

# TheMARK

## GlycoMark Updates for Healthcare Professionals Caring for Patients with Diabetes

DIABETES MANAGEMENT

Issue 6 - February 2018

### Why is glycemic control so important? Vascular outcomes.

The GlycoMark test measures the monosaccharide 1,5-anhydroglucitol (1,5-AG), which the body excretes and incrementally depletes during glycosuria. Evidence shows low (abnormal) GlycoMark results are independently associated with increased rates of micro and macrovascular outcomes.

When glucose exceeds the renal threshold (glycosuria), it creates an oxidative endothelial environment that with repeated exposure can result in cellular damage.<sup>1</sup> Numerous studies independently associate recent hyperglycemia, defined as a low GlycoMark result\*, with serious microvascular and macrovascular health risks. Organs and other areas with small vessels, such as the kidneys, eyes, heart and brain, are particularly prone to this damage. In patients with diabetes, low GlycoMark results are associated with chronic kidney disease, retinal damage, cardiovascular events, and neurovascular events.<sup>2-4</sup> During pregnancy, low GlycoMark results are associated with macrosomia (birthweight exceeding the 90th percentile).<sup>5</sup> More recently, in patients with diabetes, a low GlycoMark result has been associated with increased rates of dementia, a complication of diabetes.<sup>6</sup> By identifying and treating hyperglycemia, episodes of glycosuria and the downstream cellular damage can be reduced.



A1C, which shows changes in glycemic control over the prior two to three months, is useful in identifying longer term glycemic trends, but can underreport excursions and variability particularly when the glycemic highs are off-set by glycemic lows.

Due to its rapid response to glycemic changes, the GlycoMark test can indicate clinically significant changes within two weeks.<sup>7</sup> As patients improve or worsen from treatment compliance or non-compliance, the GlycoMark result will reflect this change. Trends toward or away from the A1C goal can be detected and identified by clinicians more quickly with the GlycoMark test than A1C.<sup>7</sup> Recent hyperglycemia that is underreported or undetected by A1C but identified by the Glycomark test may provide clinicians important insight to help guide treatment strategies that reduce instances of hyperglycemia and glucose variability and downstream risks.

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The GlycoMark test is reimbursed by federal, state and private payers and available through most reference laboratories. CPT Code 84378

When managing your patients with diabetes, include the GlycoMark test. For more information, please visit [www.GlycoMark.com](http://www.GlycoMark.com)

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Join Us! Upcoming Sponsored Events:

**American Diabetes Association 2018 Tour de Cure Lake Nona**

March 25, 2018 - Orlando, FL

**33rd Annual Clinical Conference on Diabetes**

May 24-27, 2018 - Naples, FL

[Click here](#) to schedule time to meet with the GlycoMark team.

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<sup>1</sup>Giacco F and Brownlee M. Circ Res. 2010;107:1058-1070. <sup>2</sup>Selvin E, et al. Clin Chem. 2014 Nov; 60(11): 1409– 1418. <sup>3</sup>Selvin E, et al. Diabetes 2016;65:201–208. <sup>4</sup>Lee AK, et al. Diabetes Care 2017 Dec; 40(12): 1661-1667. <sup>5</sup>Nowak N, et al. Diabetologia 2013 Apr; 56(4): 709–713. <sup>6</sup>Rawlings AM, et al. Diabetes Care 2017 Jul; 40(7): 879-886. <sup>7</sup>McGill, et al. Diabetes Care 2004 Aug; 27(8): 1859-1865.

The Mark newsletter is distributed to healthcare professionals that treat and manage patients with diabetes, and contains the latest updates and important references for the GlycoMark test. This is a complimentary publication provided through the generous support of GlycoMark, Inc.

The information contained herein is not medical, diagnostic or treatment advice for any particular patient. Physicians should use their clinical judgment and experience when deciding how to diagnose and treat patients and in the use of the GlycoMark test in the treatment of the patient. Please refer to the GlycoMark product insert for more information.

\*The GlycoMark test is FDA cleared for professional use to provide quantitative measurement of 1,5-anhydroglucitol (1,5-AG) in serum or plasma. The GlycoMark test is intended for intermediate-term monitoring of glycemic control in patients with diabetes. It is not intended to be used to identify patients that will experience complications of diabetes or reduce the likelihood of experiencing complications, nor is it intended to diagnose complications of diabetes.

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