

## NEWS & VIEWS REFERENCES

1. Lum E et al. Decision Support and Alerts of Apps for Self-management of Blood Glucose for Type 2 Diabetes. *JAMA*. 2019;321(15):1530–1532
2. Kyi M, et al. Early Intervention for Diabetes in Medical and Surgical Inpatients Decreases Hyperglycemia and Hospital-Acquired Infections: A Cluster Randomized Trial. *Diabetes Care* Mar 2019, dc182342
3. Mason S, et al. Ascorbic acid supplementation improves postprandial glycaemic control and blood pressure in individuals with type 2 diabetes: Findings of a randomized cross-over trial. *Diabetes Obes Metab*. 2019 Mar;21(3):674-682
4. Al-Khudairy L, et al. Vitamin C supplementation for the primary prevention of cardiovascular disease. *Cochrane Database of Systematic Reviews* 2017, Issue 3. Art. No.: CD011114
5. Blair J, et al. Continuous subcutaneous insulin infusion versus multiple daily injection regimens in children and young people at diagnosis of type 1 diabetes: pragmatic randomised controlled trial and economic evaluation. *BMJ* 2019;365:l1226

## FEATURE REFERENCES

### p 8-11 The Older Person – diabetes management tips

1. Cho NH, Shaw JE, Karuranga S, Huang Y, da Rocha Fernandes JD, Ohlrogge AW, et al. IDF Diabetes Atlas: Global estimates of diabetes prevalence for 2017 and projections for 2045. *Diabetes Res Clin Pract*. 2018;138:271-81.
2. Mooradian AD. Evidence-Based Management of Diabetes in Older Adults. *Drugs Aging*. 2018;35(12):1065-78.
3. International Diabetes Federation. *Managing Older People with Type 2 Diabetes*. Brussels, Belgium: International Diabetes Federation; 2013.
4. Sinclair A, Morley JE, Rodriguez-Mañas L, Paolisso G, Bayer T, Zeyfang A, et al. Diabetes Mellitus in Older People: Position Statement on behalf of the International Association of Gerontology and Geriatrics (IAGG), the European Diabetes Working Party for Older People (EDWPOP), and the International Task Force of Experts in Diabetes. *Journal of the American Medical Directors Association*. 2012;13(6):497-502.
5. Sinclair AJ, Abdelhafiz AH, Forbes A, Munshi M. Evidence-based diabetes care for older people with Type 2 diabetes: a critical review. *Diabet Med*. 2018.
6. Dedeyne L, Deschodt M, Verschueren S, Tournoy J, Gielen E. Effects of multi-domain interventions in (pre)frail elderly on frailty, functional, and cognitive status: a systematic review. *Clinical interventions in aging*. 2017;12:873-96.
7. Lorenzo-Lopez L, Maseda A, de Labra C, Regueiro-Folgueira L, Rodriguez-Villamil JL, Millan-Calenti JC. Nutritional determinants of frailty in older adults: A systematic review. *BMC geriatrics*. 2017;17(1):108.
8. Walston JD. Frailty 2018 [Available from: <https://www.uptodate.com/contents/frailty>].
9. Australian Bureau of Statistics. 4364.0.55.001 - National Health Survey: First Results, 2017-18, data cube: Excel spreadsheet, Cat No: 4364055001do003 2018 [Available from: <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4364.0.55.0012017-18?OpenDocument#Data>].
10. Australian Institute of Health & Welfare. Diabetes snapshot 2018 [Available from: <https://www.aihw.gov.au/reports/diabetes/diabetes-snapshot/contents/how-many-australians-have-diabetes>].
11. Australian Bureau of Statistics. 4820.0.55.001 - Diabetes in Australia: A Snapshot, 2007-08, data cube: Excel spreadsheet, Cat No: 4820055001do001 2011 [Available from: <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4820.0.55.0012007-08?OpenDocument>].
12. Australian Bureau of Statistics. 4364.0.55.001 - National Health Survey: First Results, 2017-18, data cube: Excel spreadsheet, Cat No: 4364055001do019 2018 [Available from: <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4364.0.55.0012017-18?OpenDocument#Data>].

