

## **RECENT ADVANCES IN DIABETES AND RHEUMATOLOGY**

### **DIABETES**

The recent availability of the Continuous Glucose Monitoring System (CGMS), allows us to get a round the clock look at the blood glucose profile of the person wearing the monitor. It has been a tremendous asset to help with managing very unstable and labile diabetic patients. It helps to pinpoint when glucose fluctuations occur and how wide these are and allows with great accuracy to tailor insulin doses to the persons needs. WE ARE PROUD TO BE THE FIRST IN THIS AREA TO BE MAKING AVAILABLE THIS GROUND BREAKING TECHNOLOGY.

### **INTRAVENOUS BISPHOSPHONATES FOR OSTEOPOROSIS**

We now have 2 agents for helping osteoporosis sufferers who cannot take oral medicines like Fosamax, Actonel or Boniva. Because these agents have the potential for significant worsening of Gastro Esophageal Reflux Disease (GERD), or causing the development of Esophagitis and lead to stricture, they have not been used in patients with Osteoporosis who also have GERD.

BONIVA given IV every 3 months and RECLAST given annually also IV are a great addition to our ability to treat osteoporosis in selected patients, as they have no or very little effect on GERD. As with all Bisphosphonates it is advisable to have any planned major dental surgery before starting treatment to avoid the rare complication of Osteonecrosis of the Jaw (ONJ). BONIVA takes about 5 mins. and RECLAST about 30 mins.

### **ANTI IL6 TRIAL AT THE CLINIC**

We are one of 15 satellite trial centers nationwide for the study of effectiveness of the Anti IL6 drug Tocilizumab. It has long been appreciated that Rheumatoid Arthritis (RA), has its inflammatory effects mediated by several agents called lymphokines. One of them is the Tumor Necrosis Factor (TNF) and antiTNF agents such as Remicade, Enbrel and Humira have been profoundly useful in treating RA. One of the others is Interlekin1 and its antagonism by Kineret has been very useful in one variety of Juvenile RA. Interlekin6 is another such lymphokine. Now we have an anti IL6 agent (Tocilizumab), that has shown promise in RA and we are proud to be chosen to be a part of this study. We are now enrolling patients in this study.