



*American Association of Clinical Endocrinologists*

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## **American Association of Clinical Endocrinologists' 2016 Outpatient Glucose Monitoring Consensus Statement Offers Guidelines for Physicians' Management of Diabetes Patient Care**

JACKSONVILLE, Fla. – (February 10, 2016) – Citing glycemic measurement as an essential component of care for all patients with diabetes, the [American Association of Clinical Endocrinologists \(AACE\)](http://www.aace.com) today announced the publication of its outpatient glucose monitoring consensus statement.

The statement provides detailed analyses to support precise recommendations for the type of system and frequency of use for either self-monitoring blood glucose (SMBG) therapy or continuous glucose monitoring (CGM) to reduce short- and long-term complications of diabetes.

While acknowledging challenges with glucose monitoring modalities – including accuracy and precision variances between different manufacturers' products, cost and access issues, and patient monitoring aptitude, the consensus statement encourages “meaningful monitoring,” individualized clinical management that is customized to each patient's preference and lifestyle and empowers patients to manage glucose levels to reduce complications, particularly hypoglycemia.

“Although glucose monitoring alone is not adequate to promote optimal diabetes management, it plays a necessary and crucial role in preventing or delaying the complications inherent with this disease,” said Dr. Timothy Bailey, FACO, FACE, ECNU, co-chair of the consensus statement writing committee. “In order to optimize the clinical management of diabetes, it is imperative that patients and health care professionals collaborate closely when adapting to glucose monitoring technology.”

“This includes health professionals' education of patients regarding the interpretation and use of GM data to help modify behaviors, enhance their ability to self-adjust therapy, and help them decide when to seek medical assistance.” added AACE President and writing committee co-chair Dr. George Grunberger, FACP, FACE.

The consensus statement is featured in the Volume 22, Number 2, February 2016 issue of *Endocrine Practice*, AACE's monthly, peer-reviewed scientific journal (<http://journals.aace.com/loi/endp>.) To review the complete consensus statement, visit: <http://journals.aace.com/doi/full/10.4158/EP151124.CS>.

### **About the American Association of Clinical Endocrinologists (AACE)**

The American Association of Clinical Endocrinologists (AACE) represents more than 7,000 endocrinologists in the United States and abroad. AACE is the largest association of clinical endocrinologists in the world. The majority of AACE members are certified in endocrinology, diabetes and metabolism and concentrate on the treatment of patients with endocrine and metabolic disorders including diabetes, thyroid disorders, osteoporosis, growth hormone deficiency, cholesterol disorders, hypertension and obesity. Visit our site at <http://www.aace.com>.

### **About the American College of Endocrinology (ACE)**

The American College of Endocrinology (ACE) is the charitable, educational and scientific arm of the American Association of Clinical Endocrinologists (AACE). ACE is the leader in advancing the care and prevention of endocrine and metabolic disorders by: providing professional education and reliable public health information; recognizing excellence in education, research and service; promoting clinical research and defining the future of Clinical Endocrinology. For more information, please visit <http://www.aace.com/college/>.

### **About the Journal**

*Endocrine Practice*, the official journal of the American College of Endocrinology (ACE) and the American Association of Clinical Endocrinologists (AACE), is a peer-reviewed journal published twelve times a year. The Journal publishes the latest information in the treatment of diabetes, thyroid disease, obesity, growth hormone deficiency, sexual dysfunction and osteoporosis, and contains original articles, case reports, review articles, commentaries, editorials, visual vignettes, as well as classified and display advertising. Special issues of *Endocrine Practice* also include AACE clinical practice guidelines and other AACE/ACE white papers. Complete content is available on the *Endocrine Practice* website.