## p 8-11 The Older Person – diabetes management tips – cont'd

13. Australian Bureau of Statistics. 3303.0 - Causes of Death, Australia, 2017, data cube: Excel spreadsheet, 2018 [Available from: <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/3303.02017?OpenDocument>].
14. Dardano A, Penno G, Del Prato S, Miccoli R. Optimal therapy of type 2 diabetes: a controversial challenge. *Aging (Albany NY)*. 2014;6(3):187-206.
15. Lee PG, Halter JB. The Pathophysiology of Hyperglycemia in Older Adults: Clinical Considerations. *Diabetes Care*. 2017;40(4):444-52.
16. Meneilly GS. Pathophysiology of diabetes in the older person. In: Sinclair AJ, Dunning T, Rodriguez-Manas L, Munshi M, editors. *Diabetes in Old Age*. 4th ed. West Sussex, UK: Wiley Blackwell; 2017. p. 3-12.
17. Gong Z, Muzumdar RH. Pancreatic Function, Type 2 Diabetes, and Metabolism in Aging. *Int J Endocrinol*. 2012;2012:1-13.
18. Colagiuri S, Davies D, Girgis S, Colagiuri R. National Evidence Based Guideline for Case Detection and Diagnosis of Type 2 Diabetes. Canberra: Diabetes Australia & NHMRC; 2009.
19. d'Emden MC, Shaw JE, Jones GR, Cheung NW. Guidance concerning the use of glycated haemoglobin (HbA1c) for the diagnosis of diabetes mellitus. *Med J Aust*. 2015;203(2):89-90.
20. The Royal Australian College of General Practitioners. *General practice management of type 2 diabetes: 2016–18*. East Melbourne, Vic: RACGP; 2016.
21. Cobo A, Vazquez LA, Reviriego J, Rodriguez-Manas L. Impact of frailty in older patients with diabetes mellitus: An overview. *Endocrinol Nutr*. 2016;63(6):291-303.
22. American diabetes Association. 11. Older Adults: Standards of Medical Care in Diabetes-2018. *Diabetes Care*. 2018;41(Suppl 1):S119-S25.
23. Sesti G, Antonelli Incalzi R, Bonora E, Consoli A, Giaccari A, Maggi S, et al. Management of diabetes in older adults. *Nutr Metab Cardiovasc Dis*. 2018;28(3):206-18.
24. Sinclair AJ, Abdelhafiz A, Dunning T, Izquierdo M, Rodriguez Manas L, Bourdel-Marchasson I, et al. An International Position Statement on the Management of Frailty in Diabetes Mellitus: Summary of Recommendations 2017. *The Journal of frailty & aging*. 2018;7(1):10-20.
25. Strain WD, Hope SV, Green A, Kar P, Valabhji J, Sinclair AJ. Type 2 diabetes mellitus in older people: a brief statement of key principles of modern day management including the assessment of frailty. A national collaborative stakeholder initiative. *Diabet Med*. 2018;35(7):838-45.
26. Munshi M. Hypoglycemia. In: Sinclair AJ, Dunning T, Rodriguez-Manas L, Munshi M, editors. *Diabetes in Old Age*. 4th ed. West Sussex, UK: Wiley Blackwell; 2017. p. 350-9.
27. Greco D, Pisciotta M, Gambina F, Maggio F. Severe hypoglycaemia leading to hospital admission in type 2 diabetic patients aged 80 years or older. *Exp Clin Endocrinol Diabetes*. 2010;118(4):215-9.
28. Meneilly GS, Tessier DM. Diabetes, Dementia and Hypoglycemia. *Canadian journal of diabetes*. 2016;40(1):73-6.
29. Lee AK, Rawlings AM, Lee CJ, Gross AL, Huang ES, Sharrett AR, et al. Severe hypoglycaemia, mild cognitive impairment, dementia and brain volumes in older adults with type 2 diabetes: the Atherosclerosis Risk in Communities (ARIC) cohort study. *Diabetologia*. 2018;61(9):1956-65.
30. Dunning T. Nutrition management. In: Sinclair AJ, Dunning T, Rodriguez-Manas L, Munshi M, editors. *Diabetes in Old Age*. 4th ed. West Sussex, UK: Wiley Blackwell; 2017. p. 240-66.
31. Sinclair A, Dunning T, Rodriguez-Manas L. Diabetes in older people: new insights and remaining challenges. *Lancet Diabetes Endocrinol*. 2015;3(4):275-85.
32. Barrett CJ, Smerdely P. A comparison of community-based resistance exercise and flexibility exercise for seniors. *The Australian journal of physiotherapy*. 2002;48(3):215-9.
33. Izquierdo M, Cadore EL. Physical exercise management. In: Sinclair AJ, Dunning T, Rodriguez-Manas L, Munshi M, editors. *Diabetes in Old Age*. 4th ed. West Sussex, UK: Wiley Blackwell; 2017. p. 267-76.
34. Rockwood K. Rockwood Clinical Frailty Scale 2008 [Available from: <https://www.cgakit.com/fr-1-rockwood-clinical-frailty-scale>].

