

## NEWS & VIEWS REFERENCES

1. Bethel M, et al. Cardiovascular outcomes with glucagon-like peptide-1 receptor agonists in patients with type 2 diabetes: a meta-analysis. *Lancet Diab & Endo* 2018, Vol 6, Iss 2:105-113
2. Taylor S. GLP-1 receptor agonists: differentiation within the class. *Lancet Diab & Endo* 2018, Vol 6, Iss 2:83-85
3. Holman R, et al. Effects of once-weekly exenatide on cardiovascular outcomes in type 2 diabetes. *N Engl J Med* 2017; 377:1228-1239
4. Bekiari H, et al. Artificial pancreas treatment for outpatients with type 1 diabetes: systematic review and meta-analysis. *BMJ* April 2018;361:k1310
5. Waugh N. Closed loop systems in type 1 diabetes. *BMJ* April 2018;361:k1613
6. Knutson K. Associations between chronotype, morbidity and mortality in the UK Biobank cohort. *Chronobiology International* March 2018; p1-9
7. Pounds G, et al. Expression of empathy in a Facebook-based diabetes support group. *Discourse, Context & Media*. Feb 2018
8. Heather L. Corliss et al. Risk of Type 2 Diabetes Among Lesbian, Bisexual, and Heterosexual Women: Findings From the Nurses' Health Study II. *Diabetes Care* 2018 May; dc172656

## FEATURE REFERENCES

### p10-12 Bariatric Surgery:

1. Australian Institute of Health and Welfare. Weight loss surgery in Australia 2014–15: Australian hospital statistics. AIHW, May 2017
2. Cefalu W, et al. Metabolic surgery for type 2 diabetes: changing the landscape of diabetes care. *Diabetes Care* Jun 2016, 39 (6) 857-860
3. The Look AHEAD Research Group. Cardiovascular effects of intensive lifestyle intervention in type 2 diabetes. *N Engl J Med* 2013; 369:145-154
4. Nature Reviews Endocrinology volume 14, p 12–24, 2018
5. Nature Reviews Gastroenterology & Hepatology volume 10, p 575–584, 2013
6. Schauer P, et al. Bariatric surgery versus intensive medical therapy for diabetes—5-year outcomes. *N Engl J Med* 2017;376:641-51, 2017
7. Wentworth J, et al. Five-year outcomes of a randomized trial of gastric band surgery in overweight but not obese people with type 2 diabetes. *Diabetes Care* 2017 Apr; 40(4): e44-e45.
8. Livingston E. Reimagining obesity in 2018: a JAMA theme issue on obesity. *JAMA* 319, 266–278, 2018
9. Mingrone G, et al. Bariatric–metabolic surgery versus conventional medical treatment in obese patients with type 2 diabetes: 5 year follow-up of an open-label, single-centre, randomised controlled trial. *The Lancet* 2015; 386: 964–73
10. Sjostrom L, et al. Association of bariatric surgery with long-term remission of type 2 diabetes and with microvascular and macrovascular complications. *JAMA* 2014;311(22):2297-2304
11. Gaede P, et al. Effect of a multifactorial intervention on mortality in type 2 diabetes. *N Engl J Med* 2008;358:580-91
12. Nature Reviews Endocrinology volume 5, p 483–489, 2009

**p14-16 Independent overview of diabetes medication plus**

**p18-19 Hypoglycaemics at a glance:**

1. Diabetesaustralia.com.au. (2018). *Diabetes in Australia*. [online] Available at: <https://www.diabetesaustralia.com.au/diabetes-in-australia> [Accessed 7 Apr. 2018].
2. ABS Estimated residential population (ERP) as at 30 June 2016, using ABS Population Clock
3. Diabetes Control and Complications Trial Research Group. (1993). The effect of intensive treatment of diabetes on the development and progression of long-term complications in insulin-dependent diabetes mellitus. *New England journal of medicine*, 329(14), 977-986.
4. UK Prospective Diabetes Study (UKPDS) Group. (1998). Intensive blood-glucose control with sulphonylureas or insulin compared with conventional treatment and risk of complications in patients with type 2 diabetes (UKPDS 33). *The lancet*, 352(9131), 837-853.
5. Stratton, I. M., Adler, A. I., Neil, H. A. W., Matthews, D. R., Manley, S. E., Cull, C. A., ... & Holman, R. R. (2000). Association of glycaemia with macrovascular and microvascular complications of type 2 diabetes (UKPDS 35): prospective observational study. *Bmj*, 321(7258), 405-412.
6. ADVANCE Collaborative Group; Patel A, MacMahon S, Chalmers J, Neal B, Billot L, Woodward M, et al. Intensive blood glucose control and vascular outcomes in patients with type 2 diabetes [published online ahead of print June 6, 2008]. *N Engl J Med*. 2008;358(24):2560-2572.
7. Kurukulasuriya, L. R., & Sowers, J. R. (2010). Therapies for type 2 diabetes: lowering HbA1c and associated cardiovascular risk factors. *Cardiovascular diabetology*, 9(1), 45.
8. Selvin, E., Wattanakit, K., Steffes, M. W., Coresh, J., & Sharrett, A. R. (2006). HbA1c and peripheral arterial disease in diabetes: the Atherosclerosis Risk in Communities study. *Diabetes care*, 29(4), 877-882.
9. Ashburner, J. M., Go, A. S., Chang, Y., Fang, M. C., Fredman, L., Applebaum, K. M., & Singer, D. E. (2016). Effect of diabetes and glycemic control on ischemic stroke risk in AF patients: ATRIA study. *Journal of the American College of Cardiology*, 67(3), 239-247.
10. Nice.org.uk. (2018). *Type 2 diabetes in adults: management / Guidance and guidelines / NICE*. [online] Available at: <https://www.nice.org.uk/guidance/ng28/chapter/1-Recommendations> [Accessed 1 Apr. 2018].
11. Deed, G., Ackermann, E., Arthur, I., Barlow, J., Jagadeesan, S., Kawol, D., ... & Saleh, A. (2016). General Practice Management of Type 2 Diabetes: 2016–18.Rena, G., Hardie, D. G., & Pearson, E. R. (2017). The mechanisms of action of metformin. *Diabetologia*, 60(9), 1577-1585.
12. Janić, M., Volčanšek, Š., Lunder, M., & Janež, A. (2017). Metformin: from mechanisms of action to advanced clinical use. *Slovenian Medical Journal*, 86(3-4).
13. "Effect of intensive blood-glucose control with metformin on complications in overweight patients with type 2 diabetes (UKPDS 34). UK Prospective Diabetes Study (UKPDS) Group". *Lancet*. 352 (9131): 854–65. 1998. doi:[10.1016/S0140-6736\(98\)07037-8](https://doi.org/10.1016/S0140-6736(98)07037-8). PMID 9742977.
14. Selvin E; Bolen S; Yeh H; Wiley C; Wilson LM; Marinopoulos SS; Feldman L; Vassy J; Wilson R; Bass EB; Brancati FL (October 2008). "Cardiovascular outcomes in trials of oral diabetes medications: a systematic review". *Arch Intern Med*. 168 (19): 2070–80. doi:[10.1001/archinte.168.19.2070](https://doi.org/10.1001/archinte.168.19.2070). PMC 2765722 . PMID 18955635. Archived from the original on 2009-12-12.

