

# MEDICAL BULLETIN



BSBMB0417ED1

**BREAKTHROUGH:**

**REVERSING  
TYPE 2  
DIABETES**

**FAILURE OF THE**

**X-RAY  
RESULT  
DIAGNOSIS**



Bulletin  
APRIL  
2017

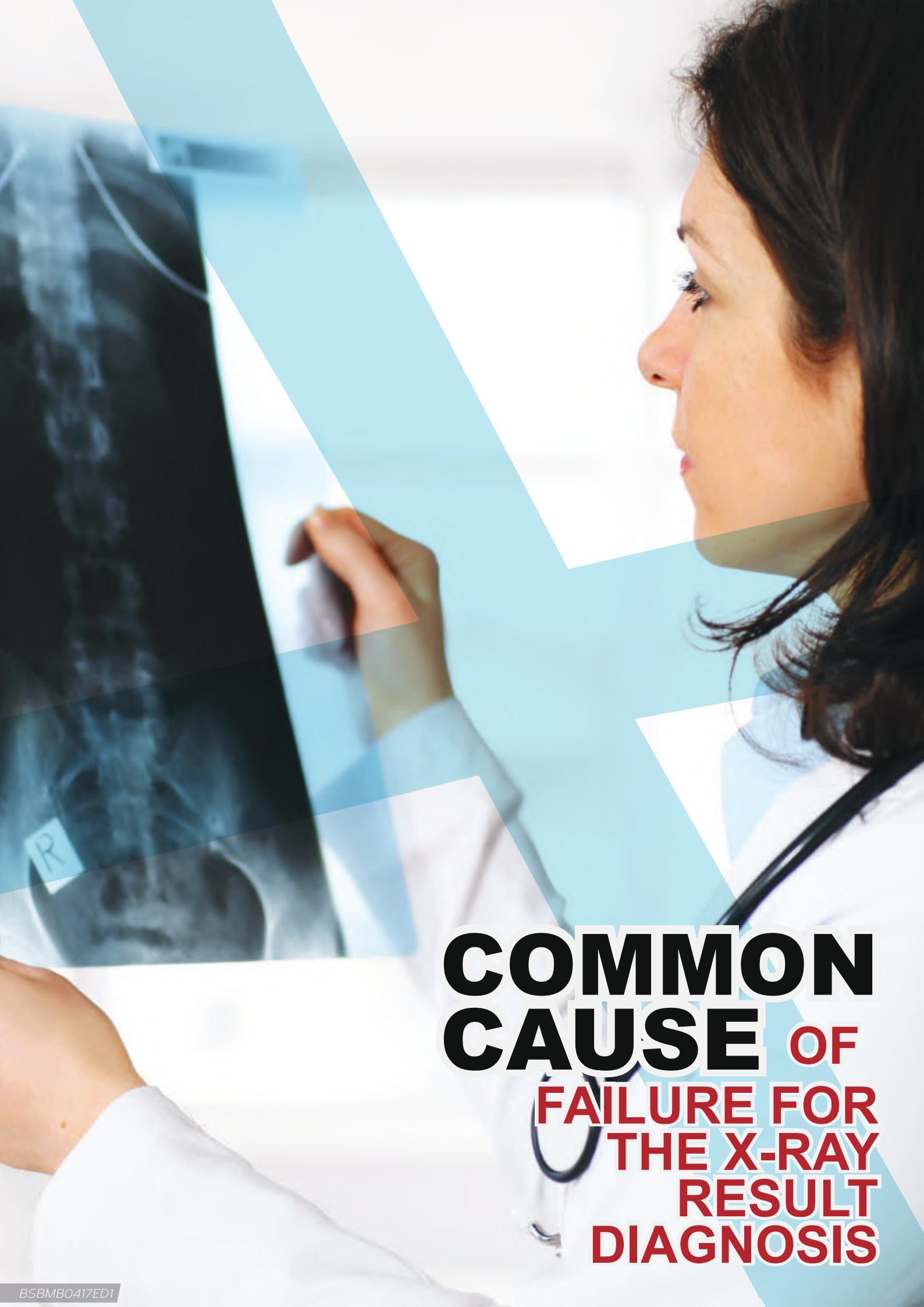
**Dear Dr's and Colleagues,**

Greetings from Bestinet Medical Compliance Team. Moving forward into the first quarter of 2017, a review on the workers failing the medical examination in Malaysia continues in the radiological interpretation relating to both incidental and pathological studies.

X-ray images as audited reveals the differences in diagnosis as well as image quality. We will degenerate back to the primary issues as discussed earlier on nodular lesions and also to focus on image quality to ensure radiographers apply the right exposure standards to assist radiologist in reporting on the image.

Another note of concern, till todate, there are still no response or supportive articles, suggestion or questions from doctors for the case studies.

