**REPORT**

######  Saturday, June 10, 2017

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**EMBARGOED FOR RELEASE: 2:30 P.M. (ET), SATURDAY, JUNE 10, 2017**

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**“Glucose Self-Monitoring in Non-Insulin-Treated Patients With Type 2 Diabetes”**

**TEASE RUNS: 7 seconds**

**IS SELF-MONITORING BLOOD SUGAR LEVELS EFFECTIVE FOR PEOPLE WITH TYPE 2 DIABETES NOT TREATED WITH INSULIN? … THAT’S NEXT.**

**JAMA 4060**

 **TRT: 1:58**

 **Saturday, June 10, 2017, 2:30 PM ET**

**INTRO: Many people with type 2 diabetes not treated with insulin self-monitor their blood sugar levels. But the value of this practice has been debated. So how effective is self-monitoring for these patients when it comes to glycemic control and health-related quality of life? A new study in JAMA Internal Medicine investigates. Laura Berger has more in this week’s JAMA report.**

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| **B-ROLL:****Doctor and patient April talking and looking at paper of levels** | MANY PATIENTS WITH TYPE 2 DIABETES NOT TREATED WITH INSULIN SELF MONITOR THEIR BLOOD SUGAR LEVELS AT HOME … PATIENTS LIKE APRIL REESE.  |
| **SOT/FULL****April Reese, Living with Type 2 Diabetes** **Super@:07****Runs: 9** |  **“A couple of times a week I am testing to make sure that I’m in the right range or if I feel like something’s wrong I test.”** |
| **B-ROLL:** **Dr. and April talking, Drs. Walking down the hall, Drs. at computer, April preparing to test her blood, looking at levels, checking foot, April testing blood, looking at monitor with Doctor** | **BUT HOW EFFECTIVE IS SELF- MONITORING FOR PATIENTS LIKE APRIL? DR. KATRINA DONAHUE AND DR. LAURA YOUNG OF THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL AND THEIR COLLEAGUES STUDIED 450 ADULTS WHO HAD NON-INSULIN-TREATED TYPE 2 DIABETES.** **RESEARCHERS WANTED TO KNOW IF SELF-MONITORING BLOOD GLUCOSE LEVELS AFFECTED DIABETES CONTROL BY LOOKING AT PATIENTS’ HEMOGLOBIN A1C LEVELS, A MEASURE OF LONGER-TERM SUGAR CONTROL, OR THEIR HEALTH-RELATED QUALITY OF LIFE.** **IN THE RANDOMIZED TRIAL, PATIENTS** **WERE DIVIDED INTO THREE GROUPS, ONE GROUP DID NOT DO SELF-MONITORING, THE SECOND GROUP DID ONCE DAILY SELF-MONITORING, AND THE THIRD GROUP MONITORED ONCE DAILY TOO BUT ALSO RECEIVED MESSAGES WITH ENCOURAGEMENT OR INSTRUCTION THROUGH THEIR METER.** **THE STUDY APPEARS IN JAMA INTERNAL MEDICINE.**  |
| **SOT/FULL****Katrina Donahue MD, MPH, University of North Carolina at Chapel Hill****Super@: 1:02****Runs: 13****SOT/FULL****Laura Young MD, PhD, University of North Carolina at Chapel Hill****Super@: 1:16****Runs: 20****(b-roll in middle of patient)** |  **“After one year, we found no significant differences in A1C or glycemic control between the three groups. Also there were no significant differences in health-related quality of life.”** **“The next steps are getting the message out and really helping patients understand as well as health care providers the message from this study…and helping patients feel comfortable recognizing that testing may not be necessary especially for those who are used to doing it once or multiple times a day.”** |
| **B-ROLL:****Doctor and patient talking**  | **STUDY RESULTS DO NOT APPLY TO INSULIN-TREATED PATIENTS.** **APRIL REESE SAYS THE RESULTS ARE WORTH A CONVERSATION WITH HER DOCTOR ABOUT THE VALUE OF SELF-MONITORING.**  |
| **SOT/FULL****April Reese, Living with Type 2 Diabetes****Super@: 1:44****Runs: 11** |  **“I will talk with my doctor about these results so that we can look at my treatment plan and make some decisions moving forward about how I want to be managed.”** |
| **B-ROLL: April testing her blood level** | **LAURA BERGER, THE JAMA REPORT** |

**TAG: THE STUDY WAS PERFORMED AT 15 PRIMARY CARE PRACTICES IN NORTH CAROLINA.**

**Please see the complete study for additional information, including other authors, author contributions and affiliations, financial disclosures, funding and support, etc.**

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**ADDITIONAL SOUNDBITES:**

**QUOTE 1 Runs: 28 seconds**

**“One main takeaway message in this is that folks who are not using insulin, glucose monitoring does not seem to make that much of a difference, in terms of helping them improve their glucose control or their quality of life. It’s important to note though that this does not hold true for folks who are using insulin, people who are using insulin still do need to be checking routinely.”**

**QUOTE 2 Runs: 19 seconds**

 **“Assumptions that more frequent blood glucose testing leads to better health outcomes in patients with non-insulin-treated diabetes may not be correct. Glucose monitoring should not be routine, rather patients and their physicians should discuss their individual situations and decide whether or not to do home blood glucose monitoring.”**