



*American Association of Clinical Endocrinologists*

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## **AACE Publishes Updates to the Management of Type 2 Diabetes**

JACKSONVILLE, Fla. – (February 7, 2019) – The American Association of Clinical Endocrinologists (AACE) announced today the publication of the AACE/ACE 2019 Comprehensive Type 2 Diabetes Management Algorithm.

Reviewed and revised annually to include the most up-to-date science and research and written by AACE experts, the algorithm supplements AACE’s 2015 Clinical Practice Guidelines for Developing a Diabetes Mellitus Comprehensive Care Plan and provides physicians and other healthcare professionals with the latest practical, evidence-based approaches to the care and treatment of people with type 2 diabetes (T2D).

In addition to advocating glycemic control to reduce microvascular complications, the AACE/ACE 2019 Comprehensive Type 2 Diabetes Algorithm highlights obesity and prediabetes as underlying risk factors for the development of type 2 diabetes and associated macrovascular complications and provides recommendations for blood pressure (BP) and lipid control, the two most important risk factors for atherosclerotic cardiovascular disease (ASCVD).

The algorithm also includes up-to-date sections on lifestyle therapy and all classes of obesity, antihyperglycemic, lipid lowering, and antihypertensive medications approved by the U.S. Food and Drug Administration (FDA) through December 2018.

Furthermore, the authors noted that weight loss should be considered in all patients with prediabetes and T2D who also meet overweight or obesity body mass index (BMI) criteria, and that weight-loss medications approved for the chronic management of obesity should also be considered if needed to obtain the degree of weight loss required to achieve therapeutic goals in people with metabolic syndrome, prediabetes, and T2D.

“These latest updates to the algorithm include important comprehensive clinical data for the management of people with type 2 diabetes,” said Alan J. Garber, MD, PhD, MACE, Chair, Diabetes Management Algorithm Task Force and Chair of the AACE Obesity Resource Center. “It’s intended to provide clinicians with a practical guide that prompts them to look for factors or influences in the patient’s lifestyle and health that may be a factor in identifying the best treatment approach and/or medication.”

“AACE is pleased to take the lead in providing these latest updates that promote better care management for our patients with diabetes,” said AACE President Daniel L. Hurley, MD, FACE.

The AACE 2019 Comprehensive Type 2 Diabetes Management Algorithm has been published online at <https://www.aace.com/publications/algorithm> and in print form in the January 2019 issue of *Endocrine Practice*, the journal of the American Association of Clinical Endocrinologists.

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**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. A 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 [www.aace.com](http://www.aace.com).