

Diabetes

NEWS

Baptist Health Diabetes Care Centers

April–June 2009

Weight-loss surgery also reduces diabetes

Stomach surgery to promote weight loss in obese patients with type 2 diabetes will also reduce and often eliminate the need for insulin and other medication.

Anthony Gonzalez, M.D., medical director of the Bariatric Program at South Miami Hospital, said that there are primarily two types of weight-loss surgery — **gastric bypass**, in which a small stomach pouch is created with a stapler device, and the **adjustable lap band**, which uses a rubber band-like device to make the stomach smaller.

“For people with diabetes, the gastric bypass is the more effective option,” said Dr. Gonzalez. “About 90 percent of patients no longer need medication, and the other 10 percent can do without insulin, maybe taking a pill or two.” The results are less dramatic with the lap band, he said, but still it can eliminate the need for medication in 60 percent of cases.

In making the choice, said Dr. Gonzalez, patients also need to consider that gastric bypass surgery is much more complex than the lap band procedure and carries greater risks.

“For people who are addicted to candy and

sweets, the gastric bypass operation has a beneficial side effect that the lap band does not have,” he said. “Eating sugar after the surgery will make a patient feel ill.”

Dr. Gonzalez said that the improvement in diabetes for patients undergoing gastric bypass surgery is often immediate and dramatic. “It often happens within a day or two after the surgery,” he said, “long before any actual weight loss has occurred.” The procedure also cures high blood pressure and sleep apnea in most patients, he said.

Weight-loss surgery is covered by Medicare and many insurance plans. Discuss with your doctor whether weight-loss surgery may be a good option for you, or call the Baptist Health Physician Referral Service at **786-596-6557**.



Men's Health Day

Free blood sugar screening and counseling with diabetes educators are just some of the activities that will be available at the annual Men's Health Day at South Miami Hospital. This free event is set for **Saturday, June 20, 9 a.m.-12 noon**, at the Victor E. Clarke Education Center. For more informa-

tion, call the Diabetes Care Center at South Miami Hospital, **786-662-5168**.

Education in Doral

The Baptist Hospital Diabetes Care Center now offers education services in Doral, at the office of the American Diabetes Association, 8405 NW 53 St., Suite A-101. Call **786-596-3696** for an appointment.

Baptist Hospital & Baptist Children's Hospital – 786-596-3696 ■ Mariners Hospital – 305-434-3700
South Miami Hospital – 786-662-5168 ■ Homestead Hospital – 786-596-3696

From the Administrator

Not a week goes by without someone sending me an article or news alert about a new diet for people with diabetes. The headline will be something like “Atkins-style Ketogenic Diet Shines in Blood Sugar Control in Obese Diabetics.”

The hope is that I will respond: “Wow! I am impressed! Sure, go ahead and eat a lot of fat and carbs and you will do great!”

Well, I don’t say that. Come on, folks, you know what I’m going to say! If you want to be healthy, you have to eat healthfully, which includes all food groups, and live a healthy lifestyle, which includes exercise and plenty of sleep. Boring, but that’s the way it goes.

While the studies that make headlines do show that you can get good blood-sugar control on some of these diets, the chances are that you will not be able to keep them up for long. You need not a diet, but a meal plan that works for you and that you can stay on for the rest of your life.

It is also true that everyone is different. One medication might work better on you than your neighbor, and a meal plan that

works for your neighbor might not be right for you. Each of us is different in the foods we like or hate, our activity level, what foods we can or cannot afford, our love or dislike of cooking, whether we have good teeth or our dentures fall out and, of course, our genetic makeup.

So it is absurd to think that one diet is best for everyone! What happens in the laboratory is very different from what happens in your kitchen.

This is why we have registered dietitians on staff at the Diabetes Care Centers. Each person with diabetes will have the best chance at success with a meal plan customized especially for him or her.

For more information, call the Diabetes Care Centers at Baptist Hospital at **786-596-3696**, South Miami Hospital at **786-662-5168** or Mariners Hospital at **305-434-1627**. The meeting with a registered dietitian is often covered by insurance.