## **p 8-11 The Older Person – diabetes management tips – cont'd**

35. Rolfson D. Edmonton Frail Scale 2006 [Available from: <https://www.cgakit.com/fr-1-edmonton-frail-scale>.
36. Australian Bureau of Statistics. 3302.0.55.001 - Life Tables, States, Territories and Australia, 2015-2017 , data cube: Excel spreadsheet, 2018 [Available from: <http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/3302.0.55.0012015-2017?OpenDocument>.
37. Granger C. Barthel Index 1979 [Available from: <https://www.cgakit.com/f-1-barthel-index>.
38. Nasreddine Z. Montreal Cognitive Assessment (MOCA) 2019 [Available from: <https://www.mocatest.org/splash/>.

## **p13-16 Continuous Glucose Monitoring – what you need to know**

1. Tamborlane WV, Beck RW, Bode BW, Buckingham B, Chase HP, Clemons R, et al. Continuous glucose monitoring and intensive treatment of type 1 diabetes. *The New England journal of medicine*. 2008;359(14):1464-76.
2. O'Connell MA, Donath S, O'Neal DN, Colman PG, Ambler GR, Jones TW, et al. Glycaemic impact of patient-led use of sensor-guided pump therapy in type 1 diabetes: a randomised controlled trial. *Diabetologia*. 2009;52(7):1250-7.
3. Bergenstal RM, Tamborlane WV, Ahmann A, Buse JB, Dailey G, Davis SN, et al. Effectiveness of sensor-augmented insulin-pump therapy in type 1 diabetes. *The New England journal of medicine*. 2010;363(4):311-20.
4. Battelino T, Conget I, Olsen B, Schutz-Fuhrmann I, Hommel E, Hoogma R, et al. The use and efficacy of continuous glucose monitoring in type 1 diabetes treated with insulin pump therapy: a randomised controlled trial. *Diabetologia*. 2012;55(12):3155-62.
5. Beck RW, Riddlesworth T, Ruedy K, Ahmann A, Bergenstal R, Haller S, et al. Effect of Continuous Glucose Monitoring on Glycemic Control in Adults With Type 1 Diabetes Using Insulin Injections: The DIAMOND Randomized Clinical Trial. *Jama*. 2017;317(4):371-8.
6. Lind M, Polonsky W, Hirsch IB, Heise T, Bolinder J, Dahlqvist S, et al. Continuous Glucose Monitoring vs Conventional Therapy for Glycemic Control in Adults With Type 1 Diabetes Treated With Multiple Daily Insulin Injections: The GOLD Randomized Clinical Trial. *Jama*. 2017;317(4):379-87.
7. Beck RW, Buckingham B, Miller K, Wolpert H, Xing D, Block JM, et al. Factors predictive of use and of benefit from continuous glucose monitoring in type 1 diabetes. *Diabetes Care*. 2009;32(11):1947-53.
8. Riddlesworth T, Price D, Cohen N, Beck RW. Hypoglycemic Event Frequency and the Effect of Continuous Glucose Monitoring in Adults with Type 1 Diabetes Using Multiple Daily Insulin Injections. *Diabetes Ther*. 2017;8(4):947-51.
9. Bolinder J, Antuna R, Geelhoed-Duijvestijn P, Kroger J, Weitgasser R. Novel glucose-sensing technology and hypoglycaemia in type 1 diabetes: a multicentre, non-masked, randomised controlled trial. *Lancet (London, England)*. 2016;388(10057):2254-63.
10. van Beers CA, DeVries JH, Kleijer SJ, Smits MM, Geelhoed-Duijvestijn PH, Kramer MH, et al. Continuous glucose monitoring for patients with type 1 diabetes and impaired awareness of hypoglycaemia (IN CONTROL): a randomised, open-label, crossover trial. *Lancet Diabetes Endocrinol*. 2016;4(11):893-902.
11. Heinemann L, Freckmann G, Ehrmann D, Faber-Heinemann G, Guerra S, Waldenmaier D, et al. Real-time continuous glucose monitoring in adults with type 1 diabetes and impaired hypoglycaemia awareness or severe hypoglycaemia treated with multiple daily insulin injections (HypoDE): a multicentre, randomised controlled trial. *Lancet (London, England)*. 2018;391(10128):1367-77.
12. Burckhardt MA, Roberts A, Smith GJ, Abraham MB, Davis EA, Jones TW. The Use of Continuous Glucose Monitoring With Remote Monitoring Improves Psychosocial Measures in Parents of Children With Type 1 Diabetes: A Randomized Crossover Trial. *Diabetes Care*. 2018;41(12):2641-3.

