

Diabetes

NEWS

Baptist-South Miami Diabetes Care Centers

July — September 2004

What to expect from the doctor

Diabetes is a complex disease involving many organs and systems. Taking good care of diabetes is often best obtained when you work with a team of doctors and other healthcare professionals. It's common today for a person with diabetes to be seen not only by our Diabetes Care Center staff, but also a range of specialist physicians who might include an endocrinologist, cardiologist, nephrologist, ophthalmologist and podiatrist to help with the various complications of the illness.

It is also common that the family physician directs the care of a diabetes patient. It's important for the patient to know what to expect from the doctor and when to ask for additional expert help. Here are some pointers:

- Neither you nor your doctor should underestimate diabetes. It is a serious disease that can

cause serious complications.

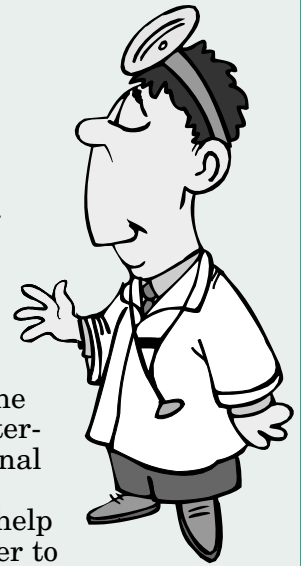
- How much work are you willing to do with diet, exercise, blood sugar testing and medications? You and your doctor, together, should decide on the treatment goals. Are you interested in following conventional therapy, or more aggressive intensive therapy that will help keep blood sugar levels closer to normal range and reduce the risk of diabetes complications?

- Take written records of your blood sugar readings to every appointment so you can discuss your progress. Your doctor should also monitor your A1C level, a blood test that shows diabetes control and the risk of developing complications, every three to six months. Discuss what the results mean in relation to your goals.

- Your needs will change with time, so your physician should offer ongoing education by a competent diabetes team.

- Does your doctor screen for and treat complications? Aggressive blood pressure, cholesterol and triglyceride treatment is essential. In addition to routine blood tests, your doctor should examine your feet at every visit, run urine tests every year or as needed, and order a thallium stress test as needed. He or she should offer to you the pneumonia vaccine once and flu vaccine annually, refer you for a dilated eye exam annually or as needed, and remind you to have regular dental cleanings.

- Whenever your family physician orders a



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 online *Diabetes News*, as well as other Baptist Health publications including *Resource* magazine and *Women's Health Resource*.

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.

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



South Miami Hospital • 786-662-5168
Homestead Hospital • 786-596-3696

From the Administrator

Patients with diabetes who receive high-quality education will naturally fare better than those who don't. That's why Medicare and most insurance companies will pay for certain qualified diabetes education programs. In the long run, education not only results in healthier patients, but also in less expense to the insurance companies that pay to treat all the complications of the illness.

You would think that with all the publicity about the epidemic growth of diabetes, the demand for diabetes education services would have grown exponentially. But that has not been the case. Have we failed in conveying the importance of education to the public? Have we failed to explain to physicians how education can improve their

patients' health?

The Diabetes Care Centers of Baptist and South Miami Hospitals offer you a wide range of expertise to help you cope with diabetes. We are more than nurses, dietitians and exercise physiologists. For our patients, we are also teachers, coaches, buddies, confidants, counselors, strategists, cheerleaders, personal trainers, advocates and friends.

Give us a call and let's get to know each other! The number of the Diabetes Care Center at Baptist Hospital is **786-596-3696**, and at South Miami Hospital it's **786-662-5168**.

Lois Exelbert, R.N.

Administrator

Diabetes Care Center, Baptist Hospital

Exercise indoors during summer

Does Florida's summer heat reduce the amount of exercise you need or get? Heat and humidity increase sweating, but do not necessarily burn more calories. If you can tolerate only 20 minutes outdoors in the heat, you

would be better off (and more comfortable) exercising indoors for 35 minutes.

There are many indoor exercise/fitness

programs available that can make your training more convenient, comfortable and safe. Most health facilities have affordable rates that offer plenty of selections such as Pilates, yoga, step sculpting, toning, etc. Swimming, basketball, racquetball and body building are often offered, too.

Many people enjoy exercising in the privacy of their own homes. Certainly there you can control the climate, but will you be exercising at the same level as you would in a gym? Usually a one-time exercise assessment and prescription from an exercise physiologist can guide you to the appropriate intensity for your maximum benefit. The training routine is far more valuable than expensive home equipment that you may not know how to use successfully.

So stay out of the heat, use your imagination, and give us a call at the Diabetes Care Center — **786-596-3696** — if we can help you plan and enjoy your indoor fitness routine.

Scott Saxon

Exercise Physiologist

Diabetes Care Center, Baptist Hospital



What to expect from the doctor

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new medication or a medical procedure or surgery, he or she should discuss the risks and benefits with you. What impact will this have on the diabetes, and what complications may arise because of the disease? Remind your doctor about your diabetes and the medications that you take so that he or she can adjust any treatment as needed.

