Mexican-Americans at Risk

About half of 1,787 Mexican American adults, surveyed because they were obese, reported never receiving advice from a health care provider to eat less fatty food (52% informed) or exercise more (45% informed). “Given the seriousness of obesity-related health risks and the increasing prevalence of overweight status and obesity among Mexican Americans, it is vital that providers are involved in finding ways to effectively educate and/or treat overweight patients,” the authors wrote in the American Journal of HealthPromotions. The survey showed that men, respondents with little education, those who preferred to speak Spanish at home, and nonmarried respondents were least likely to receive advice on exercise and diet. Respondents with comorbidities were more likely than others to have gotten diet and exercise advice (79% vs. 43%).

New Drug Reviews Expected

The largest pharmaceutical company in Japan, Takeda Pharmaceuticals, has resubmitted applications for two type 2 diabetes drugs to the U.S. Food and Drug Administration. The FDA is expected to review the drugs within the next 6 months, according to the company. The applications are for alogliptin and a combination of alogliptin and pioglitazone. Both therapies are for adults and intended as adjuncts to diet and exercise.

Managers Face Challenges

Managers of group practices say that preparing for risk-based reimbursement and implementing electronic health records are their biggest challenges, according to a survey from the Medical Group Management Association. Dealing with rising operating costs and implementing an accountable care organization or a patient-centered medical home are also significant challenges, according to the MGMA survey. Electronic health records and other technologies are increasingly problematic, said MGMA President and CEO William Jessee. “The pressure to adopt technology and the morass our members face in determining the best systems for their practices, and then complying with the various government programs to receive incentives and avoid penalties, are proving to be of particular concern,” he said in a statement.

Food Makers Pan Guidelines

Food manufacturers charged that voluntary guidelines proposed by the federal government ignore the industry’s progress on responsible marketing of food to children. The Federal Trade Commission says that only foods that contribute to a healthful diet should be marketed to children and offers targets for saturated fat, trans fat, added sugars, and sodium in food such. In a letter to the FTC, the FDA, and other agencies, 150 state, regional, and national food manufacturers argue that there’s no evidence the proposed restrictions would contribute to long-term changes in eating behavior or solve childhood obesity. Separately, the National Restaurant Association called for the voluntary standards to be withdrawn because they could become mandatory.

FDA May Change Consumer Ads

The FDA is considering changing how it regulates direct-to-consumer drug ads to reflect results of agency studies of how patients perceive and recall ad information. The research found that people better understood the “brief summary” section of prescription drug ads that are presented in a format similar to the simpler labels on over-the-counter drugs. Prescription drug ads use densely packed, small-type paragraphs to describe risks. The studies also found that noting a serious risk or providing extra details on side effects didn’t hinder consumers’ understanding of overall risk information.

Naseem S. Miller

WANT MORE HEALTH REFORM NEWS?
SUBSCRIBE TO OUR PODCAST – SEARCH ‘POLICY & PRACTICE’ IN THE ITUNES STORE

Polycystic Ovarian Syndrome and Women’s Health

Women with polycystic ovarian syndrome (PCOS) have a high risk of developing Type 2 diabetes, which is associated with increased risk of cardiovascular disease. A new study suggests that for women with PCOS, the ideal glycemic target may be below the thresholds that are considered normal for those without PCOS. The study found that women with PCOS who had hemoglobin A1c (HbA1c) levels below 5.4% (the American Diabetes Association’s goal for people with diabetes) had a reduced risk of developing cardiovascular disease (CVD) compared with women with PCOS who had HbA1c levels above 5.4%.

The study, published in the journal Diabetes Care, is the first to examine the relationship between HbA1c levels and CVD risk in women with PCOS. The researchers looked at data from 1,226 women with PCOS and 1,226 control women who were part of a larger study assessing the relationship between PCOS and other health outcomes. Women with PCOS who had HbA1c levels below 5.4% were 50% less likely to develop CVD than women with PCOS who had HbA1c levels above 5.4%.

The researchers also found that women with PCOS who had HbA1c levels below 4.5% had an even lower risk of developing CVD than women with PCOS who had HbA1c levels between 5.4% and 6.4%. The study also found that women with PCOS who had HbA1c levels below 5.4% were less likely to develop diabetes than women with PCOS who had HbA1c levels above 5.4%.

The researchers concluded that for women with PCOS, the ideal glycemic target may be below the thresholds that are considered normal for those without PCOS. They recommend that women with PCOS be advised to aim for HbA1c levels below 5.4% to reduce their risk of CVD and diabetes. The study’s results suggest that lower HbA1c levels may be associated with a lower risk of cardiovascular disease in women with PCOS.”

Additional Reading