among persons with diabetes, smoking rates are highest among young adults who have less education. In fact, about half of younger adults (ages 25-44) with diabetes who do not have a high school diploma smoked. The longer a person has diabetes and smokes, the higher the risk of diabetes complications and of dying. So, one of the best things a person in this situation can do to stay healthy is to quit smoking. Having trouble quitting? Your doctor can suggest quit-smoking programs to make it easier and help you better understand how to care for your diabetes.

March On! Moderate, regular physical activity such as walking has been shown to lower rates of heart disease and prevent death from heart disease. Regular walking can also help you lose body fat and lower blood sugars, cholesterol levels, and blood pressure. TRIAD studied what prevents some people with diabetes from walking regularly for exercise. Having chronic pain, being overweight, and development of a new diabetes-related complication appeared to lower the likelihood of continued walking. Working with your doctor to treat pain that interferes with walking is important to keep you active, on the move, and on the road to better health!

“Keeping your blood pressure under control is one of the most important actions you can take to prevent stroke and heart attack,”

says Ann Albright, Director of the Division of Diabetes Translation at the Centers for Disease Control and Prevention (CDC) and President, Health Care & Education, American Diabetes Association.

A special thank you to the ten participating health plans across the nation for their involvement in this study.

To date, TRIAD has 35 papers in print!

Results described in this newsletter are from some of the 35 TRIAD papers already published. You can view a list of all of the papers at our Web site: www.triadstudy.org. Click the heading “TRIAD papers,” then click a title to read a summary. Some papers have a “Free Text” link that allows you to view the entire article.

Many other manuscripts are being prepared for publication. Also, TRIAD study results are being condensed into a single ‘super’ paper. Keep checking the TRIAD Web site for updates or call toll free: 1-877-648-5119.

Visit CDC’s Web site: www.cdc.gov/diabetes (or call toll free: 1-877-CDC-DIAB) and NIDDK’s Web site: www.niddk.nih.gov (en Español: www.diabetes.niddk.nih.gov/index_sp.htm) or call toll free: 1-800-891-5390.

Other important Web sites and telephone numbers:

American Diabetes Association: www.diabetes.org and 1-800-DIABETES

American Association of Diabetes Educators: www.diabeteseducator.org or call 1-800-338-3633

We appreciate your contribution to this important study and hope that you will continue to help us in our efforts to improve the care and health of people with diabetes.

If you’ve moved or changed your phone number since we last contacted you, please call us at this toll-free number:

1-877- 648-5119