

# TheMARK

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

DIABETES MANAGEMENT

Issue 7 - March 2018

### Hyperglycemia, Microvascular Disease and the GlycoMark Test

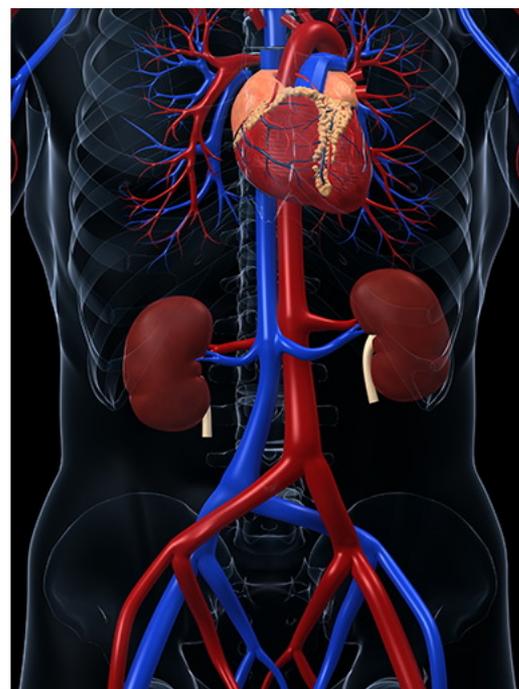
In December 2017, the Endocrine Society issued a Scientific Statement on Diabetic Microvascular Disease.<sup>1</sup> This statement included the latest scientific and clinical outcomes data associated with hyperglycemia and outlined the dramatic potential impact of sustained and repeated hyperglycemic excursions on patients with diabetes. Microvascular injury is widespread and takes a significant toll on tissues and organs throughout the body.

*"Hyperglycemia is the major systemic risk factor for diabetic microvascular complications." -- Endocrine Society Scientific Task Force*

In this issue of the Mark, we hope to reinforce **the importance of detecting and managing hyperglycemia** and remind our readers of the unique advantages of including the GlycoMark test in the assessment, detection and management of hyperglycemia and glycemic variability in patients with diabetes.

As is well established in the literature, A1C represents a 3-month average of daily glucose levels.<sup>1</sup> A1C can detect long-term, sustained elevated glucose, but is not specific to detecting recent hyperglycemia or variations in glycemic control.<sup>1</sup>

The GlycoMark test is an indicator of recent hyperglycemia by measuring 1,5-anhydroglucitol (1,5-AG), a glucose-like sugar molecule found in virtually all foods.<sup>2</sup> Unlike A1C, the GlycoMark result reflects hyperglycemic excursions over the prior 1-2 weeks, permitting recent trending, compliance checking and monitoring that can help healthcare providers more quickly personalize diabetes care.<sup>3</sup> Low GlycoMark test results are ABNORMAL and warrant closer evaluation and management of hyperglycemia and glycemic variability.<sup>2</sup>



The following are additional excerpts from the Endocrine Society statement:<sup>1</sup>

*"The cellular elements of the microvasculature appear to be particularly sensitive to injury from sustained hyperglycemia."*

*"...all organs are affected simultaneously to a greater or lesser degree (i.e., evident*

*microvascular dysfunction found in one organ is a sentinel of systemic injury, which may be preclinical).*"

*"...much of the impetus for developing effective glycemic therapy arises from clinical trials that demonstrate that improved glycemic control decreases the incidence and progression of microvascular injury."*

*"...intensive blood glucose control delays the onset and retards the progression of diabetic microvascular complications."*

*"...it is disappointing that microvascular complications of diabetes continue to compromise the quantity and quality of life for patients with diabetes."*

The full Scientific Statement is available online in the Society's Journal of Clinical Endocrinology & Metabolism, click [here](#). A full list Complications of Diabetes facts and figures can be found [here](#).

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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:

**33rd Annual Clinical Conference on Diabetes**

May 24-27, 2018 - Naples, FL

**American Association of Diabetes Educators - AADE 2018**

August 17-20, 2018 - Baltimore, MD

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

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<sup>1</sup>Barrett E, et al. Diabetic Microvascular Disease: An Endocrine Society Scientific Statement, The Journal of Clinical Endocrinology & Metabolism, Volume 102, Issue 12, 1 December 2017, Pages 4343–4410, <https://doi.org/10.1210/jc.2017-01922> <sup>2</sup>American Diabetes Association. Diabetes Care 2015 Jan; 38(Supplement 1): S33-S40. <sup>3</sup>Selvin E, et al. Diabetes 2016;65:201–208.

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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