

Diabetes

NEWS

Baptist Health Diabetes Care Centers

July–September 2009

Test your diabetes knowledge

Do you think you know a lot about diabetes? Here's a quiz to test your expertise, with information taken from the American Diabetes

Association (ADA) website (www.diabetes.org). Answer true or false to the following statements:

- | | |
|---|--|
| 1. People with diabetes can't eat sweets or chocolate. | True <input type="checkbox"/> False <input type="checkbox"/> |
| 2. Eating too much sugar causes diabetes. | True <input type="checkbox"/> False <input type="checkbox"/> |
| 3. People with diabetes should eat special diabetic foods. | True <input type="checkbox"/> False <input type="checkbox"/> |
| 4. If you have diabetes, you should avoid starchy foods such as bread, potatoes and pasta. | True <input type="checkbox"/> False <input type="checkbox"/> |
| 5. People with diabetes should get flu shots because they are more likely to get the flu and other illnesses. | True <input type="checkbox"/> False <input type="checkbox"/> |
| 6. Insulin causes atherosclerosis (hardening of the arteries) and high blood pressure. | True <input type="checkbox"/> False <input type="checkbox"/> |
| 7. Insulin should be avoided because it causes weight gain. | True <input type="checkbox"/> False <input type="checkbox"/> |
| 8. Fruit is good for you. People with diabetes should eat plenty of fruit. | True <input type="checkbox"/> False <input type="checkbox"/> |
| 9. Your diabetes regimen is working if your A1C (average blood glucose level over three months) is less than 8. | True <input type="checkbox"/> False <input type="checkbox"/> |



(See page 2 for the answers.)

CPAP lowers blood sugar

Getting a good night's sleep is healthful in many ways, especially for people with type 2 diabetes. Studies have shown that diabetes patients who sleep comfortably through the night have lower blood sugar levels than those who don't.

So it's not surprising that when diabetes patients diagnosed with obstructive sleep apnea get treated for that condition, their blood sugar levels may also improve, accord-

ing to **Howard Braver, M.D.**, medical director of the Sleep Diagnostic Center at Baptist Medical Plaza at Miami Lakes.

A small study recently reported in the *Journal of Clinical Sleep Medicine* looked at 20 people who had both sleep apnea and poorly controlled blood sugar. They were treated with continuous positive airway pressure (CPAP). Their nighttime blood sugar level dropped about 20 points and

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From the Administrator

The economy is taking its toll on people with diabetes. Just look at these two recent newspaper headlines:

“People with diabetes skimp on life-saving care during this recession.”

“Half of the diabetes medications that have been prescribed go unfilled.”

The reports say that people are taking less expensive medications or none at all or are not seeing their healthcare providers because they have no insurance or can't afford co-pays. The implications are terrible because poorly controlled diabetes brings very serious (and expensive) complications down the road.

Diabetes self-management training programs, like the ones we offer at the Diabetes Care Centers, can help people with diabetes get through these difficult economic times. We can teach you healthy lifestyle changes that may reduce or even eliminate your need for medication. Also, we can direct you to resources in the community that offer free or low-cost services to people with diabetes who cannot afford their care.

You can learn to save on food costs, use zero-cost exercises like walking and swimming, and even safely and intelligently

switch to less expensive medications. Do you know that insulin can cost you less than pills? About 60 percent of people with diabetes need insulin injections, but only 33 percent actually take them. We can help overcome your fear of injections, if that bothers you.

In a new brochure from the American Association of Diabetes Educators, **Christopher Saudek, M.D.**, director of Johns Hopkins Diabetes Center in Baltimore, writes: “No diabetes management tool — no known oral agent, insulin or medical device — is as important as the services of a certified diabetes educator.”

So give us a call and see what it's all about! Or, if you are already signed up with us, come to a “booster session” once a year. This type of education is often covered by insurance.

For more information, call the Diabetes Care Center at Baptist Hospital at **786-596-3696**, South Miami Hospital at **786-662-5168** or Mariners Hospital at **305-434-3700**. Diabetes education at an accredited facility is often covered by insurance.

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

All of the answers are false!

1. There are no “off-limit” foods for people with diabetes. Sweets and desserts can be eaten in moderation as part of a healthy meal and exercise plan.
2. Sugar or other foods can't cause diabetes. You also can't catch diabetes from someone else, like you catch a cold. The cause of diabetes rests with a combination of genetic and lifestyle factors. However, being overweight does increase your risk for developing type 2 diabetes. If you have a history of diabetes in your family, it is wise to eat a healthy diet and get regular exercise to reduce your risk.
3. Diabetic and “dietetic” foods offer no special benefit. They can raise blood glucose levels, are usually more expensive and may have a laxative effect. The healthy meal plan for people with diabetes is the same as for everyone else: low in fat (especially saturated and trans fat), and moderate in salt and sugar, with meals based on whole-grain foods, vegetables and fruit.
4. Starchy foods are part of a healthy meal plan. Just be careful about portion size. Whole-grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn should be included in your meals.