15. Hirst, J. A., Farmer, A. J., Ali, R., Roberts, N. W., & Stevens, R. J. (2012). Quantifying the effect of metformin treatment and dose on glycemic control. *Diabetes Care*, 35(2), 446-454.
16. Hollander, P. (2007). Anti-diabetes and anti-obesity medications: effects on weight in people with diabetes. *Diabetes Spectrum*, 20(3), 159-165.
17. Reinstatler, L., Qi, Y. P., Williamson, R. S., Garn, J. V., & Oakley, G. P. (2012). Association of biochemical B12 deficiency with metformin therapy and vitamin B12 supplements: the National Health and Nutrition Examination Survey, 1999–2006. *Diabetes care*, 35(2), 327-333.
18. Xu, T., Brandmaier, S., Messias, A. C., Herder, C., Draisma, H. H., Demirkhan, A., ... & Campillo, M. (2015). Effects of metformin on metabolite profiles and LDL cholesterol in patients with type 2 diabetes. *Diabetes care*, 38(10), 1858-1867.
19. Reinstatler, L., Qi, Y. P., Williamson, R. S., Garn, J. V., & Oakley, G. P. (2012). Association of biochemical B12 deficiency with metformin therapy and vitamin B12 supplements: the National Health and Nutrition Examination Survey, 1999–2006. *Diabetes care*, 35(2), 327-333.
20. Siavash, M., Tabbakhian, M., Sabzghabaee, A. M., & Razavi, N. (2017). Severity of gastrointestinal side effects of metformin tablet compared to metformin capsule in type 2 diabetes mellitus patients. *Journal of research in pharmacy practice*, 6(2), 73.
21. Bonnet, F., & Scheen, A. (2017). Understanding and overcoming metformin gastrointestinal intolerance. *Diabetes, Obesity and Metabolism*, 19(4), 473-481.
22. Rungby, Jorgen, Demant, Mia, Gether, Lise. *History of the Sulphonylureas [internet]*. 2016 Jun 13; Diapedia 8104336183 rev. no. 18. Available from: <https://doi.org/10.14496/dia.8104336183.18>
23. Sola, D., Rossi, L., Schianca, G. P. C., Maffioli, P., Bigliocca, M., Mella, R., ... & Derosa, G. (2015). Sulfonylureas and their use in clinical practice. *Archives of medical science: AMS*, 11(4), 840.
24. Riddle, M. C. (2017). Modern sulfonylureas: dangerous or wrongly accused?. *Diabetes care*, 40(5), 629-631.
25. Bell, D. S. (2006). Do sulfonylurea drugs increase the risk of cardiac events?. *Canadian Medical Association Journal*, 174(2), 185-186.
26. Rados, D. V., Pinto, L. C., Remonti, L. R., Leitão, C. B., & Gross, J. L. (2016). The association between sulfonylurea use and all-cause and cardiovascular mortality: a meta-analysis with trial sequential analysis of randomized clinical trials. *PLoS medicine*, 13(4), e1001992.
27. Azoulay, L., & Suissa, S. (2017). Sulfonylureas and the risks of cardiovascular events and death: a methodological meta-regression analysis of the observational studies. *Diabetes Care*, 40(5), 706-714.
28. Wulf, N. R., & Matuszewski, K. A. (2013). Sulfonamide cross-reactivity: is there evidence to support broad cross-allergenicity?. *American Journal of Health-System Pharmacy*, 70(17), 1483-1494.
29. Hauner, H. (2002). The mode of action of thiazolidinediones. *Diabetes/metabolism research and reviews*, 18(S2).
30. Filipova, E., Uzunova, K., Kalinov, K., & Vekov, T. (2017). Pioglitazone and the risk of bladder cancer: a meta-analysis. *Diabetes Therapy*, 8(4), 705-726
31. Nissen, S. E., & Wolski, K. (2007). Effect of rosiglitazone on the risk of myocardial infarction and death from cardiovascular causes. *New England Journal of Medicine*, 356(24), 2457-2471.

