

Diabetes

NEWS

Baptist-South Miami Diabetes Care Centers

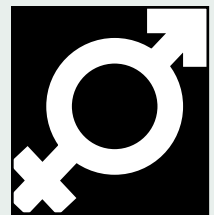
January — March 2004

Sexual dysfunction as a diabetes complication

Diabetes is a disease that damages nerve endings and small blood vessels. It is not surprising that many people with diabetes – both men and women – suffer from sexual dysfunction.

“More than half of men with Type 2 diabetes experience impotence,” said urologist Dani Papir, M.D. That percentage is a lot less in patients whose diabetes is well-controlled, he said, and it’s greater in people who have diabetes-related complications. For women with diabetes, about 35 percent experience sexual dysfunction.

For men, the dysfunction is usually an inability to obtain an erection. In women, nerve damage can cause vaginal dryness that makes intercourse uncomfortable. In addition, loss of sensation in the genital area can make arousal or orgasm difficult or impossible to achieve.



Depending on the type of diabetes and the progress of the illness, treatments available for sexual dysfunction may or may not work, Dr.

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Women’s Health Day



Robin Roberts, the news anchor for ABC’s *Good Morning America* and anchor of ESPN’s *SportsCenter*, is the featured speaker at Baptist Health’s **13th annual Women’s Health Day on Saturday, Jan. 31**, from **12:30-4 p.m.**, on the Baptist Hospital campus,

8900 N. Kendall Drive.

Women’s Health Day also will feature experts from Baptist and South Miami Hospitals’ Diabetes Care Centers, who will discuss pre-diabetes and insulin resistance syndrome, and experts on heart disease from Miami Cardiac & Vascular Institute.

There will be mini-lectures, cooking and fitness demonstrations and exhibits on a variety of health topics, as well as free screenings for

diabetes, cholesterol, blood pressure, body fat ratio and bone density (osteoporosis).

No reservations are needed. Free parking is available in the Baptist Medical Arts Building garage. Bring someone you love.

Program for insulin pumpers

If you or your child wears an insulin pump, or if you are considering one, you will want to attend “**Getting the Most out of Your Insulin Pump**,” a free program on **Saturday, Feb. 14**, from **9 a.m. to 12 noon**, in the Baptist Hospital auditorium, 8900 N. Kendall Drive. Supported by a grant from the Animas Pump Corporation, the program will cover items such as using the glycemic index, advanced carbohydrate counting, fine-tuning basal and bolus rates and learning how to use all functions of your pump. Reservations are required. Call **786-596-3696**.

Baptist Hospital & Baptist Children’s Hospital
786-596-3696



South Miami Hospital • 786-662-5168
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From the Administrator

Do you have a good sense of humor? That may help you control your blood-sugar levels!

A recent study published in *Diabetes Care* magazine reports a connection between laughter and blood-glucose levels. At the University of Tsukuba in Japan, blood sugars were measured in two groups before and after eating the same meal. One group watched a dull, 40-minute lecture, the other a comedy show. While blood sugars rose in each group after eating, the group that watched the comedy had a smaller increase.

So, in the interest of helping you maintain your health, here are a couple of true diabetes funnies:

■ After learning how to inject insulin by practicing on an orange, the patient returned for check-up two weeks later. He was surprised to learn that his blood sugars were extremely high. He told the nurse, "But I've

been injecting the orange with insulin every day like you said — and then eating it!"

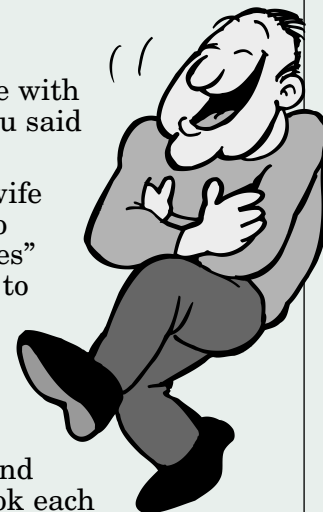
■ The husband told his wife that he was instructed to eat "three meat exchanges" every day, and she came to the office to complain. "I am totally exhausted," she said. "You wrote for him to eat 'three meat exchanges' at lunch and dinner and it's hard to find six different meats to cook each day."

