

Outcome-Oriented Objectives
On the Cutting Edge: Volume 30, Number 6, Winter 2009
The Metabolic Triad: Diabetes, Cardiovascular Disease, and Inflammation

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Biomarkers of Inflammation as Predictors of Cardiovascular Disease Risk

Megan Moran, BS, ChE

Cindy W. Fitch, PhD, RD

Applicant will be able to:

1. Describe the role of inflammation as a risk factor for CVD.
2. Identify key biomarkers of inflammation useful in the clinical setting.

Diabetes and Cardiovascular Disease: Nutrition Recommendation for CVD Based on the Evidence Analysis Library Findings

Kari Kren, MPH, RD, LD

Wahida Karmally, DrPH, RD, CDE, CLS, FNLA

Applicant will be able to:

1. Describe the development of the Evidence Analysis Library.
2. Discuss how the cardiovascular recommendations for persons with diabetes from the Evidence Analysis Library can be used in clinical practice.

Effects of Physical Activity on Diabetes, Cardiovascular Disease, and Inflammation

W. Guyton Hornsby, Jr, PhD

Applicant will be able to:

1. Discuss how regular physical activity is beneficial in the treatment of diabetes, lowering cardiovascular risk, and reduce chronic inflammation.
2. Describe the factors to consider when developing a safe effective exercise program.

Pregnancy as a Stress Test for Diabetes and Cardiovascular Disease

Debra A. Krummel, PhD, RD

Anu Gundamaraju, MSc

Applicant will be able to:

1. Identify risk factors associated with gestational diabetes.
2. Suggest strategies for preventing gestational diabetes and its progression to type 2 diabetes.

Dyslipidemia and Hypertension in People with Diabetes: A Pharmacotherapy Approach

Susan Cornell, PharmD, CDE, FAPhA, FAADE

Applicant will be able to:

1. Summarize the pathophysiology of cardiovascular disease in relation to diabetes.
2. List the ADA dyslipidemia and blood pressure treatment goals.
3. Describe the benefit of combination drug therapy in lipid and blood pressure management for people with diabetes.

Targeting Inflammation in type 2 Diabetes

Adam M. Shoelson

Steven E. Shoelson, MD, PhD

Applicant will be able to:

1. Describe the potential mechanisms for obesity-induced inflammation.
2. Explain why salsalate therapy might be beneficial for people with diabetes.

Diabetes, Cardiovascular Disease, and Inflammation: A Case Study

Liz Quintana, EdD, RD, LD, CDE

Applicant will be able to:

1. Describe how intensive lifestyle change can improve glycemic control and cardiac outcome.