

# Diabetes

NEWS

Baptist Health Diabetes Care Centers

January–March 2009

## Depressed? It may be your diabetes

Are you feeling a little depressed? It may have more to do with your diabetes than with getting through the holiday season.

Depression is a mood disorder in which feelings of sadness, loss, anger or frustration interfere with everyday life for an extended period of time.

Although depression can strike anyone, studies suggest that people with diabetes are at higher risk. Studies also suggest that people with depression may be at greater risk for developing diabetes, perhaps because of increased insulin resistance in depressed patients.

While the cause of depression among people with diabetes is not clear, its probable cause lies in the interactions among physiological, psychological and psychosocial factors. Physiological factors include genetic predisposition, obesity and age. Psychological factors such as stress cause the body to secrete adrenaline, noradrenalin and cortisol, which

raise glucose levels. Lastly, psychosocial factors such as lack of support, knowledge and resources can impair the ability of the individual to provide appropriate self-care.

If you feel like you are experiencing depression, please seek help. Ask your physician to recommend a mental health professional, or call the Baptist Health Physician Referral Service at **786-596-6557**.

Your psychiatrist, psychologist or clinical social worker should work closely with your physician to ensure optimal care and prevent potentially harmful drug interactions.

*Teresa Moreira, LCSW  
South Miami Hospital  
Diabetes Team Counselor*



## A day for women only

The new year is a great time to get in tune with your body at Baptist Hospital's 18th annual Women's Health Day, **Saturday, Jan. 31, 1-4 p.m.** This year's event will have free health screenings for diabetes, cholesterol, body fat ratio and bone density (osteoporosis). There will also be mini-lectures on women's health topics, mini-consults with cosmetic surgeons and fitness demonstrations.

It'll be a free afternoon of laughter, learning, music, refreshments and relaxation. No reservations are required. It all takes place

at the Baptist Medical Arts Building on the Baptist Hospital campus, **8950 North Kendall Drive**. There's plenty of free parking in the adjacent garage.

## Diabetes care in Doral

To make diabetes education services more convenient for people in the Doral area, the Baptist Hospital Diabetes Care Center is now offering programs at the office of the American Diabetes Association, **8405 NE 53 St., Suite A-10**. For more information or to make an appointment, call **786-596-3696**.

**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 secret to living a long and healthy life with diabetes is tight control of blood sugar levels. Keep your blood sugar level low and steady, and you greatly improve your chances of avoiding the terrible complications associated with the disease.

Those who live with diabetes know how difficult that can be, as our bodies react differently to various foods and to the world around us, such as stress or even the time of day. Checking blood sugar levels a couple of times a day can be very misleading, as blood sugar may vary wildly between readings.

Wouldn't it be nice to be able to check blood sugar every few minutes? Of course, that would make you a pincushion. But there is a way to do that easily with new technology.

Continuous Glucose Monitoring (CGM) enables people with diabetes to wear a sensor that tracks glucose trends throughout the day and night and can provide readings at five-minute intervals. You keep a log to show what you are doing throughout the day, and this is matched up later with your blood sugar readings.

Some of these devices can actually communicate with an insulin pump, adjusting insulin levels automatically throughout the day, just as body chemistry does naturally for people without diabetes. But even for those who do not use a pump, knowing how your body reacts to foods and the world around you is vitally important information, whether you take insulin, pills or no medication at all.

A recent large study published in the *New England Journal of Medicine* demonstrated that CGM therapy significantly reduced the A1C level in adult patients with type 1 diabetes without an increased risk of low blood sugar reactions — always a concern when medicating to keep blood sugar readings on the low side.

It makes sense that people with type 2 diabetes would get similar benefits from CGM. Hopefully, this study will convince insurance companies to pay for this technology for people with diabetes, since helping patients to avoid diabetes complications will save a lot of money in the long run. At the moment, only a few companies offer coverage for the purchase of a CGM device for home use.

If you would like to try CGM for a week, we have the device available at the Baptist Hospital Diabetes Care Center. You wear it for seven days and can see real-time readings of what is happening to your blood sugar as you eat various foods or do activities, such as exercise. At the end, we give you a report with a graph of your week's blood sugar levels.