32. Home, P. D., Pocock, S. J., Beck-Nielsen, H., Curtis, P. S., Gomis, R., Hanefeld, M., ... & RECORD Study Team. (2009). Rosiglitazone evaluated for cardiovascular outcomes in oral agent combination therapy for type 2 diabetes (RECORD): a multicentre, randomised, open-label trial. *The Lancet*, 373(9681), 2125-2135.
33. Liu, J., & Wang, L. N. (2017). Peroxisome proliferator-activated receptor gamma agonists for preventing recurrent stroke and other vascular events in people with stroke or transient ischaemic attack. *The Cochrane Library*.
34. Liao, H. W., Saver, J. L., Wu, Y. L., Chen, T. H., Lee, M., & Ovbiagele, B. (2017). Pioglitazone and cardiovascular outcomes in patients with insulin resistance, pre-diabetes and type 2 diabetes: a systematic review and meta-analysis. *BMJ open*, 7(1), e013927.
35. Singh, S., Loke, Y. K., & Furberg, C. D. (2007). Thiazolidinediones and heart failure: a teleo-analysis. *Diabetes care*, 30(8), 2148-2153
36. Horita, S., Nakamura, M., Satoh, N., Suzuki, M., & Seki, G. (2015). Thiazolidinediones and edema: recent advances in the pathogenesis of thiazolidinediones-induced renal sodium retention. *PPAR research*, 2015
37. Bilik, D., McEwen, L. N., Brown, M. B., Pomeroy, N. E., Kim, C., Asao, K., ... & Karter, A. J. (2010). Thiazolidinediones and fractures: evidence from translating research into action for diabetes. *The Journal of Clinical Endocrinology & Metabolism*, 95(10), 4560-4565.
38. Thiazolidinediones. (n.d.). Retrieved April 05, 2018, from <https://livertox.nlm.nih.gov/Thiazolidinediones.htm>
39. Chaplin, S. (2016). SGLT2 inhibitors and risk of genitourinary infections. *Prescriber*, 27(12), 26-30.
40. Fioretto, P., Zambon, A., Rossato, M., Busetto, L., & Vettor, R. (2016). SGLT2 inhibitors and the diabetic kidney. *Diabetes Care*, 39(Supplement 2), S165-S171.
41. Zinman, B., Wanner, C., Lachin, J. M., Fitchett, D., Bluhmki, E., Hantel, S., ... & Broedl, U. C. (2015). Empagliflozin, cardiovascular outcomes, and mortality in type 2 diabetes. *New England Journal of Medicine*, 373(22), 2117-2128.
42. d'Emden, M., Amerena, J., Deed, G., Pollock, C., & Cooper, M. E. (2018). SGLT2 inhibitors with cardiovascular benefits: transforming clinical care in Type 2 diabetes mellitus. *Diabetes research and clinical practice*, 136, 23-31.
43. Tanaka, A., & Node, K. (2017). Increased amputation risk with canagliflozin treatment: behind the large cardiovascular benefit?. *Cardiovascular diabetology*, 16(1), 129.
44. Guo, M., Ding, J., Li, J., Wang, J., Zhang, T., Liu, C., ... & Xu, Y. (2018). SGLT2 inhibitors and stroke risk in patients with type 2 diabetes: a systematic review and meta-analysis. *Diabetes, obesity & metabolism*.
45. Medicine., D. (2018). *Dr. John Eng's Research Found That The Saliva Of The Gila Monster Contains A Hormone That Treats Diabetes Better Than Any Other Medicine..* [online] Diabetes In Control. A free weekly diabetes newsletter for Medical Professionals. Available at: <http://www.diabetesincontrol.com/dr-john-angs-research-found-that-the-saliva-of-the-gila-monster-contains-a-hormone-that-treats-diabetes-better-than-any-other-medicine/> [Accessed 7 Apr. 2018].
46. Kalra, S., & Kalra, B. (2012). Counselling patients for GLP-1 analogue therapy: comparing GLP-1 analogue with insulin counselling. *North American journal of medical sciences*, 4(12), 638.
47. Labiotech.eu. (2018). *Novo Nordisk Gets Close to Launching the First Oral GLP-1 Drug for Diabetes.* [online] Available at: <https://labiotech.eu/oral-glp-1-diabetes-treatment/> [Accessed 8 Apr. 2018].