## p13-16 Continuous Glucose Monitoring – what you need to know – cont'd

13. Vesco AT, Jedraszko AM, Garza KP, Weissberg-Benchell J. Continuous Glucose Monitoring Associated With Less Diabetes-Specific Emotional Distress and Lower A1c Among Adolescents With Type 1 Diabetes. *J Diabetes Sci Technol*. 2018;12(4):792-9.
14. Sandy JL, Nyunt O, Woodhead HJ, Youde LS, Ramjan KA, Jack MM, et al. Sydney Diabetes centre's experience of the Australian Government's roll out of subsidised continuous glucose monitoring for children with type 1 diabetes mellitus. *J Paediatr Child Health*. 2018.
15. Catalano PM, McIntyre HD, Cruickshank JK, McCance DR, Dyer AR, Metzger BE, et al. The hyperglycemia and adverse pregnancy outcome study: associations of GDM and obesity with pregnancy outcomes. *Diabetes Care*. 2012;35(4):780-6.
16. Feig DS, Donovan LE, Corcoy R, Murphy KE, Amiel SA, Hunt KF, et al. Continuous glucose monitoring in pregnant women with type 1 diabetes (CONCEPTT): a multicentre international randomised controlled trial. *Lancet (London, England)*. 2017;390(10110):2347-59.
17. Yu F, Lv L, Liang Z, Wang Y, Wen J, Lin X, et al. Continuous glucose monitoring effects on maternal glycemic control and pregnancy outcomes in patients with gestational diabetes mellitus: a prospective cohort study. *J Clin Endocrinol Metab*. 2014;99(12):4674-82.
18. Wei Q, Sun Z, Yang Y, Yu H, Ding H, Wang S. Effect of a CGMS and SMBG on Maternal and Neonatal Outcomes in Gestational Diabetes Mellitus: a Randomized Controlled Trial. *Sci Rep*. 2016;6:19920.
19. Alfadhli E, Osman E, Basri T. Use of a real time continuous glucose monitoring system as an educational tool for patients with gestational diabetes. *Diabetol Metab Syndr*. 2016;8:48.
20. Lane AS, Mlynarczyk MA, de Veciana M, Green LM, Baraki DI, Abuhamad AZ. Real-Time Continuous Glucose Monitoring in Gestational Diabetes: A Randomized Controlled Trial. *American journal of perinatology*. 2019.
21. Beck RW, Riddlesworth TD, Ruedy K, Ahmann A, Haller S, Kruger D, et al. Continuous Glucose Monitoring Versus Usual Care in Patients With Type 2 Diabetes Receiving Multiple Daily Insulin Injections: A Randomized Trial. *Annals of internal medicine*. 2017;167(6):365-74.
22. Haak T, Hanaire H, Ajjan R, Hermanns N, Riveline JP, Rayman G. Flash Glucose-Sensing Technology as a Replacement for Blood Glucose Monitoring for the Management of Insulin-Treated Type 2 Diabetes: a Multicenter, Open-Label Randomized Controlled Trial. *Diabetes Ther*. 2017;8(1):55-73.
23. Peters AL, Ahmann AJ, Battelino T, Evert A, Hirsch IB, Murad MH, et al. Diabetes Technology-Continuous Subcutaneous Insulin Infusion Therapy and Continuous Glucose Monitoring in Adults: An Endocrine Society Clinical Practice Guideline. *J Clin Endocrinol Metab*. 2016;101(11):3922-37.
24. Polonsky WH, Fisher L, Hessler D, Edelman SV. What is so tough about self-monitoring of blood glucose? Perceived obstacles among patients with Type 2 diabetes. *Diabetic medicine : a journal of the British Diabetic Association*. 2014;31(1):40-6.
25. Rodbard D. Characterizing accuracy and precision of glucose sensors and meters. *J Diabetes Sci Technol*. 2014;8(5):980-5.
26. Kovatchev BP, Patek SD, Ortiz EA, Breton MD. Assessing sensor accuracy for non-adjunct use of continuous glucose monitoring. *Diabetes technology & therapeutics*. 2015;17(3):177-86.
27. Charleer S, Mathieu C, Nobels F, De Block C, Radermecker RP, Hermans MP, et al. Effect of Continuous Glucose Monitoring on Glycemic Control, Acute Admissions, and Quality of Life: A Real-World Study. *J Clin Endocrinol Metab*. 2018;103(3):1224-32.
28. Bronstone A, Graham C. The Potential Cost Implications of Averting Severe Hypoglycemic Events Requiring Hospitalization in High-Risk Adults With Type 1 Diabetes Using Real-Time Continuous Glucose Monitoring. *Journal of diabetes science and technology*. 2016;10(4):905-13.
29. Gill M, Zhu C, Shah M, Chhabra H. Health Care Costs, Hospital Admissions, and Glycemic Control Using a Standalone, Real-Time, Continuous Glucose Monitoring System in Commercially Insured Patients With Type 1 Diabetes. *J Diabetes Sci Technol*. 2018;12(4):800-7.

