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CARDI•OH
Ohio Cardiovascular and Diabetes Health Collaborative

Cardi-OH Update



The Ohio Cardiovascular & Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

Tune in to Cardi-OH Radio

Podcast 51 - Preventing Cardiovascular Disease in Youth

Listen to Sarah Tyler Plummer, MD, from Case Western Reserve University.

Cardi-OH Radio podcasts highlight national, state, and local leaders discussing timely topics for primary care clinicians.

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**Cardi-OH
RADIO**



Sarah Tyler Plummer, MD

Pearls for Clinical Practice

Capsule 50 - Tips for Talking With Patients About Sweetened Beverages

Did You Know?

Patients often turn to artificially sweetened beverages for weight loss or glycemic control although research suggests that some artificial sweeteners are linked to

Cardi-OH

CAPSULE

alteration of the gut microbiome and cardiovascular disease.

Capsules provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.

DECEMBER 2024 - CAPSULE BY
Tips for Talking With Patients About Sweetened Beverages

Regular intake of sugary drinks is associated with increased risk of weight gain, cardiovascular disease, diabetes, cancer, other chronic diseases, and premature death.¹ As part of weight loss or glycemic control efforts, patients may seek alternatives to sugar-sweetened beverages, which may include beverages with artificial sweeteners. Some studies support the use of artificially sweetened beverages in reducing the risk of metabolic syndrome² and in weight management.³ However, other research points to lack of benefit for weight management⁴ and an alteration of the gut microbiome.⁵ For the sweetener erythritol specifically, a higher risk of cardiovascular disease has been shown in observational studies.⁶ When discussing patient goals, clinicians can validate that changing any habit can be difficult but ultimately rewarding. In addition to offering a supportive environment in which to discuss behavior change, clinicians can offer a list of healthier alternative options to sugar-sweetened or artificially sweetened beverages.

Table 1. Sugary Beverages: Definitions and Alternatives

Category	Definition	Examples
Sugar-Sweetened Beverages	Sweetened with added sugar or other sweeteners, such as high-fructose corn syrup or fruit juice.	Soda, fruit drinks, energy drinks, sugar-sweetened iced coffee and tea beverages, and sugar-sweetened alcoholic beverages ⁷
Artificially Sweetened Beverages	Contains non-nutritive sweeteners, such as aspartame, saccharin, sucralose, low-calorie sweeteners such as monk fruit extract or stevia glycosides, or sugar alcohols, such as sorbitol or erythritol. ⁸	
Healthy Alternatives	Do not contain added sugar or non-nutritive sweeteners.	Water, flavored carbonated water, iced tea, brewed with fresh herbs, a splash of juice, or citrus

1. American Heart Association. Sugary drinks and health. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugary-drinks>. Accessed December 1, 2024.
2. Sirtori CR, Gianfranceschi G, Franceschini G, et al. Artificially sweetened beverages and metabolic syndrome: a systematic review and meta-analysis. *Am J Clin Nutr*. 2010;92(5):1253-1260.
3. Sirtori CR, Gianfranceschi G, Franceschini G, et al. Artificially sweetened beverages and weight management: a systematic review and meta-analysis. *Am J Clin Nutr*. 2010;92(5):1261-1268.
4. Sirtori CR, Gianfranceschi G, Franceschini G, et al. Artificially sweetened beverages and weight management: a systematic review and meta-analysis. *Am J Clin Nutr*. 2010;92(5):1269-1276.
5. Sirtori CR, Gianfranceschi G, Franceschini G, et al. Artificially sweetened beverages and weight management: a systematic review and meta-analysis. *Am J Clin Nutr*. 2010;92(5):1277-1284.
6. Sirtori CR, Gianfranceschi G, Franceschini G, et al. Artificially sweetened beverages and weight management: a systematic review and meta-analysis. *Am J Clin Nutr*. 2010;92(5):1285-1292.
7. American Heart Association. Sugary drinks and health. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugary-drinks>. Accessed December 1, 2024.
8. American Heart Association. Sugary drinks and health. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugary-drinks>. Accessed December 1, 2024.

For more information, visit www.heart.org.

News You Can Use

Current 45 - PREVENT Equations Provide Enhanced CVD Risk Assessment

Currents provide brief summaries of the latest advances in medicine or clinical practice related to diabetes or hypertension and include links to additional resources.



December 2024 Statewide Webinar: Watch the Recording!

Primary and Secondary Prevention of Cardiovascular Disease in Women

An interdisciplinary group of more than 170 professionals from across the state joined us for the December 4, 2024, webinar featuring:

KEYNOTE SPEAKER

Leslie Cho, MD

Vice Chair, Heart, Vascular and Thoracic Institute
Director, Women's Cardiovascular Center
Cleveland Clinic

Cardi-OH WEBINAR



Leslie Cho, MD

[View recording](#)

OBJECTIVES

- Identify cardiovascular risk considerations unique to women.
- Provide evidence-based patient education on the prevention and risk management of cardiovascular disease.
- Screen and treat cardiovascular disease risk factors in women.

View the webinar recording and slides on [Cardi-OH.org](https://www.heart.org).

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Sharing best practices to improve cardiovascular and diabetes health

In partnership with



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