48. Singh, S., Chang, H. Y., Richards, T. M., Weiner, J. P., Clark, J. M., & Segal, J. B. (2013). Glucagonlike peptide 1-based therapies and risk of hospitalization for acute pancreatitis in type 2 diabetes mellitus: a population-based matched case-control study. *JAMA internal medicine*, 173(7), 534-539.
49. Azoulay
50. , L., Filion, K. B., Platt, R. W., Dahl, M., Dormuth, C. R., Clemens, K. K., ... & Targownik, L. E. (2016). Association between incretin-based drugs and the risk of acute pancreatitis. *JAMA internal medicine*, 176(10), 1464-1473.
51. Egan, A. G., Blind, E., Dunder, K., De Graeff, P. A., Hummer, B. T., Bourcier, T., & Rosebraugh, C. (2014). Pancreatic safety of incretin-based drugs—FDA and EMA assessment. *New England Journal of Medicine*, 370(9), 794-797.
52. Bethel, M. A., Patel, R. A., Merrill, P., Lokhnygina, Y., Buse, J. B., Mentz, R. J., ... & Maggioni, A. P. (2017). Cardiovascular outcomes with glucagon-like peptide-1 receptor agonists in patients with type 2 diabetes: a meta-analysis. *The Lancet Diabetes & Endocrinology*
53. Jia, X., Alam, M., Ye, Y., Bajaj, M., & Birnbaum, Y. (2018). GLP-1 receptor agonists and cardiovascular disease: a meta-analysis of recent cardiac outcome trials. *Cardiovascular drugs and therapy*, 32(1), 65-72.
54. Lebovitz, H. E. (2013). Incretin-based therapies: facing the realities of benefits versus side effects.
55. Brunton, S. (2014). GLP-1 receptor agonists vs. DPP-4 inhibitors for type 2 diabetes: is one approach more successful or preferable than the other?. *International journal of clinical practice*, 68(5), 557-567.
56. Scirica, B. M., Bhatt, D. L., Braunwald, E., Steg, P. G., Davidson, J., Hirshberg, B., ... & Cavender, M. A. (2013). Saxagliptin and cardiovascular outcomes in patients with type 2 diabetes mellitus. *New England Journal of Medicine*, 369(14), 1317-1326.
57. Bethel, M. A., Engel, S. S., Green, J. B., Huang, Z., Josse, R. G., Kaufman, K. D., ... & Peterson, E. D. (2017). Assessing the safety of sitagliptin in older participants in the trial evaluating cardiovascular outcomes with sitagliptin (TECOS). *Diabetes Care*, 40(4), 494-501.
58. US Food and Drug Administration. (2015). FDA Drug Safety Communication: FDA warns that DPP-4 inhibitors for type 2 diabetes may cause severe joint pain. *Drug safety and availability*. August, 28.
59. Mascolo, A., Rafaniello, C., Sportiello, L., Sessa, M., Cimmaruta, D., Rossi, F., & Capuano, A. (2016). Dipeptidyl peptidase (DPP)-4 inhibitor-induced arthritis/arthralgia: a review of clinical cases. *Drug safety*, 39(5), 401-407.
60. Abrahami, D., Douros, A., Yin, H., Yu, O. H. Y., Renoux, C., Bitton, A., & Azoulay, L. (2018). Dipeptidyl peptidase-4 inhibitors and incidence of inflammatory bowel disease among patients with type 2 diabetes: population based cohort study. *BMJ*, 360, k872.
61. Nasri, H., & Rafieian-Kopaei, M. (2014). Metformin: current knowledge. *Journal of research in medical sciences: the official journal of Isfahan University of Medical Sciences*, 19(7), 658.
62. Hundal RS, Inzucchi SE. Metformin: New understandings, new uses. *Drugs*. 2003;63:1879–94.
63. Podhorecka, M., Ibanez, B., & Dmoszyńska, A. (2017). Metformin-its potential anti-cancer and anti-aging effects. *Advances in Hygiene & Experimental Medicine/Postępy Higieny i Medycyny Doswiadczałnej*, 71.
64. Aroda, V. R., Edelstein, S. L., Goldberg, R. B., Knowler, W. C., Marcovina, S. M., Orchard, T. J., ... & Crandall, J. P. (2016). Long-term metformin use and vitamin B12 deficiency in the Diabetes Prevention Program Outcomes Study. *The Journal of Clinical Endocrinology & Metabolism*, 101(4), 1754-1761.