## **p13-16 Continuous Glucose Monitoring – what you need to know – cont'd**

30. Wan W, Skandari MR, Minc A, Nathan AG, Winn A, Zarei P, et al. Cost-effectiveness of Continuous Glucose Monitoring for Adults With Type 1 Diabetes Compared With Self-Monitoring of Blood Glucose: The DIAMOND Randomized Trial. *Diabetes Care*. 2018;41(6):1227-34.
31. Roze S, Smith-Palmer J, Valentine WJ, Cook M, Jethwa M, de Portu S, et al. Long-term health economic benefits of sensor-augmented pump therapy vs continuous subcutaneous insulin infusion alone in type 1 diabetes: a U.K. perspective. *Journal of medical economics*. 2016;19(3):236-42.
32. Ly TT, Brnabic AJ, Eggleston A, Kolivos A, McBride ME, Schrover R, et al. A cost-effectiveness analysis of sensor-augmented insulin pump therapy and automated insulin suspension versus standard pump therapy for hypoglycemic unaware patients with type 1 diabetes. *Value in health : the journal of the International Society for Pharmacoeconomics and Outcomes Research*. 2014;17(5):561-9.
33. Fonda SJ, Graham C, Munakata J, Powers JM, Price D, Vigersky RA. The Cost-Effectiveness of Real-Time Continuous Glucose Monitoring (RT-CGM) in Type 2 Diabetes. *Journal of diabetes science and technology*. 2016;10(4):898-904.
34. Garcia-Lorenzo B, Rivero-Santana A, Vallejo-Torres L, Castilla-Rodriguez I, Garcia-Perez S, Garcia-Perez L, et al. Cost-effectiveness analysis of real-time continuous monitoring glucose compared to self-monitoring of blood glucose for diabetes mellitus in Spain. *Journal of evaluation in clinical practice*. 2018;24(4):772-81.
35. Grunberger G, Handelsman Y, Bloomgarden ZT, Fonseca VA, Garber AJ, Haas RA, et al. AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS AND AMERICAN COLLEGE OF ENDOCRINOLOGY 2018 POSITION STATEMENT ON INTEGRATION OF INSULIN PUMPS AND CONTINUOUS GLUCOSE MONITORING IN PATIENTS WITH DIABETES MELLITUS. *Endocr Pract*. 2018;24(3):302-8.
36. Beck RW, Hirsch IB, Laffel L, Tamborlane WV, Bode BW, Buckingham B, et al. The effect of continuous glucose monitoring in well-controlled type 1 diabetes. *Diabetes Care*. 2009;32(8):1378-83.

