

# Tight Control in Type 2 Diabetes: More harm than good?

## Resources

### For Providers

Veterans Affairs/Department of Defense Guideline for the Management of Type 2 Diabetes Mellitus in Primary Care 2017

<https://www.healthquality.va.gov/guidelines/CD/diabetes/>

[Pocket Guide](#): Shared Decision Making with the Patient with Diabetes from VA/DoD

Antihyperglycemics Deprescribing Algorithm

[http://deprescribing.org/wp-content/uploads/2015/11/deprescribing\\_algorithms2016\\_AHG\\_vf-cc-Sept-2016-InDesign.pdf](http://deprescribing.org/wp-content/uploads/2015/11/deprescribing_algorithms2016_AHG_vf-cc-Sept-2016-InDesign.pdf)

[Deprescribing.org](http://deprescribing.org)

Number Needed to Treat for Tight Glycemic Control for Type 2 Diabetes (over 5 years)

<http://www.thennt.com/nnt/tight-glycemic-control-for-type-2-diabetes-over-5-years/>

### For Patients

Free admission to Department of Parks and Recreation pools for DC residents

<https://dpr.dc.gov/page/aquatics-admission-and-fees>

[ParkRx America](#)

Let's Get #FitDC

<https://dpr.dc.gov/service/lets-get-fitdc>

Produce Plus Program/DC Greens

<https://doh.dc.gov/service/produce-plus-program>

<http://dcgreens.org/customer/>

Patient Pamphlet on Sulfonylureas

<http://www.criugm.qc.ca/fichier/pdf/SULFONYLUREA.pdf>

[FRESHFARM](#) – farmers markets in the DMV area that offer assistance accessing nutrition

21 Day Vegan Kickstart – Meal Plans

<http://www.pcrm.org/health/diets/kickstart/kickstart-programs>

[Fact Sheet](#) about Low Blood Sugar – Veterans Health Administration

[Video](#) about the Signs of Low Blood Sugar – Veterans Health Administration

## **Nutrition Information**

Nutrition CME

<https://www.nutritioncme.org/>

Physicians Committee for Responsible Medicine

<https://www.pcrm.org/>

[NutritionMD.org](http://NutritionMD.org)

[NutritionFacts.org](http://NutritionFacts.org)