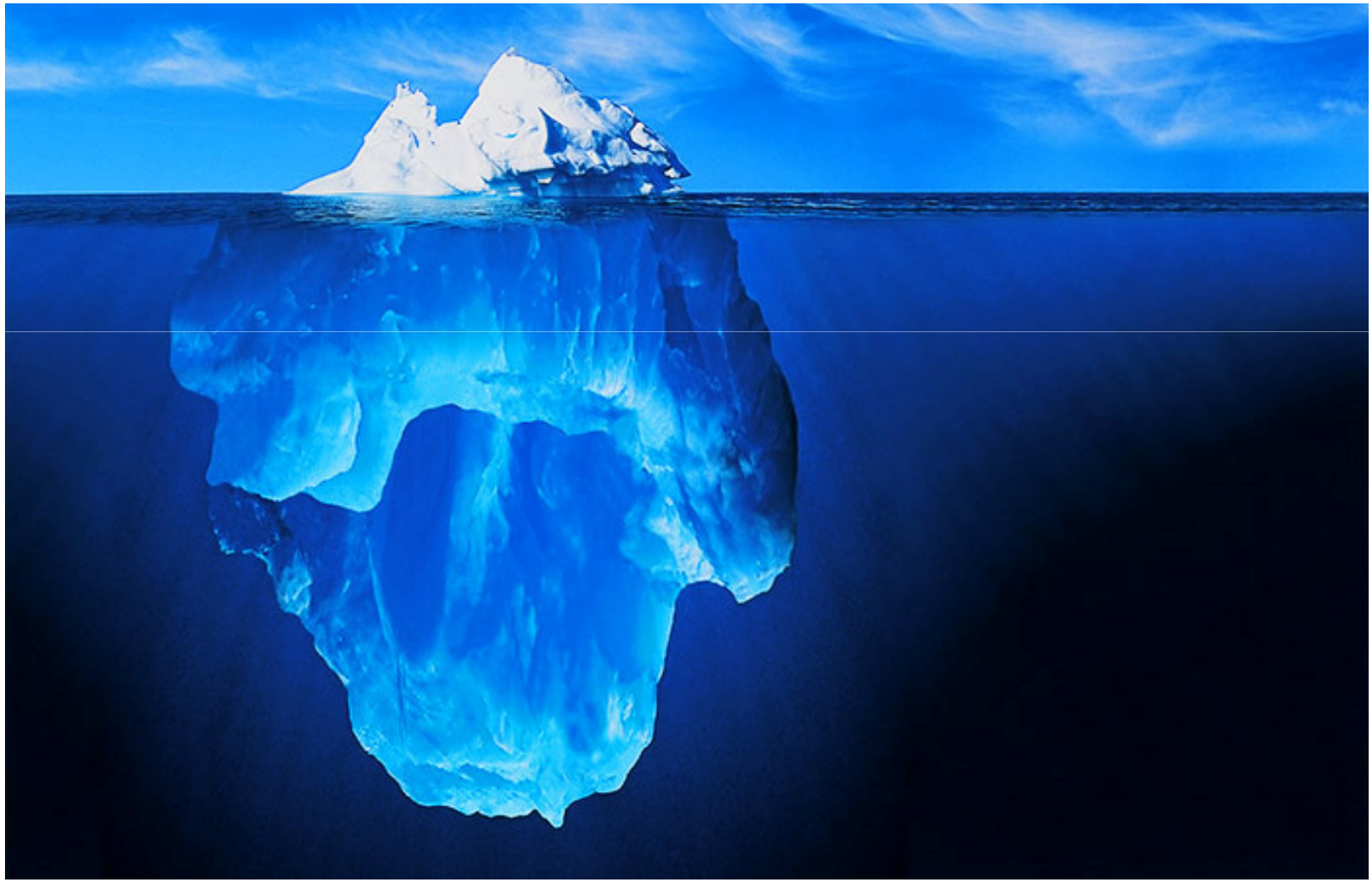
- **Greatest Achievements in Endocrinology – 2014**

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What is Type 2 Diabetes?



What Would You Do For This Diabetic With These ABPM Results?

A 76 years old man, type 2 diabetic for 10 years, on 1.0 gram of Metformin, HBA1C of 8%, BMI of 28.5, No Microalbuminuria, small right carotid intima thickness but no plaques. He has a healthy Life Style with regular exercises and Diet, taking also 10 mg Atorvastatin, and on Amlodipine 5 mg/day had a 24 hour Arterial Blood Pressure Monitoring requested by his GP because of his Hypertension. These are the Main Results Report:

- Mean 24 hours Systolic BP: 144 mmHg.
- Mean 24 hours Diastolic BP : 84 mmHg.
- Mean Systolic Daytime BP: 146 mmHg.
- Mean Night time Systolic BP 142 mmHg.
- Mean Daytime Diastolic BP: 86 mmHg
- Mean Nigh time Diastolic BP: 82 mmHg.
- Reduction of Night Time Dipper of Systolic and Diastolic BPs. Normal value, a Night BP reduction: beteween 10 to 20%. So he is considered as a "Non-Dipper" patient.

What Would you Do?

WHAt Would You Do With These ABPM Levels?

1. Change the Amlodipine to Lisinopril 10 to 20 mg/day.
2. Do Nothig about his BP Treatment.
3. Keep the 5 mg Amlodipine Dose but give the dose at night before he goes to bed.
4. Add indapamide 1,5 mg extended release/day.
5. Add Clonazepan 1 mg at night before he goes to bed.

JNC8th – REPORT.

1. In patients 60 years or over, start treatment in blood pressures >150 mm Hg systolic or >90 mm Hg diastolic and treat to under those thresholds.
2. In patients <60 years, treatment initiation and goals should be 140/90 mm Hg, the same threshold used in patients >18 years with either chronic kidney disease (CKD) or diabetes.
3. In nonblack patients with hypertension, initial treatment can be a thiazide-type diuretic, CCB, ACE inhibitor, or ARB, while in the general black population, initial therapy should be a thiazide-type diuretic or CCB.
4. In patients >18 years with CKD, initial or add-on therapy should be an ACE inhibitor or ARB, regardless of race or diabetes status.

WHAt Would You Do With These ABPM Levels?

1. Change the Amlodipine to Lisinopril 10 to 20 mg/day.105 Votes (40%)
2. Do Nothig about his BP Treatment60 Votes (23%)
3. Keep the 5 mg Amlodipine Dose but give the dose at night before he goes to bed.42 Votes (16%)
4. Add indapamide 1,5 mg extended release/day.50 Votes (19%)
5. Add Clonazepan 1 mg at night before he goes to bed.