## **p19-21 DIY Pancreas – staying one loop ahead of the regulators**

1. Lewis D. OpenAPS.org; 2015. Available from: <https://openaps.org>
2. Racklyeft N. Loop Docs; 2015. Available from: <https://loopdocs.org>
3. Kozak M. AndroidAPS; 2016. Available from: <https://github.com/MilosKozak/AndroidAPS/wiki>
4. Tidepool Loop; 2018. Available from: <https://tidepool.org/loop> and <https://tidepool.org/blog/tidepool-delivering-loop>
5. Petruzalkova L. et al. (2018). Excellent Glycemic Control Maintained by Open-Source Hybrid Closed-Loop AndroidAPS During and After Sustained Physical Activity. *Diabetes Technology & Therapeutics*. <https://doi.org/10.1089/dia.2018.0214>
6. Jiráňová P. et al. (2019). An Androidaps Hybrid Closed Loop System in a Home Setting is Safe and Leads to Better Metabolic Control. E.Poster. Presented at ATTD 2019
7. Choi SB, Hong ES, Noh YH. Open artificial pancreas system reduced hypoglycemia and improved glycemic control in patients with type 1 diabetes. *Diabetes*. 2018;67(suppl 1). Available at: <https://doi.org/10.2337/db18-964-P>.
1. Lewis D. OpenAPS Outcomes; 2015 [cited 2019 Mar 7]. Available from URL: <https://openaps.org/outcomes>
8. Provenzano V, Guastamacchia E, Brancato D, et al. Closing the loop with OpenAPS in people with type 1 diabetes—experience from Italy. *Diabetes*. 2018;67(suppl 1). Available at: <https://doi.org/10.2337/db18-993-P>.
9. Lewis DM, Swain RS, Donner TW. Improvements in A1C and time-in-range in DIY closed-loop (OpenAPS) users. *Diabetes*. 2018;67(suppl 1). Available at: <https://doi.org/10.2337/db18-352-OR>

## **p19-21 DIY Pancreas – staying one loop ahead of the regulators – cont'd**

10. Lewis D. OpenAPS Outcomes; 2015. Available from URL: <https://openaps.org/outcomes> [cited Mar 7 2019]
11. Hng T-M, Burren D. Appearance of Do-It-Yourself closed-loop systems to manage type 1 diabetes. *Intern Med J.* 2018;48(11):1400-1404. doi:10.1111/imj.14105.

## **p22-23 Fit For It: High Intensity Exercise – rethinking an old idea**

1. Weston KS, Wisloff U, Coombes JS. High-intensity interval training in patients with lifestyle-induced cardiometabolic disease: a systematic review and meta-analysis. *Br J Sports Med* 2013; 48: 1227-1234.
2. Jelleyman C, Yates T, O'Donovan G, et al. The effects of high intensity interval training on glucose regulation and insulin resistance: a meta-analysis. *Obes Rev* 2015; 16: 942–61.
3. Batacan RB, Duncan MJ, Dalbo VJ, et al. Effects of high-intensity interval training on cardiometabolic health: a systematic review and meta-analysis of intervention studies. *Br J Sports Med* 2017; 51: 494-503.
4. Hannan AL, Hing W, Simas V, et al. High-intensity interval training versus moderate-intensity continuous training within cardiac rehabilitation: A systematic review and meta-analysis. *Open Access J Sports Med* 2018; 26: 1-17.
5. De Nardi AT, Tolves T, Lenzi, et al. High-intensity interval training versus continuous training on physiological and metabolic variables in prediabetes and type 2 diabetes: A meta-analyses. *Diabetes Res Clin Pract* 2018; 137: 149-159.
6. Ramos JS, Dalleck CC, Borrani F, et al. The effect of different volumes of high-intensity interval training on proinsulin in participants with the metabolic syndrome: a randomised trial. *Diabetologia* 2016; 59: 2308-20.
7. Gray SR, Ferguson C, Birch K, et al. High-intensity interval training: Key data needed to bridge the gap from laboratory to public health policy. *Br J Sports Med* 2016; 50: 1231-1232.
8. Rognmo Ø, Moholdt T, Bakken H, et al. Cardiovascular risk of high-versus moderate-intensity aerobic exercise in coronary heart disease patients. *Circulation* 2012; 126: 1436–1440.
9. Decker ES and Ekkekakis P. More efficient, perhaps, but at what price? Pleasure and enjoyment responses to high-intensity interval exercise in low-active women with obesity. *Psychology of Sport and Exercise* 2017; 28: 1-10.
10. Biddle SJH, Batterham AM. High intensity interval exercise training for public health: a big HIT or shall we HIT it on the head? *Int J Behav Nutr Phys Act* 2015; 18: 95.
11. Oliveira BRR, Santos TM, Kilpatrick M, et al. Affective and enjoyment responses in high intensity interval training and continuous training: A systematic review and meta-analysis. *PLoS One* 2018; 13: e0197124.
12. Locke SR, Bourne JE, Beauchamp MR, et al. High-intensity interval or continuous moderate exercise: A 24-week pilot trial. *Med Sci Sports Exerc* 2018; 50: 2067-2075.
13. Vella CA, Taylor K, Drummer D. High-intensity interval and moderate-intensity continuous training elicit similar enjoyment and adherence levels in overweight and obese adults. *Eur J Sport Sci* 2017; 17: 1203-1211.
14. Roy M, Williams SM, Brown RC, et al. High-intensity interval training in the real world: Outcomes from a 12-month intervention in overweight adults. *Med Sci Sports Exerc* 2018; 50: 1818-1826.
15. De Souza JFT, Dattilo M, de Mello MT, Tufik S, Antunes HKM. High-intensity interval training attenuates insulin resistance induced by sleep deprivation in healthy males. *Front Physiol* 2017; 7: 992.

