

Diabetes

NEWS

Baptist Health Diabetes Care Centers

April — June 2008

How sleep affects diabetes

Getting a good night's sleep is important to everyone's overall health, but especially important to people with diabetes.

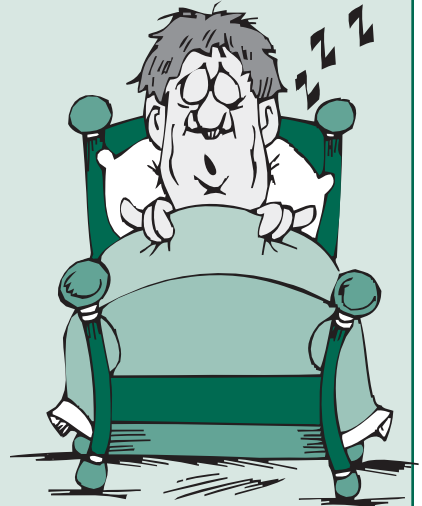
Adequate sleep ensures proper growth hormone function, restores tissue repair and growth, lowers blood pressure, improves memory recall, decreases stress hormones and enhances immunity. It also affects blood sugar, insulin levels and appetite.

Inadequate sleep leaves you feeling drowsy during the day and causes problems at work, increased risk of accidents and feeling too tired to exercise or eat healthfully. It can impair memory and performance, lead to depressed moods and increase appetite and food cravings, which, in turn, can lead to obesity, high blood glucose and insulin resistance.

How much sleep is enough? For most

adults, 7½-8½ hours per night is the right answer. Teens need even more — 9-10 hours per night — older adults can do with a bit less — 6½-7½ hours — plus a short nap in the afternoon.

Poor sleep often is associated with disorders such as sleep apnea or restless leg syndrome, and anyone with a chronic sleeping problem should be tested at an accredited sleep diagnostic center.



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Three upcoming programs

Three upcoming programs at Baptist Hospital, 8900 N. Kendall Drive, are being offered to people with diabetes and their families. All are free, but reservations are required by calling **786-596-3696**.

Diabetic Neuropathy: Diagnosis and Treatment will be presented on **Thursday, April 10, 6:30-8 p.m.**, in the Baptist Cardiac & Vascular Institute conference room. Neurologist **Brad Herskowitz, M.D.**, will discuss numbness and pain in the legs and feet, a major complication of diabetes, and its causes, symptoms, diagnosis and current and evolving treatments.

Sleep Disorders and the Diabetes

Connection, a discussion about how a poor night's sleep can promote high blood sugar and the relationship between obesity and sleep disturbances, will be presented by **James Krainson, M.D.**, a specialist in sleep medicine. The program will take place **Tuesday, April 22, 6:30-8 p.m.**, in the Baptist Hospital Auditorium.

Diabetes Goes to College, a health fair for college-bound students with diabetes and their families, will be presented by **Jose Perez-Rodriguez, M.D.**, and members of the Baptist Hospital Diabetes Care Center staff on **Saturday, May 10, 9 a.m. -12 noon**, in the Baptist Hospital Auditorium. The program debuted last year and was very popular, becoming an annual event.

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

The nation's top diabetes experts gather each year to evaluate the standards of diagnosis and treatment and make their recommendations. Here are the highlights of the American Diabetes Association's "2008 Practice Guidelines for Screening, Diagnosing and Treating Diabetes."

1. Fasting blood sugar tests and/or a two-hour post-glucose load are still the preferred tests for diabetes screening. A glucose tolerance test is the next step if results are questionable. The A1C blood test, which provides a three-month average blood sugar result, should not be used for diagnosis.
2. Anyone who is overweight and has a second risk factor (such as a family history of diabetes) should be screened for prediabetes or diabetes regardless of age. For everyone else, regular screenings after age 45 are recommended.
3. Anyone with prediabetes should be evaluated for other cardiovascular risk factors and should be evaluated annually for the development of diabetes.
4. Anyone with prediabetes should be encouraged to lose 5-10 percent of their body weight and to do at least 150 minutes of moderate exercise per week. Insurance companies should cover counseling needed to accomplish this. Those with diabetes should also incorporate resistance training three times per week.
5. The drug metformin should be considered for those who are at a high risk of developing

diabetes, not just those who already have the disease.

6. A1C results should be under 7 (for non-pregnant women), and in some individuals it should be as close to normal as possible, less than 6, as long as there is no threat of low blood sugar reactions. In some individuals, such as young children or those with certain illnesses, there may be a less stringent goal.
7. General nutrition guidelines should promote fiber and whole grain, limiting saturated fat to less than 7 percent of total calories, minimizing trans fat intake and managing overall carbohydrate intake. This can be done by such techniques as carbohydrate counting and using the glycemic index.
8. Diabetes self-management education should be offered to patients at the time of diagnosis and should be covered by insurance.
9. People with diabetes should be considered for employment based on how their medical condition, treatment regimen and medical history fit with job requirements.