The best thing about the results of this study: Laughing has no negative side effects!

Lois Exelbert, R.N.

Administrator

Diabetes Care Center, Baptist Hospital



Sexual dysfunction as a diabetes complication

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Papir said.

"Viagra is not successful for many men with diabetes, but it's certainly worth a try," he said. There's a new pill available called Levitra, which is faster-acting and longer-lasting than Viagra and will work for some patients when Viagra has failed, Dr. Papir said. Some women have tried Viagra with mixed results, even though it is only approved for use by men. (Talk to your doctor.)

One treatment for men with diabetes usually is effective, Dr. Papir said, but many men are reluctant to try it. "Using a small needle, a man can inject the shaft of his penis with a drug that produces an erection," he said. It sounds painful, "but there almost always is a reward, so men who try it usually become regular users." The technique can be taught in a couple of visits to the doctor. There is no similar treatment for women.

The best chance for sexual health in both men and women, the doctor said, is to keep blood-sugar levels under control. That means less than 110 fasting or 140 after a meal, with a hemoglobin A1C level of less than 6.5.

Show you care

Your New Year's resolution this year could be to show you care about the health of a loved one. How about buying a gift certificate to our Diabetes Care Centers for those you love who either have diabetes, or are at risk for it.?

Here are some suggestions:

- Personal nutrition counseling - \$252
- Personal exercise assessment and exercise prescription - \$50
- Three-month Dia-beat-It or CADRE (cardiovascular and diabetes risk eradication) weight-loss and exercise programs at Baptist Health Club - \$600.

Or, call us at **786-596-3696** or **786-662-5168** for more suggestions that may require a doctor's prescription or may be covered by your health insurance.

Write it off!

When you do your taxes this year, you can include expenses for nonprescription items such as blood glucose meters and test strips, as well as many other things like bandages and crutches. According to the law, you can deduct medical expenses after they exceed 7.5 percent of your adjusted gross income.



Continuous monitoring

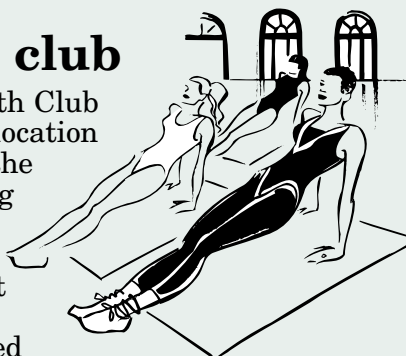
Do you wonder if your blood-sugar level spikes or plummets during the day? Patients who test just before meals really never know. Yet it is possible for glucose levels to be normal at mealtimes, but abnormal at other times of the day. Knowing this information can lead to important adjustments in diet and medication.

The Continuous Glucose Monitor is available at the Diabetes Care Center. You can wear it for three days. It tests blood sugar every five minutes, while you go about your normal activities. The result is a graph that shows how your blood sugar fluctuates during day and night. The \$200 test is often covered by insurance if you have a physician's prescription and meet certain criteria.

For more information, call the Diabetes Care Center at Baptist Hospital at **786-596-3696**.

New health club

The Baptist Health Club has moved to a new location on the third floor of the Medical Arts Building at 8950 N. Kendall Drive. It's no ordinary health club — it is the home to many of Baptist's specialized exercise programs, including "F.I.T." (Fitness Into Tomorrow) for healthy adults, teens and kids who want to lose weight; Dia-Beat-It for adults and teens with diabetes who need exercise to lose weight and control blood-glucose levels; and CADRE (Cardiovascular and Diabetes Risk Eradication) for those at high risk of getting either cardiovascular disease or diabetes. Memberships are also available at Baptist Health Club. To enroll or for more information, call **786-596-3696**.



