



# It Is That Time of Year Again

Stephen A. Brunton

The American Diabetes Association's (ADA's) *Standards of Care in Diabetes* exist as the gold standard for evaluation and management of diabetes. These annually published clinical practice recommendations serve as a framework and guide for all clinicians who treat people with diabetes. For those of us in primary care, the Standards of Care represents a condensation of the best evidence-based recommendations to assist us in keeping up with the countless developments in this fast-paced field.

The ADA's Primary Care Advisory Group (PCAG) has worked diligently to summarize and condense the 321-page 2024 Standards of Care recently published as a supplement to *Diabetes Care* (1) into a more manageable 42-page abridged version that highlights the aspects of this important document that are particularly applicable to primary care practice. In the hope that a picture truly is worth a thousand words, the PCAG has made the abridged Standards even more accessible this year by adopting a useful graphical format. We are pleased to include the 2024 Abridged Standards of Care in this issue, starting on p. 181 (2).

Standards of Care chapters that are summarized in the abridged version include:

1. Improving Care and Promoting Health in Populations
2. Diagnosis and Classification of Diabetes
3. Prevention or Delay of Type 2 Diabetes and Associated Comorbidities
4. Comprehensive Medical Evaluation and Assessment of Comorbidities
5. Facilitating Positive Health Behaviors and Well-Being to Improve Health Outcomes
6. Glycemic Goals and Hypoglycemia

7. Diabetes Technology
8. Obesity and Weight Management for the Prevention and Treatment of Type 2 Diabetes
9. Pharmacologic Approaches to Glycemic Treatment
10. Cardiovascular Disease and Risk Management
11. Chronic Kidney Disease and Risk Management
12. Retinopathy, Neuropathy, and Foot Care
13. Older Adults
14. Children and Adolescents
15. Management of Diabetes in Pregnancy
16. Diabetes Care in the Hospital

As the ADA continues to focus on the needs of primary care clinicians, planning is also underway to develop the 2024 edition of the popular Diabetes Is Primary continuing education conference series. The overarching goal of the series will be to provide an advanced diabetes education program that focuses on clinical depth, patient-centered care, advanced technology integration, and the practical application of knowledge in complex clinical situations. Addressing potential gaps in understanding of the latest recommendations will help primary care clinicians provide more effective and personalized diabetes care.

It is certainly an exciting time to be working in diabetes. We have progressed a long way from past eras of limited data that resulted in inadequate recommendations. For example, we no longer monitor glycemic control with urine glucose measurements, but rather have the benefit of advanced glucose-sensing technology. Similarly, we have a much more complete understanding of the pathophysiology of diabetes, which has engendered the development of new therapies that target specific defects or processes. There are many additional developments on the horizon, and as they emerge, the ADA will continue to spread the word and serve as a resource for those of us on the front lines of diabetes care.

## REFERENCES

1. American Diabetes Association Professional Practice Committee. *Standards of Care in Diabetes—2024*. *Diabetes Care* 2024;47(Suppl. 1):1–321
2. American Diabetes Association Primary Care Advisory Group. *Standards of Care in Diabetes—2024* abridged for primary care professionals. *Clin Diabetes* 2024;42:181–222

Primary Care Metabolic Group, Winnsboro, SC

Corresponding author: Stephen A. Brunton, sbrunton@pceconsortium.org

<https://doi.org/10.2337/cd23-0094>

©2024 by the American Diabetes Association. Readers may use this article as long as the work is properly cited, the use is educational and not for profit, and the work is not altered. More information is available at <https://www.diabetesjournals.org/journals/pages/license>.