



**American Association of Clinical Endocrinologists/American College of Endocrinology Release
2016 Comprehensive Type 2 Diabetes Management Algorithm to Support Physicians In
Developing a Comprehensive Care Plan**

For Immediate Release

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JACKSONVILLE, Fla. – (January 5, 2016) – [The American Association of Clinical Endocrinologists](#) (AACE), in conjunction with the American College of Endocrinology (ACE), today announced the publication of its 2016 update of the AACE/ACE Comprehensive Diabetes Management Algorithm and Executive Summary as a clinical guide for physicians managing the care of patients with type 2 diabetes (T2D).

The 2016 algorithm considers new therapies, disease management approaches and key clinical data, resulting in a new section on lifestyle therapy optimization; a complications-centric model for approaches to the treatment of the overweight/obese patient, including an analysis of currently available obesity drugs; further stratification of therapy choices based on the patient's initial A1C level; and a detailed examination of all anti-hyperglycemic, anti-hypertensive and lipid-lowering medications approved through December 2015 by the U.S. Food and Drug Administration (FDA).

The algorithm prioritizes safety in any anti-diabetic therapy in order to minimize, or avoid altogether, hypoglycemia and its serious consequences.

In promoting the development of individualized patient management plans, the algorithm offers comprehensive clinical guidance for establishing/maintaining optimal A1C and glycemic control targets, minimizing weight gain and its associated complications, and managing T2D comorbidities such as insulin resistance, macro- and microvascular complications, hypertension, cardiovascular disease and lipid disorders.

“Although the algorithm is comprehensive in nature, its presentation as an illustrated, action-driven treatment pathway should assist decision-making for physicians who are regularly challenged with managing the many facets of this disease in the most effective and safe manner,” noted Alan J. Garber, MD, PhD, FACE, chair of the AACE/ACE Comprehensive Diabetes Management Algorithm Task Force.

“This latest iteration of our algorithm provides physicians with a valuable and necessary point-of-care tool to assess the full range of critical factors that accompany diabetes and can assist in providing patient care in a concise manner,” added AACE president George Grunberger, MD, FACE.

The algorithm and accompanying executive summary are published online at <https://www.aace.com/publications/algorithm> and in the Volume 22, Issue 1, January 2016 issue of the association's monthly, peer-reviewed scientific journal *Endocrine Practice*, <http://journals.aace.com/loi/endorp>.

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.

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