■ Finally, don't be afraid to ask for a referral to an endocrinologist if your family physician cannot control your blood sugar or diabetes complications. That's what specialists are for!

If you have questions about any of this, call the Diabetes Care Center at South Miami Hospital, **786-662-5168**, or at Baptist Hospital, **786-596-3696**. For a physician referral, call **786-596-6557**.

Maria Gough, R.N., CDE

Nurse Manager

Diabetes Care Center, South Miami Hospital



Controlling cholesterol levels

The evidence continues to mount that controlling cholesterol is important for people with diabetes, even if they show no signs of heart disease.

Having diabetes increases your risk for many diseases, including heart disease and stroke. If you have diabetes, the recommended target cholesterol levels are stricter than for those without diabetes. An adult with diabetes should have an LDL (low-density lipoprotein) cholesterol level of less than 100 mg/dl, and an HDL (or high-density lipoprotein) level of more than 40 mg/dl for men and 50 mg/dl for women. Recommended level for triglycerides is less than 150 mg/dl.

In case you are unfamiliar with those terms, cholesterol is basically divided into two types, one “good” and the other “bad.” LDL is often called the “bad” cholesterol because it builds up in the inside walls of arteries, causing hard lumps or plaque, the main cause of heart attacks and strokes. HDL, the “good” cholesterol, carries excess fats from your arteries and reduces this plaque buildup. So the goal is to reduce the LDL cholesterol and increase the HDL cholesterol in your blood.

If your cholesterol results are outside the recommended parameters, your doctor likely will recommend diet and exercise as a first step. If that doesn't work, the doctor may prescribe medication.

One of the most important diet recommendations is to cut back on the total fat intake, especially the intake of saturated fats (found mostly in meat, milk and eggs) and trans fats (found in shortening, packaged foods and many brands of margarine).

Intake of daily cholesterol from diet should be less than 200 mg. Another important diet recommendation is to increase total fiber intake to at least 20-30 grams per day, especially soluble fiber (such as that found in oats, peas, beans, and some fruits and vegetables).

Exercise can raise HDL cholesterol, as well as lower LDL cholesterol and triglycerides. In addition, exercise has cardiovascular benefits and reduces stress. However, always talk with your doctor before starting any exercise program.

As for medication, a recent study in the United Kingdom found “highly significant reductions” of about 25 percent in heart attacks when people were treated with a

cholesterol-reducing medication. This benefit existed in people with diabetes over the age of 40 even if their cholesterol levels were otherwise normal.

What does that mean for you? If you have diabetes, even with no signs of heart disease, cholesterol-lowering therapy may be beneficial for you. Patients should discuss this with their physicians.

Alice Pereira, R.D., CDE
Diabetes Team Nutritionist
South Miami Hospital

Next up: Baltic Cruise

Mark your calendars: The eighth Diabetes Care Center symposium will take place the week of **July 3, 2005**, aboard the *Costa Atlantica* as we cruise the Baltic. The cruise will leave from Copenhagen, Denmark, and visit Stockholm, Sweden; Helsinki, Finland; St. Petersburg, Russia; and Tallinn, Estonia. For information, call **786-596-3696**.

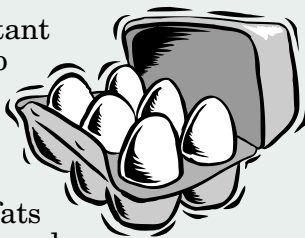
The U.S. Centers for Disease Control inspects ships and issues safety scores (you didn't know that, did you?). Any score above 86 is acceptable, but the *Costa Atlantica* received a 98! Nice to know if you have diabetes, isn't it?

The cruise symposium is for physicians, nurses, dietitians and other healthcare professionals, as well as patients and their families. Lectures will cover the latest developments in the diagnosis and treatment of Metabolic Syndrome and Type 1 and Type 2 diabetes, current state-of-the-art therapies for complications of diabetes and the link between diabetes and cardiovascular disease.

Thanks, Gulliver High

Students at Gulliver High School, under the direction of faculty member Margarita Morrell, spent a Saturday afternoon washing cars to raise \$200 for the Baptist Children's Hospital's Diabetes Teen Support Group, which is a weekly activities-based meeting where teens with Type 1 diabetes give and receive mutual support and guidance in living effectively with the illness.

The Gulliver students visited the Teen Support Group and decided to help the group raise funds for a trip to Disney World. We are extremely grateful and would welcome any additional assistance. For more information, call Debbie Gillman, R.N., at **786-596-4607**.



Support group meetings

All programs are free unless otherwise indicated.

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.

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.



Additions

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

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 both 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.

BAPTIST MEDICAL PLAZA AT WESTCHESTER — 8840 Bird Road. Call **786-596-3696** to register.

Adult Spanish Support Group — 3:30-4:30 p.m., third Thursday of the month.

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 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 Health
South Florida**

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Diabetes Care Centers**

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