*Lois Exelbert, R.N., CDE, BC-ADM
Administrator
Diabetes Care Center, Baptist Hospital*

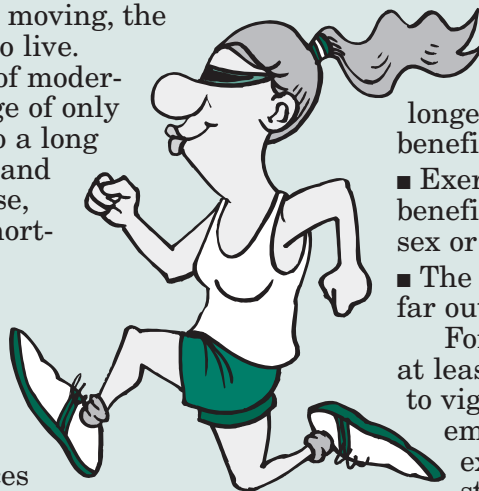
Get moving!

The more you keep your body moving, the better and longer you are likely to live.

At least 150 minutes a week of moderate physical activity — an average of only about 20 minutes a day — will go a long way toward keeping you healthy and lowering your risk of heart disease, diabetes and various other life-shortening conditions.

That’s the bottom line of new guidelines issued by the U.S. Department of Health and Human Services (HHS) for individuals over age 6.

In addition to diabetes and heart disease, exercise also reduces the risk of high blood pressure, high cholesterol, stroke, colon and breast cancer, and early death. Regular exercise helps prevent falls, insomnia and depression and also improves cognitive function and a sense of well-being.



The research findings conclude:

- The more you do and the longer you do it, the greater the benefits.
- Exercise is an equal-opportunity benefit, regardless of age, ethnicity, sex or disability.
- The benefits of physical exercise far outweigh the risks.

For children, HHS recommends at least an hour a day of moderate to vigorous exercise, with an emphasis on having fun. The exercise should focus on strengthening muscles and bones.

For older adults, the guidelines stress that some exercise is better than none if a chronic condition prevents 150 minutes a week. The focus should be on activities that improve balance.

The report also says that it takes only half

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Check your blood pressure

Many people with diabetes also suffer from high blood pressure, also known as hypertension. Since this is a risk factor for heart disease and many other serious complications, people with diabetes should be carefully monitored for high blood pressure.

Hypertension is defined as a blood pressure of 140/90 or greater. "Patients with diabetes should aim to keep their blood pressure at 130/80 or less," said **Gerardo Polanco, M.D.**, Baptist Cardiac & Vascular Institute cardiologist.

It has been shown that treatment of hypertension will reduce the complications associated with diabetes.

"Much like the early stages of diabetes, hypertension has no symptoms," Dr. Polanco said. "It can cause a great deal of damage before you even know it's there, so it's very important to have blood pressure checked by a healthcare professional, particularly if you have diabetes," he said.

Ed Neff, M.D., a cardiologist at South Miami Heart Center, said that studies have shown diabetes increases the chances of having a heart attack to the same level as in people without diabetes who have had a previous heart attack. "Therefore, doctors now treat people with diabetes as if they also have a history of heart disease," he said.

Other studies have shown that people with

both diabetes and hypertension have double the risk of cardiovascular disease as nondiabetic people with hypertension. People with both hypertension and diabetes are also at increased risk for retina and kidney problems.

Treatment of high blood pressure begins with improving health habits, according to Dr. Neff. "If you stop smoking, eat a healthy diet, maintain a healthy body weight, exercise and limit your intake of salt, that can go a long way to controlling high blood pressure, and is good therapy for diabetes as well."

If lifestyle changes alone are not enough, Dr. Polanco said, "There are many effective medications available for the treatment of hypertension."

If you are concerned about the effects of high blood pressure, talk to your doctor. Need a doctor? Call the Baptist Health Physician Referral Service at **786-596-6557**.

Tests you can use

Ever wonder how many calories you, personally, need in a day? Ever wonder how your blood sugar is doing when you can't test it?

The Diabetes Care Center at Baptist Hospital offers a number of tests to help patients better understand and control their health.

The **Resting Metabolic Rate** test measures metabolism and can provide a good picture of how many calories are needed to maintain, gain or lose weight. It's \$55. For more information or an appointment, call **Scott Saxon** at **786-596-0510**.