Wireless insulin pump

Two new insulin pumps are on the market that offer wireless connections to blood glucose monitors. The Paradigm 512 and Deltec-Cozmo pumps use wireless technology to transmit blood glucose values from the meter to the pump. Both recommend an insulin dose based on a pre-set ratio.

For more information, call Sheila Lopez (Paradigm) at **800-933-3322, Ext. 2833**, or Ron Sahonic (Deltec) at **800-544-4734, Ext. 5315**.

Visit our website

For the latest information on diabetes — in both English and Spanish — go to Baptist Health's website at www.baptisthealth.net. The website has the latest on Baptist Health's support groups and services for those with diabetes.

The newest feature on the Baptist Health website is e-News, a free online service that provides the latest updates on a range of health topics. One of the topics is diabetes. Subscribers to e-News can also receive *Diabetes News* online, as well as other Baptist Health publications including *Resource* magazine and *Women's Health Resource* newsletter.

Just click on the home page box labeled, "Sign up now for free e-News," and register your e-mail address. All your information will be kept confidential.



Juvenile Diabetes Walk

The Juvenile Diabetes Foundation's **Walk-To-Cure-Diabetes** is scheduled for **Saturday, March 27**, at Metrozoo. You can pick up a brochure at the Baptist Hospital Diabetes Care Center, 8940 N. Kendall Drive, Suite 803E, or we'll mail one to you if you call **786-596-3696**. Come and join our walk team!

Send us your questions

You have questions? The professionals at the Baptist-South Miami Diabetes Care Centers have answers. E-mail your questions to us at diabetes@baptisthealth.net.

Q. *I used to take Glucophage and Glucotrol and they were working fine, but now my physician wants me to take only one medication called Glucovance instead. Will that be sufficient?*

A. Glucovance is a combination pill that includes both Glucophage and Glyburide (Diabeta), which is very similar to Glucotrol. The theory is that it's easier and less expensive to take just one pill. This is a new trend, and there are several combination pills on the market in addition to Glucovance. Metaglip, by another manufacturer, combines Glucophage and Glucotrol, and Avandamet combines Avandia and Glucophage.



Support group meetings

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, Auditorium 1.

Insulin Pump Support Group — 7-8:30 p.m., third Thursday of the month, Classroom E.

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

Adult Diabetes Support Group — 1:30-2:30 p.m., first Thursday of the month, Diabetes Classroom, 3 Main West.

Adult Spanish Support Group — 3:30-4:30 p.m., Westchester Health Plaza.



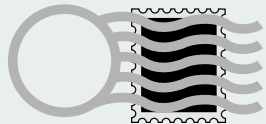
BAPTIST CHILDREN'S HOSPITAL — 8900 N. Kendall Drive. Call **786-596-3696** to register.

Parent/Child Support Group — 10-11:30 a.m., second Saturday of the month. Meetings alternate between Baptist Children's Hospital and Miami Children's Hospital, 6125 SW 31 St. (Call for location).

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 participation and a required initial screening by the psychology staff. For information about times and dates, call **786-596-3696**.

HOMESTEAD HOSPITAL — 160 NW 13 St., Homestead. Call **786-596-3696** to register.

Diabetes Support Group — 6-7 p.m., first Tuesday of the month, Education Center.



Additions

Call **786-596-3696** if you would like a friend to receive future issues of *Diabetes News* or if you would like to cancel your subscription.

Diabetes News is published quarterly for the friends of Baptist-South Miami Diabetes Care Centers. The Centers are recognized by the American Diabetes Association. If you'd like to make an appointment at any of our six convenient locations, call **786-596-3696** at Baptist Hospital or **786-662-5168** at South Miami 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 @ 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 Health
South Florida**

**Baptist-South Miami
Diabetes Care Centers**

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