65. Berns, J. S., Glickman, J. D., Nathan, D. M., & Mulder, J. E. (2015). Management of hyperglycemia in patients with type 2 diabetes and pre-dialysis chronic kidney disease or end-stage renal disease
66. Gunton JE, Cheung NW, Davis TM, Zoungas S, Colagiuri S; Australian Diabetes Society. A new blood glucose management algorithm for type 2 diabetes: A position statement of the Australian Diabetes Society. *Med J Aust* 2014;201:650-3
67. bs.gov.au. (2018). *Pharmaceutical Benefits Scheme (PBS) / Post-market Review of Products Used in the Management of Diabetes*. [online] Available at: <http://www.pbs.gov.au/info/reviews/diabetes> [Accessed 8 Apr. 2018].
68. Deed, G., Ackermann, E., Arthur, I., Barlow, J., Jagadeesan, S., Kawol, D., ... & Saleh, A. (2016). General Practice Management of Type 2 Diabetes: 2016–18.
69. Second Generation Sulfonylureas. (n.d.). Retrieved April 19, 2018, from <https://livertox.nih.gov/SecondGenerationSulfonylureas.htm>
70. Dormandy J, Bhattacharya M, Van Troostenburg De Bruyn AR. Safety and tolerability of pioglitazone in high-risk patients with type 2 diabetes: an overview of data from PROactive. *Drug Saf* 2009;32:187-202.
71. Arnouts, P., Bolignano, D., Nistor, I., Bilo, H., Gnudi, L., Heaf, J., & Biesen, W. V. (2013). Glucose-lowering drugs in patients with chronic kidney disease: a narrative review on pharmacokinetic properties. *Nephrology Dialysis Transplantation*, 29(7), 1284-1300.
72. Gangopadhyay, K. K., & Singh, P. (2017). Consensus statement on dose modifications of antidiabetic agents in patients with hepatic impairment. *Indian journal of endocrinology and metabolism*, 21(2), 341.
73. Craddy, P., Palin, H. J., & Johnson, K. I. (2014). Comparative effectiveness of dipeptidylpeptidase-4 inhibitors in type 2 diabetes: a systematic review and mixed treatment comparison. *Diabetes Therapy*, 5(1), 1-41.
74. Pathak, R., & Bridgeman, M. B. (2010). Dipeptidyl peptidase-4 (DPP-4) inhibitors in the management of diabetes. *Pharmacy and Therapeutics*, 35(9), 509.
75. Scirica, B. M., Bhatt, D. L., Braunwald, E., Steg, P. G., Davidson, J., Hirshberg, B., ... & Cavender, M. A. (2013). Saxagliptin and cardiovascular outcomes in patients with type 2 diabetes mellitus. *New England Journal of Medicine*, 369(14), 1317-1326.
76. Karagiannis, T., Bekiari, E., Boura, P., & Tsapas, A. (2016). Cardiovascular risk with DPP-4 inhibitors: latest evidence and clinical implications.
77. Karagiannis, T., Bekiari, E., Boura, P., & Tsapas, A. (2016). Cardiovascular risk with DPP-4 inhibitors: latest evidence and clinical implications.
78. DeVries, J. H., & Rosenstock, J. (2017). DPP-4 Inhibitor–Related Pancreatitis: Rare but Real!. *Diabetes care*, 40(2), 161-163.
79. Tikkanen, I., Narko, K., Zeller, C., Green, A., Salsali, A., Broedl, U. C., & Woerle, H. J. (2015). Empagliflozin reduces blood pressure in patients with type 2 diabetes and hypertension. *Diabetes Care*, 38(3), 420-428.
80. Neeland, I. J., McGuire, D. K., Chilton, R., Crowe, S., Lund, S. S., Woerle, H. J., ... & Johansen, O. E. (2016). Empagliflozin reduces body weight and indices of adipose distribution in patients with type 2 diabetes mellitus. *Diabetes and Vascular Disease Research*, 13(2), 119-126.
81. Kilov, G., Leow, S., & Thomas, M. (2013). SGLT2 inhibition with dapagliflozin: a novel approach for the management of type 2 diabetes. *Australian family physician*, 42(10), 706.

82. Garber, A. J. (2011). Long-acting glucagon-like peptide 1 receptor agonists: a review of their efficacy and tolerability. *Diabetes care*, 34(Supplement 2), S279-S284.
83. Baraniuk, J. N., & Jamieson, M. J. (2010). Rhinorrhea, cough and fatigue in patients taking sitagliptin. *Allergy, Asthma & Clinical Immunology*, 6(1), 8.
84. Goud, A., Zhong, J., Peters, M., Brook, R. D., & Rajagopalan, S. (2016). GLP-1 agonists and blood pressure: a review of the evidence. *Current hypertension reports*, 18(2), 16.
85. NPS MedicineWise. (2018). *Sitagliptin, vildagliptin and saxagliptin — dipeptidyl peptidase-4 inhibitors ('gliptins') for add-on therapy in type 2 diabetes mellitus / RADAR*. [online] Available at: <https://www.nps.org.au/radar/articles/sitagliptin-vildagliptin-and-saxagliptin-dipeptidyl-peptidase-4-inhibitors-gliptins-for-add-on-therapy-in-type-2-diabetes-mellitus#revision-history> [Accessed 19 Apr. 2018].
86. Van De Laar, F. A., Lucassen, P. L., Akkermans, R. P., van de Lisdonk, E. H., Rutten, G. E., & van Weel, C. (2005). α-Glucosidase inhibitors for patients with type 2 diabetes: results from a Cochrane systematic review and meta-analysis. *Diabetes care*, 28(1), 154-163.
87. Rosak, C., & Mertes, G. (2012). Critical evaluation of the role of acarbose in the treatment of diabetes: patient considerations. *Diabetes, metabolic syndrome and obesity: targets and therapy*, 5, 357.
88. Hanefeld, M. (2007). Cardiovascular benefits and safety profile of acarbose therapy in prediabetes and established type 2 diabetes. *Cardiovascular diabetology*, 6(1), 20.
89. Zhu, Q., Tong, Y., Wu, T., Li, J., & Tong, N. (2013). Comparison of the hypoglycemic effect of acarbose monotherapy in patients with type 2 diabetes mellitus consuming an Eastern or Western diet: a systematic meta-analysis. *Clinical therapeutics*, 35(6), 880-899.
90. He, K., Shi, J. C., & Mao, X. M. (2014). Safety and efficacy of acarbose in the treatment of diabetes in Chinese patients. *Therapeutics and clinical risk management*, 10, 505.

## p20-22 Fit for it: Exercise and diabetes complications

1. Hordern M.D. et al. Exercise prescription for patients with type 2 diabetes and pre-diabetes: A position statement from Exercise and Sport Science Australia. *Journal of Science and Medicine in Sport* 15 (2012) 25–31
2. Marwick TH, Hordern MD, Miller T, et al. Exercise training for type 2 diabetes mellitus: impact on cardiovascular risk: a scientific statement from the American heart association. *Circulation* 2009;119:3244–3262.
3. Snowling NJ, Hopkins WG. Effects of different modes of exercise training on glucose control and risk factors for complications in type 2 diabetic patients: a meta-analysis. *Diabetes Care* 2006;29:2518–2527.
4. Green A, Engstrom A and Friis P. Exercise: an essential evidence-based medicine. *Med J Aust* 2018; 208 (6): 242-243.
5. Praet SF, Manders RJ, Lieverse AG, et al. Influence of acute exercise on hyperglycemia in insulin-treated type 2 diabetes. *Med Sci Sports Exerc* 2006;38:2037–2044.
6. Garg S, Zisser H, Schwartz S, Bailey T, Kaplan R, Ellis S, Jovanovic L. Improvement in glycemic excursions with a transcutaneous, real-time continuous glucose sensor: a randomized controlled trial. *Diabetes Care*. 2006;29(1):44-50.
7. Morrison S, Colberg S, Mariano M, Parson H and Vinik A. Balance training reduces falls risk in older individuals with type 2 diabetes. *Diabetes Care* 2010;33: 748-750.