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CPAP lowers blood sugar

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they also saw significant improvement in their A1C levels.

In sleep apnea, a flap of muscle closes over the breathing pathway when a person lies down. This causes him or her to stop breathing while sleeping, said Dr. Braver.

"The brain sends out a warning signal that causes the person to awaken so they can start breathing again," he explained. "This cycle repeats many times during the night. The result is a poor night of sleep and drowsiness during the day.

"The person usually is unaware of the apnea, but anyone sharing the bedroom knows that something is wrong because sleep apnea usually is accompanied by loud snoring," he said.

The CPAP device is used to treat sleep apnea. It delivers a flow of air through a nose mask that keeps the airway open; this eliminates the snoring and helps the person sleep through the night.

Since obstructive sleep apnea and diabetes are often related to obesity, many people share these conditions, Dr. Braver said.

"For people with diabetes who snore, it would be wise to participate in a sleep study where apnea can be diagnosed and CPAP prescribed," he said.

A sleep study involves spending a night in a diagnostic sleep center where specialized staff and equipment monitor sleep patterns.

In addition to the sleep center at Baptist Medical Plaza at Miami Lakes, Baptist Health has sleep diagnostic centers at Baptist, South Miami, Homestead and Mariners Hospitals.

To find a physician specializing in sleep medicine, ask your doctor, call the Baptist Health physician referral service at **786-596-6557** or use the online referral service at www.baptisthealth.net.



All of the answers are false

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5. People with diabetes are no more likely to get the flu than anyone else. However, people with diabetes are advised to get flu shots because any infection can increase blood glucose levels and make diabetes management more difficult.

6. Insulin does not cause atherosclerosis. There was some laboratory research that suggested otherwise and some physicians were fearful that insulin might aggravate the development of high blood pressure and hardening of the arteries, but it doesn't.

7. Study after study has shown that the benefit of glucose management with insulin far outweighs the risk of weight gain. If you need it, take it.

8. Fruit is good for you, containing fiber and lots of vitamins and minerals, so you should include some in your meal plan. But many fruits are high in sugar content and can increase blood glucose levels. Fruit should be eaten in moderation as part of a healthy meal plan.

9. The ADA goal is an A1C less than 7 percent, and some other organizations recommend as low as 6.5 percent. An A1C in the sevens does not represent good control. The lower your A1C, the less your chances of complications.

The Baptist Health Diabetes Care Centers can provide you with accurate information and develop a customized lifestyle plan that is a good fit for you. For more information, call the Diabetes Care Center at Baptist Hospital at **786-596-3696**, South Miami Hospital at **786-662-5168** or Mariners Hospital at **305-434-3700**. Diabetes education at an accredited facility is often covered by insurance.

Maria Gough, R.N., CDE

Nurse Manager

Diabetes Care Center, Baptist Hospital

Check your feet

Foot problems are among the most common complaints of people with diabetes and can lead to serious complications, so 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**.





Diabetes **NEWS**

Educational Programs & Support Groups

Outpatient diabetes educational services and support groups are available at several Baptist Health locations including Baptist Hospital, South Miami Hospital, Homestead Hospital and Mariners Hospital.

BAPTIST HOSPITAL — 8900 North Kendall Drive. Call **786-596-3696** for information on a variety of outpatient diabetes services.

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. Make a reservation by calling **786-596-3696**.

Education in Doral — The Baptist Hospital Diabetes Care Center 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.

SOUTH MIAMI HOSPITAL — 6250 Sunset Drive. Call **786-596-3696** for information on outpatient diabetes services.

Diabetes Support Group — 3-4 p.m., first Wednesday of the month, Classroom A, at the Victor E. Clarke Education Center, U.S. 1 and SW 62 Avenue. Call **786-662-5168**.

BAPTIST CHILDREN'S HOSPITAL — 8900 North Kendall Drive. Call **786-596-3696** for information on pediatric diabetes services.

Parent/Child Support Group — A free support group for families newly diagnosed with diabetes led by **Gary X. Lancelotta, Ph.D.**, and **Judy Waks, R.N., CDE**. 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. 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 — Campbell Drive (SW 312 Street) and SW 147 Avenue. Call **786-596-3696** for information about diabetes education services, offered at 151 NW 11 Street, Room W201.

Diabetes Support Group — 6-7 p.m., first Tuesday of the month, in the hospital's Mango Room (Auditorium 2). Call **Elva Diaz, R.N.**, at **786-243-8224**.

MARINERS HOSPITAL — Mile Marker 91.5 in Tavernier. Call **305-434-3700** for information about diabetes educational services, offered in Suite 206 of the Tassell Medical Arts Building.

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*.

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.