

Speaker profile:

Dr Simon Croxson

Dr Simon Croxson, Consultant Physician in Geriatric and Diabetic Medicine, Bristol General Hospital, will look at management and treatment of diabetes in his talk entitled *Diabetes; preventing hypoglycaemia* at GM's conference on 19th October 2011. For more information about the GM conference, see page 364 or visit www.gerimed.co.uk/conference.

Dr Simon Croxson Consultant Physician in Geriatric and Diabetic Medicine, Bristol General Hospital
email simon.croxson@virgin.net

Hypoglycaemia is a serious hazard in older patients and something that elderly people and medical staff often poorly appreciate.

This will be a key issue debated in Dr Croxson's presentation at the GM conference in October. He said: "Achieving glycaemic control as effectively and as safely as possible should therefore be the first aim. It is important to note that HbA1c is also increased by ageing and iron deficiency."

He added that the aim of

treating the older diabetic person is to preserve quality of life by treating all atherothrombotic variables (eg, glucose, lipids, and blood pressure) in the context of people with other physical health, mental health and socio-economic problems.

Better glycaemic control may improve cognition and well being, and might avoid infection, muscle weakness and metabolic decompensation. However, there are no randomised controlled trials to guide glycaemic targets

in older people.

NICE HbA1c targets are <6.5% for oral agent monotherapy and <7.5% for insulin or combination therapy. UK general practice observational data shows lowest mortality with HbA1c 7.5%.

"Ultimately, one has to understand the patients and drugs, understand each others' abilities, pressures and culture, and to have free, rapid communication, which will be suppressed by the purchaser provider split."

Box 1: Biography



Simon Croxson qualified at Southampton in 1981, and trained in general, geriatric and diabetic medicine at Leicester and Sheffield. He was appointed consultant at Bristol in 1994; his clinical work focuses on the elderly diabetic person. Previous research has been very epidemiologically biased, performing the Melton Mowbray screening survey that showed the prevalence and mortality of diabetes in the elderly. His particular interests in elderly diabetes are screening, epidemiology, care homes and clinical management. He has been on the editorial boards of several journals and at present is co-editor of *Practical Diabetes*. He has chaired the British Geriatrics Society Diabetes group and lectures widely on diabetes in the elderly. He has won several awards for his work on the elderly diabetic person.