Diabetes Spectrum is committed to assisting health care professionals in developing strategies to individualize treatment and enhance diabetes self-management education to optimize patient outcomes. It presents comprehensive, peer-reviewed original research and review articles on topics in diabetes prevention and medical management, care innovations, professional and patient education, medical nutrition therapy, behavioral science and counseling, pharmacy and therapeutics, and advocacy. The journal’s From Research to Practice section provides in-depth explorations of selected diabetes care topics, with a primary focus on translating current research findings into practical clinical applications.

Diabetes Spectrum (Print ISSN 1040-9165; Online ISSN 1944-7353) is published every February, May, August, and November by the American Diabetes Association, Inc., 2451 Crystal Drive, Suite 900, Arlington, VA 22202. ©American Diabetes Association”, Inc., 2018. All rights reserved under the International and Pan-American Copyright Convention. This publication may not be reproduced in whole or in part without written permission of the American Diabetes Association”, Inc.

Periodical postage paid at Arlington, VA, and additional mailing offices. For subscription information, call toll free (800) 232-3472, 8:30 a.m. to 5:00 p.m. EST, Monday through Friday. Outside the U.S., call (703) 549-1500.

Claims for missing issues must be made within 6 months of publication. The publisher expects to supply missing issues free of charge only when losses have been sustained in transit and when the reserve stock permits.

POSTMASTER: Send change of address to Diabetes Spectrum COA, 2451 Crystal Drive, Suite 900, Arlington, VA 22202.

Opinions expressed in signed articles are those of the authors and are not necessarily endorsed by the American Diabetes Association.

Printed in the USA.