

ACP unveils tools to improve care for patients with prediabetes, gout, obesity, and Alzheimer's

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The American College of Physicians (ACP) today unveiled a series of interventions to help patients and physicians manage prediabetes, gout, obesity and weight loss, and Alzheimer's disease.

"Prediabetes: Your guide to reducing your risk for the development of diabetes"

[Patients](#) with prediabetes and undiagnosed [type 2 diabetes](#) face serious health issues. Prediabetes increases the [risk of cardiovascular disease](#) and death compared with normal patients. Untreated diabetes can lead to blindness, [kidney disease](#), amputation, and other serious conditions.

This patient booklet, funded by a grant from [Novo Nordisk](#), is designed to encourage conversation between patients and their physicians. It provides important information about prediabetes and risks for diabetes that should trigger action by the patient. Offered in English and Spanish, the booklet is written in a conversational tone at a fifth-grade reading level and includes photographs of real patients with their families. It gives practical tips and concrete examples of how to reduce the risk for developing diabetes.

Three patient videos are also available: "Prediabetes: An Overview", "Prediabetes and Proper Diet," and "Prediabetes and Increasing Activity."

"Relief from Gout: A Guide for Patients"

[Gout](#) is a type of arthritis that causes sudden severe pain, swelling, and tenderness. Left untreated, gout attacks can become more frequent and severe. Approximately 8 million people in the U.S. cope with gout, but it is still often not recognized or treated.

The guidebook and accompanying DVD explain the basics of gout and how it can be successfully managed. Patients will learn what causes gout, how to relieve gout pain, and ways to reduce the risk of future [gout attacks](#).

"Excess Weight and Your Health: A Guide to Effective, Healthy Weight Loss"

Obesity is an increasingly urgent public health issue. Produced in partnership with the Obesity Action Coalition and funded by VIVUS, Inc., this guidebook and accompanying DVD profiles "success stories" of four formerly obese patients and explains why some people gain excess weight, the risks of having excess weight, and what patients can do about it. Patients

will learn nutrition and fitness tips that will show how to make better food choices and incorporate physical activity. Patients also will learn about medicines and surgical techniques that may be options for those with significant excess weight.

"Make It Happen!: Helpful Ways to Lose Weight"

Designed with input from experts and people who have either lost weight or are trying to lose weight, this guidebook provides valuable information to help patients with the struggle of losing weight and with

helpful tips for making healthier choices. Patients will learn how to eat better, move more, sleep well, and stress less.

Like other ACP patient guides, "Make It Happen" includes clear language and photos so that patients will not be intimidated by complex information and impersonal graphics. The guide suggests small steps patients can take as well as helping patients develop their own achievable action plans.

Alzheimer's Disease

Alzheimer's disease is a form of dementia that gradually gets worse over time, affecting memory, thinking, and behavior. According to the Alzheimer's Association, more than five million Americans—one in eight older Americans—have Alzheimer's disease.

ACP has produced three videos, funded by a grant from Pfizer Inc., to help clinicians assess Alzheimer's disease, the sixth-leading cause of death in the United States: "Alzheimer's Disease Visit 1: Assessing Cognition and Recommending Follow-up," "Alzheimer's Disease Visit 2: Disclosing an Alzheimer's Diagnosis," and "Peer-to-Peer Discussion of Important Aspects of Assessing Cognition and Disclosing Alzheimer's Disease during Primary Care Visits."

ACP's patient education materials can be ordered at http://www.acponline.org/patient_tools or by calling ACP Customer Service at 800-523-1546, extension 2600. "Prediabetes," "Relief from Gout," "[Excess Weight](#) and Your Health," and "Alzheimer's Disease" are available for all physicians to order for free. "Make It Happen" is available for all physicians to order for their patients but is free to ACP members.

Provided by American College of Physicians

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