



## Defense Health Agency (DHA) Clinical Communities Speaker Series

### Review of Current Trends and Best Practices in Primary Care

#### Visual Readiness: The Importance of Comprehensive Eye Examinations with Diabetes Mellitus

##### Resource List – May 2020

[Strategies to Improve Prevention and Management in Diabetic Retinopathy: Qualitative Insights from a Mixed-Methods Study](#) suggests that online education can empower patients with longstanding diabetes and established DR to more proactively engage with their primary diabetes care provider (primary care or endocrinologist) and eye health providers. Online education helps build patients' self-efficacy, instill motivation, and foster patient engagement.

The high prevalence and cost of diabetes are two reasons why it is important to control diabetes more effectively. [A Population Health Strategy for Diabetes: New Partners, New Opportunities](#) highlights the burden of diabetes and current efforts of the various disciplines to manage diabetes mellitus. It also offers strategy for coordinating efforts in areas of action in public health, health care, outreach, and research and evaluation.

Despite availability of screening for diabetic retinopathy, testing is underused by many low-income and racial/ethnic minority patients with diabetes. [Divergent Perceptions of Barriers to Diabetic Retinopathy Screening Among Patients and Care Providers, Los Angeles, California, 2014–2015](#) examines perceived barriers to diabetic retinopathy screening among low-income patients and their health care providers and provider staffers.

[Health Care Disparities Between Men and Women With Type 2 Diabetes](#) investigated the use of health care services by men and women and its impact on the control of their type 2 diabetes. Although men and women had similar health care services for diabetes, men had less control of their disease and took less advantage of medical appointments than did women.

Diabetes is the leading cause of blindness in working-age adults. [5 Things You Should Know About Diabetic Eye Disease](#) is a tool kit to make it easy to spread the word about diabetic eye disease. Share information about steps people with diabetes can take to lower their risk of vision loss. Everyone with diabetes needs to know about the steps they can take to protect their vision.

[Intensive Glucose Control in Patients With Type 2 Diabetes - 15-Year Follow-up](#) is a long-term VA research showing that patients saw no significant drop, on average, in heart attacks or strokes despite intensive therapy to lower blood sugar levels. The article shows no evidence of a legacy effect or a mortality benefit with intensive glucose control.



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