Sincerely,  
*Sam SU*



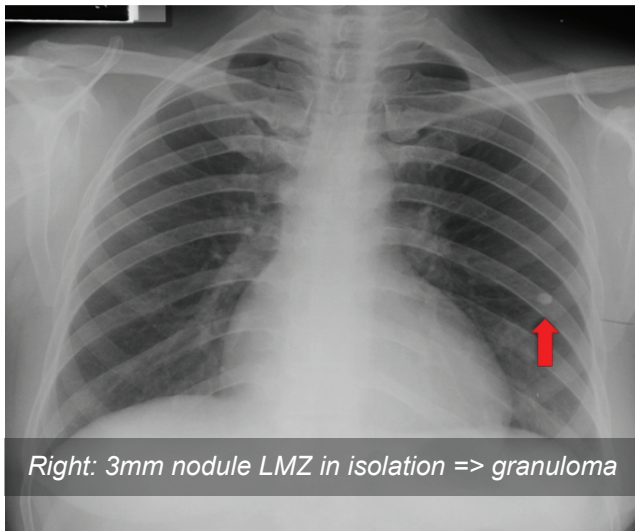
**COMMON  
CAUSE OF  
FAILURE FOR  
THE X-RAY  
RESULT  
DIAGNOSIS**

# COMMON CAUSE OF FAILURE FOR WORKER CHEST XRAY CLINICAL FINDINGS



Sample review of chest x-ray is reported as normal by radiologist from the medical centre in source country but fail in Malaysia due to granuloma.

\*Kindly review the chest x-ray and isolate the granuloma



Right: 3mm nodule LMZ in isolation => granuloma

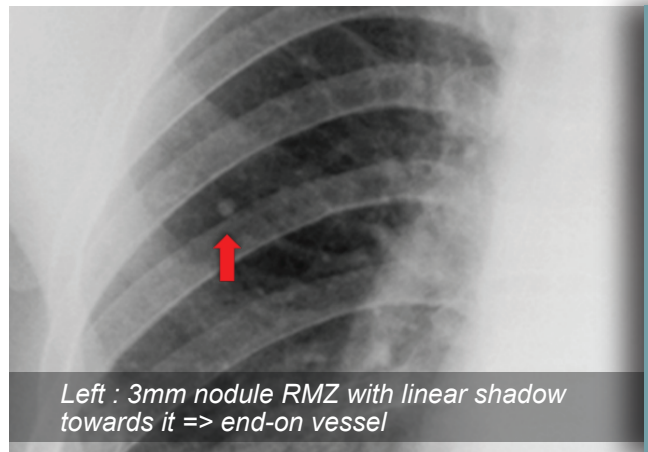
## Any nodules in isolation

(No nearby vessels or bronchus seen) as abnormal if :

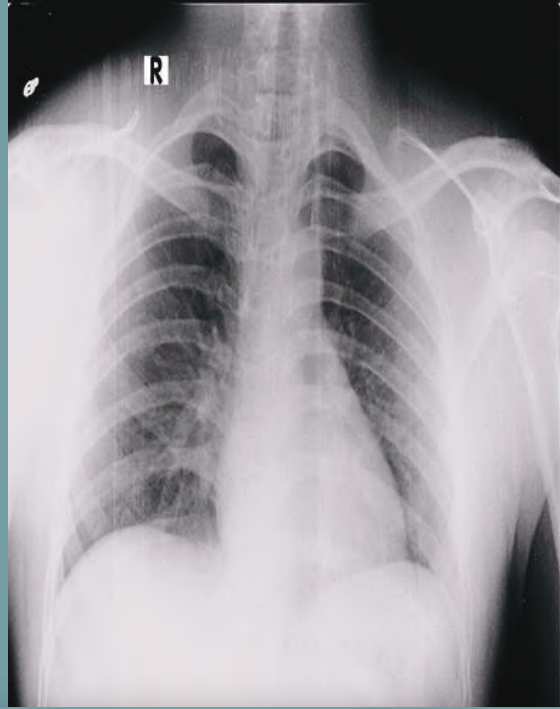
- ▶ In the lateral 1/3, the nodule is >1mm
- ▶ In the middle 1/3, the nodule is >5mm
- ▶ In the medial 1/3, the nodule is >10mm

## Not sure?

- ▶ Ask for extra views
- ▶ Ask for 2nd opinion



Left : 3mm nodule RMZ with linear shadow towards it => end-on vessel



## IMAGE QUALITY

Let us know your opinions in the quality of these suboptimal chest X-ray images being forwarded from some medical centres in our routine audits. If it's from your x-ray facility kindly rectify the causes.

*Note : Projection, Rotation, Inspiration, Penetration and Artifacts all contributes to image quality.*

# ***BREAKTHROUGH***

## **TYPE 2 DIABETES CAN BE REVERSED WITH INTENSIVE MEDICAL TREATMENT**

Type 2 diabetes can be reversed with intensive medical treatment using oral medications, insulin and lifestyle therapies, according to a study published in the Endocrine Society's *Journal of Clinical Endocrinology & Metabolism*.



Type 2 diabetes is typically thought of as a chronic condition. As it progresses, individuals with Type 2 diabetes often need to practise healthy diet, exercise and an increasingly complex combination of medications to manage the condition.

