

Diabetes

NEWS

Baptist-South Miami Diabetes Care Centers

April — June 2005

U.S. urges more fiber in our diets

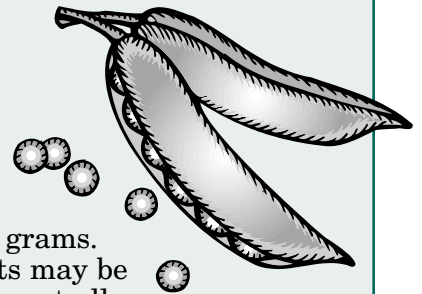
Every five years since 1980, the U.S. Department of Agriculture and the Department of Health and Human Services publish a revised issue of "Dietary Guidelines for Americans." The 2005 version was recently made public, and the big news is this advice: Eat More Fiber.

Fiber is the part of carbohydrate that we mostly can't digest. Therefore, fiber-rich foods tend to make us feel full while adding few calories. Fiber does not raise bloodsugar. Therefore, fiber-containing foods are a good choice for people with diabetes. Also, fiber keeps your digestive tract healthy.

Fiber is found in the skin and seeds of fruits and vegetables and in nuts, legumes and whole grains. The new guidelines recommend

that Americans eat 20-35 grams of fiber daily. On average, Americans eat only 13 grams. People on low-carb diets may be getting virtually no fiber at all.

We are encouraged to include in our diets dark greens like spinach, broccoli and kale; beans and legumes such as pinto, kidney, black and garbanzo beans, split peas and lentils; orange fruits and vegetables like oranges, carrots, sweet potatoes, pumpkin and winter squash; and other fresh, frozen, canned or dried fruits and vegetables. Eat the fruit rather than drink the juice.



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Men's Health Day

Mark your calendar for the annual Men's Health Day on **Tuesday, June 14**, beginning at 5:30 p.m. at the Victor E. Clarke Education Center at South Miami Hospital. The theme for the event this year is "ManPower: Look Good, Feel Great."

The featured speaker will be **Howard Cohen**, who writes the "411 on Fitness" column for *The Miami Herald*. He will share his story of losing 40 pounds with a fitness and diet routine.

The event begins with registration and a light box dinner, followed by a program that will cover such subjects as heart disease, sports injuries and nutrition. Then comes health screenings, including cholesterol, blood sugar, blood pressure and body fat analysis.

It's all free, but registration is required. Call **786-596-2871**.

Healthy Steps

A diabetes community education program called "Healthy Steps" will be offered in April by the Baptist-South Miami Diabetes Care Centers. The one-hour presentation will cover such subjects as blood sugar, blood pressure, cholesterol and weight control, and how physical activity and exercise work with healthy eating and medication to maintain and improve overall health.

The program will be offered first in Spanish on **Tuesday, April 12**, and then in English on **Tuesday, April 19**. Both programs begin at 7 p.m. at the Victor E. Clarke Education Center at South Miami Hospital.

The programs, sponsored by Bayer Pharmaceuticals, are free, but registration is required by calling the Diabetes Care Center at Baptist Hospital at **786-596-3696** or South Miami Hospital at **786-662-5168**. Refreshments will be served.

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



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

From the Administrator

Women with diabetes are 10 times more likely to get heart disease than other women. For men with diabetes, the risk is three times greater.

Yet the risk of heart disease in women with diabetes is not treated as aggressively as in men. Women with diabetes are less likely to have cholesterol-lowering drugs prescribed, less likely to be told to take a daily aspirin and less likely to participate in screenings.

Women with diabetes need to take more control. Take that aspirin each day, and talk to your physician about treating you as if you already have heart disease. Given the statistics, that's the prudent thing to do.

The high risk of heart disease in women with diabetes is partly due to obesity.

Also, women may not recognize the symptoms of a heart attack because they often are very different than in men. There may be no crushing chest pain, and the symptoms may be as vague and confusing as fatigue, or nausea and vomiting. We know, also, that women tend to minimize what they are feeling because they are too busy caring for others.

If you even suspect that you're having a heart attack, it is best to seek treatment immediately. Don't wait until things get

worse. Early treatment can minimize damage and perhaps even save your life.

The Emergency Centers at South Miami and Baptist Hospitals have opened Heart Attack Units. The goal is that patients with serious heart attacks will receive angioplasty within 90 minutes of arriving in the E.R., if appropriate.

In many cases, this will replace the use of clot-busting drugs to restore blood flow to the heart. Studies have shown that angioplasty is effective in restoring blood flow to the heart 95 percent of the time, compared to about two-thirds of the time with clot-busting drugs.

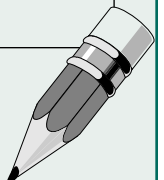
So, learn about heart disease even though you may not presently have it. Pay attention to symptoms and get aggressive in demanding a cardiovascular preventive approach to your care.

There is also a WomenHeart Support Network for women with heart disease. It is hosted by Baptist Cardiac & Vascular Institute. For more information, call **786-596-6564**.

Lois Exelbert, R.N., CDE

Administrator

Diabetes Care Center, Baptist Hospital



Heart disease link

"Make the Link — Diabetes and Cardiovascular Disease" is being offered **Tuesday, April 19**, from 6 to 9 p.m.

