

Contents lists available at [ScienceDirect](#)

Canadian Journal of Diabetes

journal homepage:
www.canadianjournalofdiabetes.com


Letter to the Editor

Response to the Letter to the Editor From Dr. Boudreau et al, “Validation of a Stepwise Approach Using Glycated Hemoglobin Levels to Reduce the Number of Required Oral Glucose Tolerance Tests to Screen for Cystic Fibrosis–Related Diabetes in Adults”

*To the Editor:*

We thank Dr. Boudreau and her colleagues for their interest in our article and for externally validating our findings in the Glycone database.

We agree that the proposed stepwise approach to cystic fibrosis (CF)-related diabetes screening, using a glycated hemoglobin threshold of 5.5%, has the potential to alleviate some of the investigative burden for patients with CF and may result in monetary savings. It is important to note that our study, as well as Dr. Boudreau's, did not include patients younger than 18 years of age. Therefore, our next step will be to perform further analyses in the pediatric proportion of the Toronto CF database. We also suspect that the benefits of the 2-step screening approach could be greater in clinics with a higher proportion of mild CF mutations and lower rate of CF-related diabetes. We recommend further analysis, prior to application, at centres with starkly different clinical and demographic characteristics.

Like Dr. Boudreau, our team wished to understand the reasons underlying the low rate of completion of oral glucose tolerance tests. The top 3 reasons identified at our clinic were: 1) lack of notification that an oral glucose tolerance test was due; 2) long travel distance to the clinic; and 3) patients feeling unwell because of

fasting (1). To remedy these problems, we implemented an e-mail notification system, provided outpatient oral glucose tolerance test requisitions for patients with long travel distances and adopted the proposed 2-step screening approach. Two months after implementation, we were able to achieve a CF-related diabetes screening rate of 94% (1).

Julie A. Gilmour, MBChB, MSc, FRCPC
Division of Endocrinology
St. Michael's Hospital
University of Toronto
Toronto, Ontario
Canada

Author Disclosures

Conflicts of interest: None.

Reference

1. Gilmour J, Mannik L, Gent K, et al. Improving CFRD screening rates in Canada one orange drink at a time. Poster presentation North American Cystic Fibrosis Conference. November 2017.

DOI of original article: <https://doi.org/10.1016/j.jcjd.2018.11.005>

1499-2671/© 2019 Published by Elsevier Inc. on behalf of Canadian Diabetes Association. The Canadian Diabetes Association is the registered owner of the name Diabetes Canada. <https://doi.org/10.1016/j.jcjd.2019.02.002>