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., 2019. 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.

Associate Editors
Jane K. Dickinson, RN, PhD, CDE
Andrea V. Dunn, RD, LD, CDE
Laura Hieronymus, DNP, MSEd, RN, MLDE, BC-ADM, CDE, FAADE
Joshua Neumiller, PharmD, CDE
Susana R. Patton, PhD, CDE
Katia Cristina Portero McLellan, PhD, RDN, BC-ADM, CDE, CDTC, FAADE, FAAN
Carolina Solis-Herrera, MD
Jennifer M. Trujillo, PharmD, FCCP, BCPS, CDE, BC-ADM

Editorial Board
Anastasia Albanese-O’Neill, PhD, APRN, CDE
Veronica Joyce Brady, PhD, MSN, BSN
Catherine Brown, MS, RD, CDE
Maureen E. Chomko, RD, CDE
Fran R. Cogen, MD, CDE
Erica F. Crannage, PharmD, BCPS, BCACP
Hope Feldman, CRNP, FNP-BC
Cheyenne Newsome, PharmD, PhC, BCACP
Jeremy Pomeroy, PhD
Clipper F. Young, PharmD, MPH, CDE, BC-ADM

Advertising
American Diabetes Association
Paul Nalbandian
Associate Publisher
Advertising & Sponsorships
pnalbandian@diabetes.org
(703) 253-4806
Tina Aulette
Senior Account Executive
taullette@diabetes.org
(703) 253-4809

Pharmaceutical Digital
The Walchli Tauber Group
Maura Paoletti
National Sales Manager
Maura.Paoletti@wt-group.com
(443) 512-8899, Ext. 110

American Diabetes Association Officers
Chair of the Board
David Herrick, MBA
President, Health Care & Education
Gretchen Youssef, MS, RD, CDE
President, Medicine & Science
Louis Philipson, MD, PhD, FACP
Secretary/Treasurer
Brian Bertha, JD, MBA
Chair of the Board-Elect
Umesh Verma
President-Elect, Health Care & Education
Mary de Groot, PhD
President-Elect, Medicine & Science
Robert H. Eckel, MD
Secretary/Treasurer-Elect
Martha Parry Clark, MBA
Chief Scientific, Medical & Mission Officer
William T. Cefalu, MD
Chief Executive Officer
Tracey D. Brown, MBA, BCChE