8. Lemaster JW, Mueller MJ, Reiber GE, et al. Effect of weight-bearing activity on foot ulcer incidence in people with diabetic peripheral neuropathy: feet first randomized controlled trial. *Phys Ther* 2008;88:1385–1398.
9. Armen J, Smith BW. Exercise considerations in coronary artery disease, peripheral vascular disease, and diabetes mellitus. *Clin Sports Med* 2003;22:123–133, viii.
10. Exercise and Type 2 Diabetes: American College of Sports Medicine and the American Diabetes Association Joint Position Statement. *Medicine & Science in Sports & Exercise*: 2010;42(12):2282-2303.
11. Marwick TH, Hordern MD, Miller T, et al. Exercise training for type 2 diabetes mellitus: impact on cardiovascular risk: a scientific statement from the American heart association. *Circulation* 2009;119:3244–3262.
12. The American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults Hypertension. 2017.
13. Cornelissen, V & Smart, N. Exercise training for blood pressure: a systematic review and meta-analysis. *J Am Heart Assoc.* 2013. 2(1): 2(1):e004473
14. Wannamethee SG, Shaper AG. Weight change and duration of overweight and obesity in the incidence of type 2 diabetes. *Diabetes Care* 1999;22:1266–1272.
15. Schafer A, Vittinghoff E, Lang T, Sellmeyer D, Harris T, Kanaya A, Strotmeyer E, Cawthon P, Cummings S, Frances, Tylavsky A, Scherzinger A and Schwartz A, for the Health, Aging, and Body Composition (Health ABC) Study. Fat Infiltration of Muscle, Diabetes, and Clinical Fracture Risk in Older Adults. (*J Clin Endocrinol Metab*. 2010; 95: 0000–0000, 2010)
16. Pagnotti G and Styner M. Exercise Regulation of Marrow Adipose Tissue. *Frontiers in Endocrinology*. 2016; 7: 1-10.
17. Aydeniz A, Gursoy S, Guney E. Which musculoskeletal complications are most frequently seen in Type 2 diabetes mellitus? *J Int Med Res* 2008;36:505–11.
18. Akiyoshi H, Masafumi G, Kazutoshi H, Kazuhiro Y, Hitoshi Y, Masato N, Yoshito U, Joji M, Hiroaki F. Vascular endothelial growth factor 121 and 165 in the subacromial bursa are involved in shoulder joint contracture in type II diabetics with rotator cuff disease. *Journal of Orthopaedic Research* 2003; 21(6): 1138-1144.

#### p24-26 Unashamedly metformin:

1. Marshall, S. M. (2017). 60 years of metformin use: a glance at the past and a look to the future. *Diabetologia*, 60(9), 1561–1565. <http://doi.org/10.1007/s00125-017-4343-y>
2. McCulloch, D. K. (2018). Metformin in the treatment of adults with type 2 diabetes mellitus - UpToDate. Retrieved March 13, 2018, from <https://www.uptodate.com/>
3. WHO Model List of Essential Medicines 20th List WHO Model List of Essential Medicines (March 2017) Explanatory notes. (2017). Retrieved from <http://www.who.int/medicines/publications/essentialmedicines/en/>
4. Sanchez-Rangel, E., & Inzucchi, S. E. (2017). Metformin: clinical use in type 2 diabetes. *Diabetologia*, 60(9), 1586–1593. <http://doi.org/10.1007/s00125-017-4336-x>