The cost is \$199 to wear the sensor for the week. No prescription is necessary, and some of you may be eligible for reimbursement from your insurance. For more information or to schedule an appointment, call **786-596-3696**.

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

## We did it again!

Congratulations to the South Miami Hospital Diabetes Care Center! The American Diabetes Association has awarded the center with continued recognition in diabetes self-management education.

"This recognition reflects our commitment to adhere to the highest national education standards," said **Maria Gough, R.N.**, who manages the center at South Miami Hospital. "Self-management education is an essential

component of diabetes treatment."

The education programs at the Diabetes Care Center at Baptist Hospital and Mariners Hospital are also recognized by the ADA.



## Get checked for osteoporosis

Osteoporosis is the most common type of bone disorder, a chronic condition characterized by reduced bone strength, low bone mass and a higher risk of bone fracture, especially in the hip, spine and wrist.

It is estimated that 10 million Americans have osteoporosis — 80 percent of them women. The chances are better than 50-50 that by the time you reach age 50 you either already have osteoporosis or are at increased risk. Bone fractures associated with osteoporosis can result in lasting disabilities.

Other risk factors include a history of fractures as an adult, a family history of osteoporosis or fractures, low body weight, smoking, low intake of calcium or vitamin D, use of alcohol, lack of exercise, estrogen deficiency, use of certain medications, and race and ethnicity (Caucasians, Hispanics and Asians are more likely to develop osteoporosis).

People with diabetes are more likely to get bone fractures. The reasons for this are unclear, but those with diabetes should have their risk of fracture evaluated by medical professionals, and do everything possible to keep their bones strong and healthy.

People with a high risk of bone fractures need to take special precautions against falling. There are many recommendations, including wearing rubber-soled shoes, keeping walkways clear of tripping hazards, maintaining good lighting in and around the house, installing grab bars in the bathroom and shower and placing a non-skid rubber mat in the shower or bath.

Some medications can make a fall more likely. These include sleep aids, antidepressants, anticonvulsants, muscle relaxants, pain medications and drugs that lower blood pressure. Also, have your hearing and vision checked regularly.

Your osteoporosis risk can be assessed with a simple and painless bone density test that measures the amount of mineral, usually calcium, in a bone. The test is offered at some Baptist Medical Plazas and at South Miami, Homestead and Mariners Hospitals. A doctor's prescription is necessary. To schedule a test at Mariners, call **305-434-1588**. For other Baptist Health locations, call **786-573-6000**.

**Dianne Fox, R.N.**  
Diabetes Nurse Educator  
Mariners Hospital



## Diabetes grows in U.S.

Diabetes now affects nearly 24 million people in the United States, according to the U.S. Centers for Disease Control (CDC). This is an increase of more than 3 million in approximately two years. About 8 percent of the U.S. population now has diabetes.

In addition to those with diabetes, another 57 million people are estimated to have pre-diabetes, a condition that puts people at increased risk for diabetes.

But one glimmer of good news is that more people are getting tested. The CDC found that those who do not know they have the disease decreased from 30 percent to 25 percent over the past two years.

Diabetes is a disease associated with high levels of blood glucose resulting from defects in insulin production that cause sugar to build up in the body. It is the seventh-leading cause of death in the United States and can cause serious health complications, including heart disease, blindness, kidney failure and lower-extremity amputations.

Among adults, diabetes increased in both men and women and in all age groups, but still disproportionately affects the elderly. Almost 25 percent of the population 60 years and older had diabetes in 2007. And, as in previous years, it is more prominent in certain ethnic groups and minority populations, including Native Americans, blacks and Hispanics.

## Walk for diabetes

The annual Miami Walk to Cure Diabetes, sponsored by the Juvenile Diabetes Research Foundation, takes place this year on **Saturday, March 21**, at Miami Metrozoo, beginning at **7:30 a.m.** Join the Baptist Health team or form a team of your own. For more information, go to <http://walk.jdrf.org>.



## 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](mailto: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.

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**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](http://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** — 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.

*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](http://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](mailto:diabetes@baptisthealth.net).



**Baptist Health  
South Florida**

**Diabetes Care Centers**

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