If you want more details, the full report is available in the January issue of *Diabetes Care* magazine, available online at www.diabetes.org/diabetescare and select "clinical practice recommendations."

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

How sleep affects diabetes *Continued from page 1*

But often it's just a result of poor sleep habits. If that's the case, here are some tips to improve the quality of your sleep:

- Keep a regular bedtime.
- Try not to nap during the day. But if you do, nap for no more than 15-20 minutes.
- Keep the bedroom dark, quiet and at a comfortable temperature.
- Try some "white noise."
- Restrict caffeine past 10 a.m. (Yes, a.m.!).
- Don't smoke.
- Limit alcohol consumption.
- Exercise regularly but avoid exercise

four to five hours before bedtime.

- Get 30 minutes of sunlight a day.
- Keep business and TV out of the bedroom.
- A warm bath one or two hours before bedtime or a glass of warm milk can be soothing and helpful.

Calling sleep an important public health issue, the national Centers for Disease Control and Prevention has launched a new website on the subject. Visit www.cdc.gov/sleep to learn more.

Mercy Molina, R.D., CDE
Certified Diabetes Educator
Diabetes Care Center, Baptist Hospital



Smoking and type 2 diabetes

The links between smoking and cancer and heart disease are well-known, but recent studies also show a strong link between smoking and type 2 diabetes. A recent report in the *Journal of the American Medical Association* analyzed 25 studies of 1.2 million subjects and found that smokers have a 44 percent greater risk of developing diabetes than nonsmokers.

Among the findings:

- Tobacco use raises blood glucose levels and lessens the effectiveness of insulin.
- Smokers who have diabetes are at a higher risk of heart attack or stroke and have triple the risk of dying of heart disease.
- Smokers are three times more likely to develop kidney disease.



- Nerve damage is more prevalent in smokers because tobacco damages the arteries that carry oxygen and nutrients to the nerves.
- Tobacco contributes to reduced circulation in the legs and feet, which increases the chances of amputation in people with diabetes.

Tobacco-free hospitals

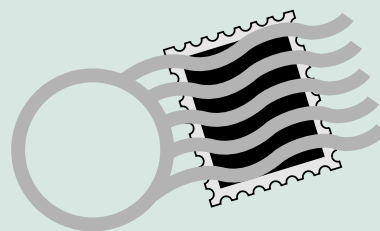
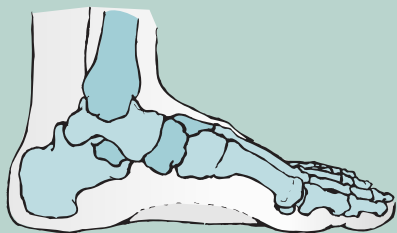
Mariners Hospital and South Miami Hospital go tobacco-free on **May 30**, joining Homestead Hospital, which is already tobacco-free. Each offers smoking-cessation programs for the community. For more information, call **305-434-3700** at Mariners Hospital, **786-662-8484** at South Miami Hospital and **786-243-8598** at Homestead Hospital.

Quick test for osteoporosis

A quick, painless screening for osteoporosis is being offered by Baptist Health during National Osteoporosis Month in May for a special price of \$5 (instead of the usual \$15 fee).

Women with type 1 diabetes have a higher risk than the general population of developing osteoporosis, according to recent studies. This does not appear to be the case in women with type 2 diabetes.

Using ultrasound, the screening measures the bone density in the heel. Based on the results, tests that are more sophisticated may be needed. Call **786-596-3812** for dates and locations and to make an appointment.



We get letters

I am a recently diagnosed diabetic who completed Diabetes Self-management Training at the Diabetes Care Center at Baptist Hospital, and I felt compelled to write you to express my heartfelt appreciation for the wonderful staff.

Everyone from the receptionist to the exercise physiologist was kind, considerate and professional. They all made me feel so at ease! Nutritionists taught me how to eat a well-balanced and satisfying meal. The one comment — “it’s all about making good choices in the foods we eat” — really resonated with me. That one simple comment made the idea of healthy eating choices stick in my mind, and suddenly the diet plan made sense.

The Diabetes Care Center and its remarkable team are a jewel. This community desperately needs this type of program.

Irene Martinez
Miami

(Printed with permission.)



Educational Programs

BAPTIST HOSPITAL — 8900 N. 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 N. 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*.

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.

BAPTIST CHILDREN'S HOSPITAL — 8900 N. 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 — A 10-week support series for teens and preteens, led by **Gary X. Lancelotta, Ph.D.**, and **Debbie Gillman, R.N.** A \$50 fee covers both participation and a required initial screening by the psychology staff. For information about times and dates, call **786-596-3696**.

HOMESTEAD HOSPITAL — Diabetes education services continue at 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 Mango Room (Auditorium 2) of the new Homestead Hospital, Campbell Drive (SW 312 Street) and SW 147 Avenue.

MARINERS HOSPITAL — Educational services 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.



**Baptist Health
South Florida**

Diabetes Care Centers

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