The free program will cover research about fish oil, Mediterranean diets and omega-3 fatty acids. Sponsored by Baptist Cardiac & Vascular Institute, it will be held in the Institute's fifth floor conference room at Baptist Hospital, 8900 N. Kendall Drive.

Reservations are required. Call **786-596-6564**.

Congratulations!

Lois Exelbert, R.N., administrator of the Diabetes Care Center at Baptist Hospital, has received a 2005 Valor Award from the American Diabetes Association. The award is given to people who advance the cause of diabetes treatment through a commitment to community service.

Note of thanks

This letter was received recently from a patient:

"I've been a Type 2 diabetes patient for more than 20 years. Although I've been receiving medical attention, I have never fully understood what this dreadful disease was doing to my body.

"This has now changed, thanks to your outstanding diabetes staff at South Miami Hospital. I'm walking every day and have improved my exercise routine. I'm watching my diet and have lost 11 pounds, thanks to you.

"Today I got a call from a nurse to ask how I was doing. She gave me some advice to improve my readings at night. Thanks to the South Miami Hospital diabetes education program!"

It's amazing how much a little education can help, especially when insurance will often pick up the bill. For more information, call the Diabetes Care Center at Baptist Hospital at **786-596-3696** or South Miami Hospital at **786-662-5168**.



U.S. urges more fiber in our diets

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Eat three or more one-ounce servings of whole grains per day. This can be as easy as replacing white rice with brown rice or white bread with whole-wheat bread and choosing whole-grain cereals. Foods listing at least 2.5 grams of fiber per serving in the nutrient fact label are considered a "good source of fiber," according to the U.S. Food and Drug Administration.

When adding more fiber to your diet, do so gradually and drink more water to prevent abdominal discomfort.

Zulia Hernandez-Escobar, R.D., CDE
Diabetes Care Center, South Miami Hospital

Some high-fiber foods

Apples	Dried figs
Dried apricots	Fresh guava
Black beans	Cashews
Barley	Peas
Blueberries	Popcorn
Broccoli	Spinach
Strawberries	Sunflower seeds
Chickpeas	Raspberries
All-bran cereals	Potatoes
Grapes	Oatmeal

HIGH-FIBER CHILI

Ingredients:

- 1 bag frozen onions and peppers
- 2 garlic cloves, minced
- 1 can plum tomatoes (28 ounces), undrained, chopped
- 1 teaspoon bouillon granules
- 1 tablespoon chili powder
- 2 teaspoons cumin
- Pinch of cayenne, or to taste
- 2 cans low-sodium kidney beans or black beans, undrained
- Cooked whole grains (optional)

Directions:

Combine all ingredients in a large pot, bring to a boil and simmer for 5-10 minutes. Serve over the whole grains of your choice.

Servings: 4-6

Nutrition information per serving:

- Calories: 362
- Total Fat: 2g
- Fiber: 22g

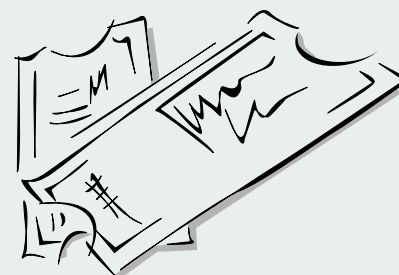


For teens with diabetes

Being a teenager with diabetes can be particularly difficult. Being with others who share the problem makes it easier.

The Teen Support Group that meets at Baptist Hospital Tuesdays (during the school months) is fun! The group not only talks about diabetes, but also plays games and frequently goes on outings, such as rock climbing, swimming with the dolphins and the movies.

Each new member pays \$50 for the first 10-week session, and \$25 after that. For more information, call Debbie Gillman, R.N., at **786-596-4607** or Gary Lancelotta, Ph.D., at **305-668-7999**.



Available online

You can read *Diabetes News* online, both in English and in Spanish, at the Baptist Health website, www.baptisthealth.net.

Also on the website you can search for the latest information on diabetes care, and also sign up for a free e-newsletter on diabetes that will be sent to your e-mail address.



All aboard!

This is your last chance to sign up for the eighth Diabetes Cruise Symposium, which takes place **June 26 to July 3** aboard the *Costa Atlantica* as it sails through the Baltic Sea. The cruise departs Copenhagen and will visit ports in Denmark, Sweden, Finland, Russia and Estonia. Join doctors and nurses and people with diabetes in discussing the latest in diabetes care. Prices start at \$1,199 per person (excluding air fare). For more information, call Anna Izaguirre at **786-596-4840**.



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, Classroom C.

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

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.

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 near Dadeland MetroRail Station. Cost is \$50.



BAPTIST CHILDREN'S HOSPITAL — 8900 N. Kendall Drive. Interested in a Parent/Child Support Group? If so, call Debbie Gillman, R.N., at **786-596-3696**.

Teen/Preteen Support Group — A 10-week support series for teens and pre-teens, 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, Suite 400. Call **786-596-3696** to register.

Diabetes Support Group in Spanish — 3:30-4:30 p.m., third Thursday of the month, Education Center.

Additions. Call **786-596-3696** if you would like a friend to receive future issues of *Diabetes News*, or sign up for the newsletter online at www.baptisthealth.net.

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**

**Baptist-South Miami
Diabetes Care Centers**

8940 North Kendall Drive
Suite 803-E
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