5. General practice management of type 2 diabetes. (2016). Retrieved from <https://static.diabetesaustralia.com.au/s/fileassets/diabetes-australia/5d3298b2-abf3-487e-9d5e-0558566fc242.pdf>
6. Fischer, J., & Ganellin, C. R. (2010). Analogue-based Drug Discovery II. Wiley-VCH. Retrieved from - [https://books.google.com.au/books?id=h2Kd8ci4Ln8C&pg=PA49&redir\\_esc=y#v=onepage&q&f=false](https://books.google.com.au/books?id=h2Kd8ci4Ln8C&pg=PA49&redir_esc=y#v=onepage&q&f=false)
7. Witters, L. A. (2001). The blooming of the French lilac. *The Journal of Clinical Investigation*, 108(8), 1105–7. <http://doi.org/10.1172/JCI14178>
8. US Dept of Agriculture, Plants Profile for Galega officinalis (professor-weed). (n.d.). Retrieved April 2, 2018, from <https://plants.usda.gov/core/profile?symbol=GAOF>
9. Bailey, C., & Day, C. (2004). Metformin: its botanical background. *Practical Diabetes International*, 21(3), 115–117. <http://doi.org/10.1002/pdi.606>
10. Shenfield, G. (2013). Metformin: myths, misunderstandings and lessons from history. *Australian Prescriber*, 36(2), 38–39. <http://doi.org/10.18773/austprescr.2013.017>
11. The Discovery of Insulin. (n.d.). Retrieved April 2, 2018, from <https://www.nobelprize.org/educational/medicine/insulin/discovery-insulin.html>
12. Bailey, C., & Day, C. (2004)
13. Dronsfield, A., & Ellis, P. (2011). Drug discovery: metformin and the control of diabetes. *Education in Chemistry*, November, 185–87. Retrieved from [http://www.rsc.org/images/EIC\\_Nov2011\\_Metformin\\_tcm18-210010.pdf](http://www.rsc.org/images/EIC_Nov2011_Metformin_tcm18-210010.pdf)
14. Rungby, J., Demant, G., & Gether, L. (2016). History of the Sulphonylureas (revision number 18). In Diapedia. Diapedia.org. <http://doi.org/10.14496/dia.8104336183.18>
15. Marita, A. R., & Patade, G. (2014). Metformin: A Journey from countryside to the bedside. *Journal of Obesity and Metabolic Research*, 1(2), 127. <http://doi.org/10.4103/2347-9906.134435>
16. Shenfield, G. (2013, April 1).
17. Fimognari, F. L., Pastorelli, R., & Incalzi, R. A. (2006). Phenformin-induced lactic acidosis in an older diabetic patient: a recurrent drama (phenformin and lactic acidosis). *Diabetes Care*, 29(4), 950–1. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/16567854>
18. Hankó, B., Tukarcs, É., Kumli, P., & Vincze, Z. (2005). Antidiabetic Drug Utilization in Hungary. *Pharmacy World & Science*, 27(3), 263–265. <http://doi.org/10.1007/s11096-004-5804-1>
19. Stacpoole, P. W. (1998). Metformin and lactic acidosis: guilt by association? *Diabetes Care*, 21(10), 1587–8. <http://doi.org/10.2337/DIACARE.21.10.1587q>
20. Ekström, N., Schiöler, L., Svensson, A.-M., Eeg-Olofsson, K., Miao Jonasson, J., Zethelius, B., ... Gudbjörnsdóttir, S. (2012). Effectiveness and safety of metformin in 51 675 patients with type 2 diabetes and different levels of renal function: a cohort study from the Swedish National Diabetes Register. *BMJ Open*, 2(4), e001076. <http://doi.org/10.1136/bmjopen-2012-001076q>
21. Salpeter, S. R., Greyber, E., Pasternak, G. A., & Salpeter (posthumous), E. E. (2010). Risk of fatal and nonfatal lactic acidosis with metformin use in type 2 diabetes mellitus. In S. R. Salpeter (Ed.), *Cochrane Database of Systematic Reviews* (p. CD002967). Chichester, UK: John Wiley & Sons, Ltd. <http://doi.org/10.1002/14651858.CD002967.pub3>
22. DeFronzo, R., Fleming, G. A., Chen, K., & Bicsak, T. A. (2016). Metformin-associated lactic acidosis: Current perspectives on causes and risk. *Metabolism*, 65(2), 20–29. <http://doi.org/10.1016/J.METABOL.2015.10.014>

23. Research, C. for D. E. and. (n.d.). Drug Safety and Availability - FDA Drug Safety Communication: FDA revises warnings regarding use of the diabetes medicine metformin in certain patients with reduced kidney function. Retrieved from <https://www.fda.gov/Drugs/DrugSafety/ucm493244.htm>
24. King, P., Peacock, I., & Donnelly, R. (1999). The UK prospective diabetes study (UKPDS): clinical and therapeutic implications for type 2 diabetes. *British Journal of Clinical Pharmacology*, 48(5), 643–8. <http://doi.org/10.1046/J.1365-2125.1999.00092.X>
25. Boyle, J., & Teede, H. (2012). RACGP - Polycystic ovary syndrome - An update. *Australian Family Physician*, 41(10), 752–756. Retrieved from <https://www.racgp.org.au/afp/2012/october/polycystic-ovary-syndrome/>
26. Boyle, J., & Teede, H. (2012).
27. Boyle, J., & Teede, H. (2012).
28. Metformin (Systemic) - AusDI. (2018). Retrieved April 14, 2018, from <https://ausdi.hcn.com.au/productMonograph.hcn?file=0434>
29. Metformin (Systemic) - AusDI. (2018).
30. Metformin (Systemic) - AusDI. (2018).
31. Therapeutic Guidelines (2018). Retrieved April 14, 2018, from [www.tg.org.au](http://www.tg.org.au).
32. Metformin (Systemic) - AusDI. (2018).
33. Diabetes Prevention Program Research Group, T. D. P. P. R. (2012). Long-term safety, tolerability, and weight loss associated with metformin in the Diabetes Prevention Program Outcomes Study. *Diabetes Care*, 35(4), 731–7. <http://doi.org/10.2337/dc11-1299>
34. Phase 4: Investigational Study to Evaluate Metformin XR Monotherapy Versus Metformin IR Monotherapy in Subjects With Type 2 Diabetes - Full Text View - ClinicalTrials.gov. (n.d.). Retrieved April 14, 2018, from <https://clinicaltrials.gov/ct2/show/study/NCT01864174?sect=X780156>
35. Blonde, L., Dailey, G., Jabbour, S., Reasner, C., & Mills, D. (2004). Gastrointestinal tolerability of extended-release metformin tablets compared to immediate-release metformin tablets: results of a retrospective cohort study. <http://doi.org/ISSN: 0300-7995>
36. Pharmaceutical Benefits Scheme (PBS) | PBS Medicine Search. (n.d.). Retrieved April 14, 2018, from <http://www.pbs.gov.au/pbs/search?term=metformin>
37. Davies, M., Pieber, T. R., Hartoft-Nielsen, M.-L., Hansen, O. K. H., Jabbour, S., & Rosenstock, J. (2017). Effect of Oral Semaglutide Compared With Placebo and Subcutaneous Semaglutide on Glycemic Control in Patients With Type 2 Diabetes. *JAMA*, 318(15), 1460. <http://doi.org/10.1001/jama.2017.14752>
38. Campbell, J. M., Bellman, S. M., Stephenson, M. D., & Lisy, K. (2017). Metformin reduces all-cause mortality and diseases of ageing independent of its effect on diabetes control: A systematic review and meta-analysis. *Ageing Research Reviews*, 40, 31–44. <http://doi.org/10.1016/j.arr.2017.08.003>
39. NIH researchers find diabetes drug extends health and lifespan in mice | National Institutes of Health (NIH). (n.d.). Retrieved April 13, 2018, from <https://www.nih.gov/news-events/news-releases/nih-researchers-find-diabetes-drug-extends-health-lifespan-mice>
40. Metformin in Longevity Study - Tabular View - ClinicalTrials.gov. (n.d.). Retrieved April 13, 2018, from <https://clinicaltrials.gov/ct2/show/record/NCT02432287>
41. American Physiological Society. "Three-week Diet-Exercise Study Shows 50 Percent Reversal In Metabolic Syndrome, Type 2 Diabetes." ScienceDaily. [www.sciencedaily.com/releases/2006/01/060115182443.htm](http://www.sciencedaily.com/releases/2006/01/060115182443.htm) (accessed April 12, 2018).