## **p24 – p27 Blood Pressure – new evidence, new targets**

1. Ettehad D, Emdin CA, Kiran A, et al. Blood pressure lowering for prevention of cardiovascular disease and death: a systematic review and meta-analysis. *Lancet* 2016;387(10022):957-67. doi: 10.1016/s0140-6736(15)01225-8 [published Online First: 2016/01/03]

**p24 – p27 Blood Pressure – new evidence, new targets – cont'd**

2. Arguedas J, Leiva V, JM. W. Blood pressure targets for hypertension in people with diabetes mellitus. *Cochrane Database of Systematic Reviews*, 2013:Art. No.: CD008277.
3. Brunstrom M, Carlberg B. Effect of antihypertensive treatment at different blood pressure levels in patients with diabetes mellitus: systematic review and meta-analyses. *Bmj* 2016;352:i717. doi: 10.1136/bmj.i717 [published Online First: 2016/02/28]
4. Emdin CA, Rahimi K, Neal B, et al. Blood pressure lowering in type 2 diabetes: a systematic review and meta-analysis. *Jama* 2015;313(6):603-15. doi: 10.1001/jama.2014.18574 [published Online First: 2015/02/11]
5. Albarqouni L, Doust J, Glasziou P. Patient preferences for cardiovascular preventive medication: a systematic review. *Heart* 2017;103(20):1578.
6. Dobler CC, Harb N, Maguire CA, et al. Treatment burden should be included in clinical practice guidelines. *BMJ* 2018;363:k4065. doi: 10.1136/bmj.k4065
7. Wu H-Y, Huang J-W, Lin H-J, et al. Comparative effectiveness of renin-angiotensin system blockers and other antihypertensive drugs in patients with diabetes: systematic review and bayesian network meta-analysis. *BMJ : British Medical Journal* 2013;347:f6008. doi: 10.1136/bmj.f6008
8. Bangalore S, Fakhri R, Toklu B, et al. Diabetes mellitus as a compelling indication for use of renin angiotensin system blockers: systematic review and meta-analysis of randomized trials. *BMJ* 2016;352:i438. doi: 10.1136/bmj.i438
9. Turnbull F, Neal B, Algert C, et al. Effects of different blood pressure-lowering regimens on major cardiovascular events in individuals with and without diabetes mellitus: results of prospectively designed overviews of randomized trials. *Archives of internal medicine* 2005;165(12):1410-9. doi: 10.1001/archinte.165.12.1410 [published Online First: 2005/06/29]
10. Lv J, Neal B, Ehteshami P, et al. Effects of Intensive Blood Pressure Lowering on Cardiovascular and Renal Outcomes: A Systematic Review and Meta-Analysis. *PLOS Medicine* 2012;9(8):e1001293. doi: 10.1371/journal.pmed.1001293
11. Lewis EJ, Hunsicker LG, Clarke WR, et al. Renoprotective effect of the angiotensin-receptor antagonist irbesartan in patients with nephropathy due to type 2 diabetes. *The New England journal of medicine* 2001;345(12):851-60. doi: 10.1056/NEJMoa011303 [published Online First: 2001/09/22]
12. Grossman E, Messerli FH. Management of blood pressure in patients with diabetes. *American journal of hypertension* 2011;24(8):863-75. doi: 10.1038/ajh.2011.77 [published Online First: 2011/04/29]
13. Institute of Medicine Committee on Standards for Developing Trustworthy Clinical Practice G. In: Graham R, Mancher M, Miller Wolman D, et al., eds. *Clinical Practice Guidelines We Can Trust*. Washington (DC): National Academies Press (US) Copyright 2011 by the National Academy of Sciences. All rights reserved. 2011.
14. Qaseem A, Forland F, Macbeth F, et al. Guidelines International Network: toward international standards for clinical practice guidelines. *Ann Intern Med* 2012;156(7):525-31. doi: 10.7326/0003-4819-156-7-201204030-00009 [published Online First: 2012/04/05]
15. Moynihan RN, Cooke GPE, Doust JA, et al. Expanding Disease Definitions in Guidelines and Expert Panel Ties to Industry: A Cross-sectional Study of Common Conditions in the United States. *PLoS Medicine* 2013;10(8):e1001500. doi: 10.1371/journal.pmed.1001500
16. Doust J, Vandvik PO, Qaseem A, et al. Guidance for Modifying the Definition of Diseases: A Checklist. *JAMA Intern Med* 2017;177(7):1020-25. doi: 10.1001/jamainternmed.2017.1302 [published Online First: 2017/05/16]
17. Bell K, Doust J, Glasziou P. Incremental Benefits and Harms of the 2017 American College of Cardiology/American Heart Association High Blood Pressure Guideline. *JAMA Internal Medicine* 2018;178:755-57.
18. Williams B, Mancia G, Spiering W, et al. 2018 ESC/ESH Guidelines for the management of arterial hypertension. *Eur Heart J* 2018;39(33):3021-104. doi: 10.1093/eurheartj/ehy339 [published Online First: 2018/08/31]

