

CREATE A SYNOPSIS ON YOUR WHITE BOARD THAT LOOKS LIKE THIS

IF DIABETES CASE

1) CVD RISK ESTIMATES

List endpoints described

Give 10-year numbers for the case and show with or without diabetes

Use both Framingham and PREVENT calculators

2) DIABETES COMPLICATIONS RISK ESTIMATES

List endpoints described

Give 10-year numbers for the case and show numbers for A1c 6, 7, 8 and 9

IF OSTEOPOROSIS CASE

FRACTURE RISK ESTIMATES

List endpoints described

Give 10-year numbers for the case and show numbers if just BMI and no BMD, and also BMD t-score of -2.0, -2.5, and -3.0

USE FRAX calculator

A VERY BRIEF SYNOPSIS OF THE EVIDENCE

YOUR GROUPS "TREATMENT"

PROVIDE

Patient Specific Numbers

Benefits

Ballpark estimates of absolute benefit

Harms

Side effects - numbers if possible

Yearly costs

CVD RISK CALCULATOR - 10 year risk

CVD RISK - 10 years	No Diabetes	Diabetes
Framingham		
PREVENT		

DIABETES RISK CALCULATOR - 10 year risk

A1c	6	7	8	9
Death				
CVD				
Kidney failure				
Severe vision loss				
Pressure sensation loss				

FRAX RISK CALCULATOR - 10 year risk

	Just BMI	If BMD -1.5	If -2	If -2.5	If -3
Major osteoporotic					
Hip fracture					