42. Lim, E. L., Hollingsworth, K. G., Aribisala, B. S., Chen, M. J., Mathers, J. C., & Taylor, R. (2011). Reversal of type 2 diabetes: normalisation of beta cell function in association with decreased pancreas and liver triacylglycerol. *Diabetologia*, 54(10), 2506–14. <http://doi.org/10.1007/s00125-011-2204-7>
43. Aggarwal, N., Singla, A., Mathieu, C., Montanya, E., Pfeiffer, A. F. H., Johnsson, E., ... Bailey, C. (2018). Metformin extended-release versus immediate-release: An international, randomized, double-blind, head-to-head trial in pharmacotherapy-naïve patients with type 2 diabetes. *Diabetes, Obesity and Metabolism*, 20(2), 463–467. <http://doi.org/10.1111/dom.13104>

### p28-29 Reality Check – Managing diabetes in the immigrant population

1. New data deepens Diabetes fears in Sydney's West. Western Sydney Diabetes Media centre July 11 2017 <https://www.westernsydneydiabetes.com.au/whats-happening/new-data-deepens-diabetes-fears-in-sydney-s-west-10-jul-2017>
2. Chen L, Magliano DJ, Balkau B, et al. AUSDRISK: An Australian Type 2 Diabetes Risk Assessment Tool based on demographic, lifestyle and simple anthropometric measures. *Med J Aust* 2010;192(4):197–202.
3. A picture of Diabetes in overseas born Australians AIHW, Holdenson Z, Catanzariti L, Phillips G, Waters A. 23 Oct 2003

### p32-34 Food Stuff: Cheap eats

1. Lee, A., Kane, S., Ramesey, R., Good, E and Dick, M (2016). Testing the price and affordability of healthy and current(unhealthy) diets and the potential impacts of policy change in Australia. *BMC Public Health* 16:315 doi:10.1186/s12889-016-2996-y.
2. Australia Institute of Health and Welfare (AIHW). (2012). Australia's food and nutrition. Canberra: AIHW. Available via <https://www.aihw.gov.au/reports/food-nutrition/australias-food-and-nutrition-2012-in-brief/contents/in-brief>
3. ABS (2015). Australian Aboriginal and Torres Strait Islander Health Survey: Nutrition Results - Food and Nutrients, 2012-13 . Available via <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4727.0.55.005~2012-13~Main%20Features~Food%20Security~36>
4. Burns, C. (2004). A review of the literature describing the link between poverty, food insecurity and obesity with specific reference to Australia. Melbourne: Victorian Health Promotion Foundation.
5. Kleve, S., Davidson, Z., Geron , E. , Booth, S. and Palermo, C. (2017). Are low-to-middle-income households experiencing food insecurity in Victoria, Australia? An examination of the Victorian Population Health Survey, 2006-2009. *Australian Journal of Primary Health*, 2017,23, 249–256. doi.org/10.1071/PY16082
6. Ward, P. Verity, F., Carter, P., Tsourtos, G., Coveney, J. and Wong, K.C. (2013) Food stress in Adelaide; the relationship between low income and the affordability of healthy food, *Journal of Environmental and Public Health*. Article ID 968078, doi: org/10.1155/2013/968078
7. Kim Spurway and Karen Soldatic (2016) "Life just keeps throwing lemons"; the lived experience of food insecurity among Aboriginal people with disabilities in the West Kimberley, *Local Environment*, 21:9, 1118-1131, <http://dx.doi.org/10.1080/13549839.2015.1073235>

8. Williams, L., Abbott, G., Thornton, L. Worsley, A., Ball, K. and Crawford, D. (2014). Improving perceptions of healthy food affordability: results from a pilot intervention. International Journal of Behavioural Nutrition and Physical Activity, 11:33. Available via [www.ijbnpa.org/content/11/1/33](http://www.ijbnpa.org/content/11/1/33)