In the **Continuous Glucose Monitoring** test, a sensor is worn for seven days that measures blood sugar every five minutes. The data is downloaded and graphed to provide an accurate picture of what is happening to blood sugar during the day. A report is provided to the patient and his or her physician. The \$199 cost may be covered by insurance. For more information or an appointment, call **786-596-3696**.

Get moving!

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the time — 75 minutes a week — of vigorous physical activity to achieve the same benefits. Moderate-intensity aerobic physical activity includes such things as walking briskly, water aerobics, ballroom dancing and general gardening. Vigorous-intensity aerobic activities include racewalking, jogging or running, swimming laps, jumping rope and hiking uphill or with a heavy backpack.

The Diabetes Care Center can help you develop a safe exercise program that is right for you. Make an appointment with one of our exercise physiologists for a personal assessment by calling Baptist Hospital at **786-596-3696** or South Miami Hospital at **786-662-5168**.

Scott Saxon

Exercise Physiologist

Diabetes Care Center, Baptist Hospital

Foot checks important

Foot problems are one of the most common complaints of people with diabetes and can lead to serious complications, including amputation. It's wise to have your feet checked on a regular basis. For a referral to a podiatrist, call the Baptist Health Physician Referral Service at **786-596-6557**.





**Baptist Health
South Florida**

Diabetes Care Centers

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Diabetes **NEWS**

Educational Programs

BAPTIST HOSPITAL — 8900 North Kendall Drive. Call **786-596-3696** to register.

Adult Insulin Pump Support Group — Third Wednesday of every month from 7 to 8:30 p.m., Baptist Hospital Diabetes Care Center Classroom, 3rd floor Main Building (3 Main West). Pump users and family members interested in attending this free group should contact **Raquel Klieger, RPH, CDE**, at raquelk@baptisthealth.net or **786-596-0502**.

Supermarket Tour — Tour the supermarket with an expert from the Baptist Hospital Diabetes Care Center and learn to read food labels and make wise food choices. Second Wednesday of each month from 6 to 7:30 p.m. at the Publix at SW 107 Avenue and North Kendall Drive. Cost is \$50.

SOUTH MIAMI HOSPITAL — Victor E. Clarke Education Center, U.S. 1 and SW 62 Avenue. Call **786-662-5168** to register.

Diabetes Support Group — 3-4 p.m., first Wednesday of the month, Classroom A.

Available online. You can read *Diabetes News* online, or sign up for the newsletter, both in English and in Spanish, at the Baptist Health website, www.baptisthealth.net. Call **786-596-3696** if you would like a friend to receive future issues of *Diabetes News*.

BAPTIST CHILDREN'S HOSPITAL — 8900 North Kendall Drive.

Parent/Child Support Group — For families newly diagnosed with diabetes, this free support group meets the first Wednesday of every other month from 6:30 to 8 p.m. in the Diabetes Care Center classroom, 3rd floor Main Building (3 Main West), at Baptist Hospital. **Gary X. Lancelotta, Ph.D.**, and **Judy Waks, R.N., CDE**, lead the group. For more information or to register, call **786-596-3696**.

Teen/Preteen Support Group — Anyone interested in this group should call **Debbie Gillman, R.N.**, at **786-596-4607**.

HOMESTEAD HOSPITAL — Diabetes education services are available at the Tower Medical Building, 151 NW 11 Street, Suite W-201. Call **786-596-3696** to make an appointment.

Diabetes Support Group — 6-7 p.m., first Tuesday of the month, in the hospital's Mango Room (Auditorium 2), Campbell Drive (SW 312 Street) and SW 147 Avenue.

MARINERS HOSPITAL — Educational services are available in Suite 206 of the Tassell Medical Arts Building, located on the Mariners Hospital campus, Mile Marker 91.5 in Tavernier. Call **305-434-3700** for more information.

Diabetes News is published quarterly for the friends of Baptist Health Diabetes Care Centers. If you'd like to make an appointment at any of our convenient locations, call **786-596-3696** at Baptist Hospital, **786-662-5168** at South Miami Hospital or **305-434-3700** at Mariners Hospital. For a referral to a physician specializing in diabetes care, call the Physician Referral Service at **786-596-6557**. You can also visit us online at www.baptisthealth.net. If you prefer not to receive future issues of *Diabetes News*, please call us at **786-596-6534**, or e-mail diabetes@baptisthealth.net.