

Type 2 Diabetes –

A costly disease and a leading cause of death:

New Pathways to Preventing and Managing Diabetes



It is widely known that diabetes is among the leading causes of death in the United States. And the American Diabetes Association estimated the total costs of diagnosed diabetes have risen to \$347 billion in 2017. The financial burden, health resources used and lost productivity associated with diabetes continues to increase.

In this era of medical breakthroughs, new research suggests that those who have developed type 2 diabetes may actually be able to reverse the disease with weight loss, diet changes and exercise! Over the last 20 years, researchers have developed a more nuanced understanding of the role of dietary fats and carbohydrates in the development of diabetes. New lower cost technologies that provide users easy and accurate continuous glucose monitoring is dramatically changing the way type 2 diabetes is managed, and this bodes well for future prevention of this disease. Please join us for an enlightening discussion with Dr. Caroline Richardson as she provides us insightful research on the prevention and management of type 2 diabetes.

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**Tuesday,
September 24, 2019**

**RSVP to Angela J. McCullum
amccullu@umich.edu, or call
517-372-7801**

Location:
Mackinac Room, 5th Floor
Anderson House Office Bldg.
124 N. Capitol Avenue, Lansing,
Michigan 48933

11:30 AM - 12:30 PM



Dr. Caroline R. Richardson is professor and the Associate Chair of Research in the Department of Family Medicine at the University of Michigan. She is also a health services and implementation researcher with a focus on incorporating physical activity promotion into primary care clinical practice for individuals with chronic diseases including diabetes, coronary artery disease, COPD and back pain. Until May 2015, Dr. Richardson was director of the VA Diabetes Quality Enhancement Research Initiative (DM QUERI), a national center that coordinates implementation research related to diabetes care and diabetes prevention nationally at the VA. Dr. Richardson received her B.S. from the Massachusetts Institute of Technology (MIT) in 1986, and an M.D. from Harvard University in 1994. She was also a Robert Wood Johnson (RWJ) Clinical Scholar at the University of Michigan in 2001.

More About the Caucus

University of Michigan Alumni and friends who work in and around the State Capitol are welcome to participate in the Wolverine Caucus. Our mission is to provide diverse forums at which University of Michigan friends can meet one another, enjoy fellowship, exchange views, and learn from the world-class talents of the University of Michigan.

To receive announcements of upcoming programs, call the UM Lansing Service Center at (517) 372-7801 or email veronicj@umich.edu

More About the Speakers



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