**p24 – p27 Blood Pressure – new evidence, new targets – cont'd**

19. Whelton PK, Carey RM, Aronow WS, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: Executive Summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Hypertension* 2018;71(6):1269-324. doi: 10.1161/hyp.0000000000000066 [published Online First: 2017/11/15]
20. The Royal Australian College of General Practitioners. General practice management of type 2 diabetes: 2016–18. East Melbourne, Victoria, 2016.
21. National Heart Foundation of Australia. Guideline for the diagnosis and management of hypertension in adults - 2016. Melbourne, Victoria, 2016.
22. National Vascular Disease Prevention Alliance. Guidelines for the management of absolute cardiovascular disease risk, 2012.

**p33 – p34 Food Stuff – The Dietitian' s Toolkit**

1. Phillips MB et al Nutritional screening in community-dwelling older adults: a systematic literature review. *Asia Pac J Clin Nutr*. 2010;19(3):440-9.
2. Rubenstein LZ et al. Screening for undernutrition in geriatric practice: developing the short-form Mini-Nutritional Assessment (MNA-SF). *Journal of Gerontology A Biol Sci Med Sci* 2001;56:M366–72.
3. [https://www.researchgate.net/profile/Hubert\\_Lacey/publication/12718226\\_The\\_SCOFF\\_questionnaire\\_Assessment\\_of\\_a\\_new\\_screening\\_tool\\_for\\_eating\\_disorders/links/00463518b922438347000000.pdf](https://www.researchgate.net/profile/Hubert_Lacey/publication/12718226_The_SCOFF_questionnaire_Assessment_of_a_new_screening_tool_for_eating_disorders/links/00463518b922438347000000.pdf)
4. [http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.012~2011-12~Media%20Release~Australians%20failing%20to%20meet%20dietary%20guidelines%20\(Media%20Release\)~18](http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.012~2011-12~Media%20Release~Australians%20failing%20to%20meet%20dietary%20guidelines%20(Media%20Release)~18)

-- ENDS --