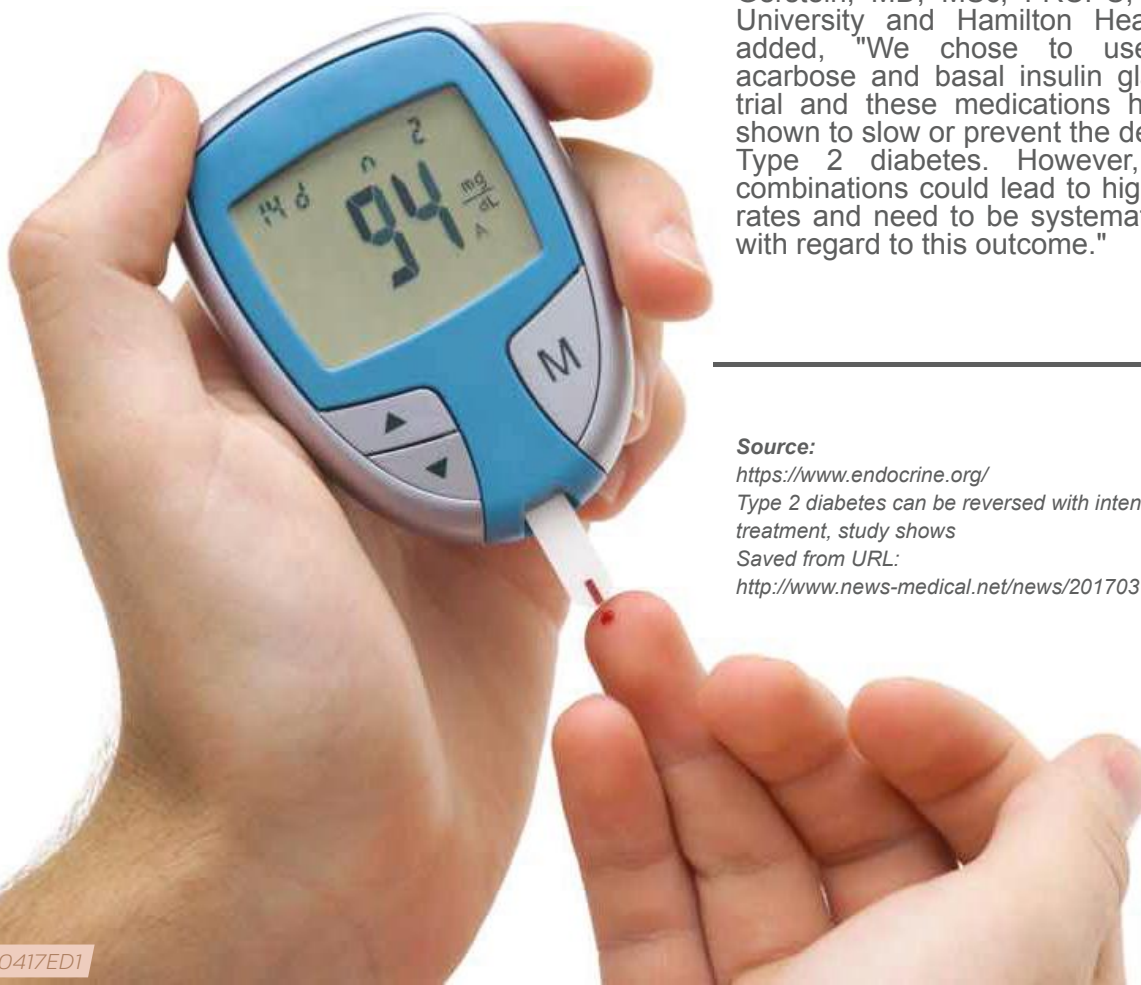
"By using a combination of oral medications, insulin and lifestyle therapies to treat patients intensively for two to four months, we found that up to 40 percent of participants were able to stay in remission three months after stopping diabetes medications," said the study's first author, Natalia McInnes, MD, MSc, FRCPC, of McMaster University and Hamilton Health Sciences, in Hamilton, Ontario, Canada.

Adding to that comment, McInnes continued "The findings support the notion that Type 2 diabetes can be reversed, at least in the short term - not only with bariatric surgery, but with medical approaches."

"The research might shift the paradigm of treating diabetes from simply controlling glucose to an approach where we induce remission and then monitor patients for any signs of relapse, the idea of reversing the disease is very appealing to individuals with diabetes", ended McInnes in her statement for a medical interview recently.

It motivates them to make significant lifestyle changes and to achieve normal glucose levels with the help of medications. This will give pancreas a rest and decreases fat stores in the body, which in turn improves insulin production and effectiveness."

The senior investigator on the trial, Hertzell C. Gerstein, MD, MSc, FRCPC, of McMaster University and Hamilton Health Sciences added, "We chose to use metformin, acarbose and basal insulin glargine in this trial and these medications have all been shown to slow or prevent the development of Type 2 diabetes. However, other drug combinations could lead to higher remission rates and need to be systematically studied with regard to this outcome."



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**Source:**

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

*Type 2 diabetes can be reversed with intensive medical treatment, study shows*

Saved from URL:

<http://www.news-medical.net/news/20170315/>



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