

Diabetes

NEWS

Baptist-South Miami Diabetes Care Centers

October — December 2005

New medicines help blood sugar control

Two new medications are now available to help people who are having trouble controlling their blood sugar levels. They may even help them lose weight. **Symlin** is for people taking insulin, and **Byetta** is for those on pills. Both medications are taken by injection.

Symlin is a synthetic form of the hormone amylin. In people without diabetes, amylin is produced by the pancreas along with insulin and glucagon, and the three hormones work together to keep blood sugar levels within normal range. In diabetes, however, a person who produces little or no insulin also produces little or no amylin. Until now, treatment could only partially mimic nature because we could add only insulin. Now, for the first time, we are able to replace the amylin, as well.

Symlin is used along with insulin, not as a replacement, but it should reduce the amount of insulin that is needed. It can help reduce blood sugar levels after meals and fluctuations throughout the day, and also lower A1c levels and possibly decrease appetite, perhaps leading to weight loss. Symlin is injected right before meals and it cannot be mixed in the same syringe with insulin.

The second medication, Byetta, is for people with type 2 diabetes who are taking certain pills to control blood sugars but who do not have adequate control. Normally, patients who don't respond well to pills are next moved to insulin, but insulin is often associated with weight gain. By contrast, Byetta slows down the passage of food from the stomach to the gut. So using Byetta instead of insulin may help reduce food intake, possibly leading to weight loss. This medication needs to be injected within an hour before breakfast and dinner.

The most common side effects of both med-

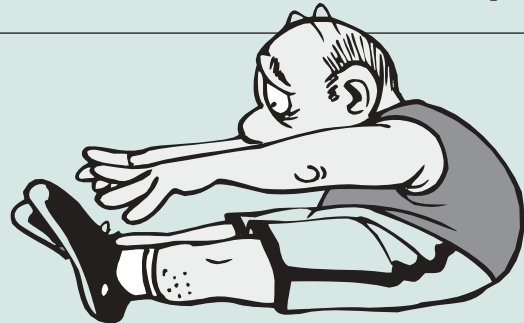
ications are low blood sugar and nausea. In fact, Symlin comes with a warning that severe low blood sugar reactions are possible. Therefore, the doctor will begin by prescribing a small dose of Symlin or Byetta, and probably reduce your other medication by half. You will need to report blood sugar levels to your doctor frequently, at least in the beginning, so he or she can adjust the dose. Nausea is common the first few weeks after starting the treatment with either drug, but usually does not last long.

These new medications are not for everyone. Discuss with your physician whether either of these may be helpful to you.

Maria Gough, R.N., CDE

Nurse Manager

Diabetes Care Center, South Miami Hospital



Healthy Steps

You are invited to attend "Healthy Steps," a free program about diabetes and exercise, which will be offered in both English (**Nov. 3**) and Spanish (**Nov. 9**) at Baptist Hospital. Both programs will be from **6 to 7:30 p.m.** in the conference room of Baptist Cardiac & Vascular Institute. To make your reservation or for more information, call **786-596-3696**.

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



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

From the Administrator

The combination of better education and a large arsenal of treatment options is having a dramatic effect on the health of people with diabetes.

According to a new study funded by the Center for Disease Control at the National Institutes of Health, fewer Americans with diabetes are ending up in emergency rooms, requiring a hospital admission or developing kidney disease. In the years of the study, between 1994 and 2002, the incidence of hospitalizations decreased by 35 percent and the incidence of diabetes patients needing kidney dialysis decreased by 30 percent.

This is cause for celebration among those of us who spend our days teaching people how to cope with their diabetes, and preaching the message that it's possible to live a normal lifestyle. A combination of medication, diet and exercise permits almost anyone with diabetes to have perfectly normal blood sugars and blood pressure, and greatly reduces the risks of developing complications.

The media deserves some praise for publicizing every new diabetes breakthrough and telling us almost daily of the importance of good nutrition and exercise. Just about everyone knows it's important to keep their A1c levels at 6.5 or below, even if they don't know what A1c is! (It's an average blood sugar level over three months, determined by a blood test done by a physician.)

Good news like this gives us renewed enthusiasm to reach out to people with diabetes and encourage them to come in for some education. The more you know, the better your chances of living healthfully with your illness.

Please call us at the Diabetes Care Centers at Baptist Hospital at **786-596-3696** or South Miami Hospital at **786-662-5168** and make an appointment. It may be covered by your insurance.

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

A BOOtiful Day!

All superheroes, witches, ballerinas and pirates will enjoy **Children's Health Day** this year. It's the weekend before Halloween, so children and their parents are invited to come dressed in costume and be prepared for plenty of fun.

The event will be **Sunday, Oct. 23, 1-4 p.m.**, in tents in front of Baptist Medical Arts Building, 8950 North Kendall Drive. There will be entertainment and refreshments, and it's all free. No reservations are necessary. Please visit us at the Diabetes Care Center booth, where the theme will be "Preventing Type 2 Diabetes in Kids."

Healthy Halloween Treats

Halloween is a perfect time for parents to teach kids about healthy eating. For kids, Halloween means sugary, sticky, chocolaty, gooey candy. But if you can focus children on more healthful treats, the lessons may help them eat better throughout the year. That can help them from becoming overweight.

Here are some child-friendly, low-calorie,

low-fat, low-sugar options to get you started: Animal Crackers, pretzels, cheese and cracker packages, sugar-free gum, cheese sticks, juice boxes, raisin or nut packages and even

peanuts in the shell. Don't ban sugary treats completely, but help children put them into a healthful context. Get kids thinking about what they eat, and how much.

You might also consider non-food treats such as stickers, crayons, pencils, whistles, cards, or rubber spiders and worms.

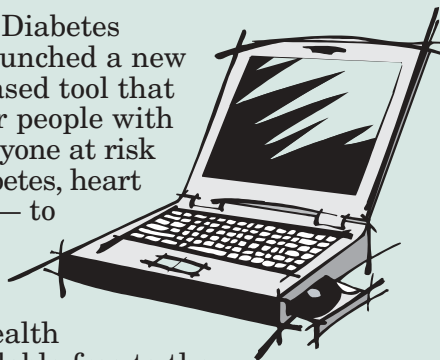
The rules are the same for the adult Halloween parties. You can have a successful party serving veggie platters with low-fat dressing, fresh fruit platters, nut mix, popcorn, raisins and salsa with nachos.

Alicia Guerra, R.D., L.D., CDE
Diabetes Care Center, Baptist Hospital



New diabetes web tool

The American Diabetes Association has launched a new interactive web-based tool that makes it easier for people with diabetes — and anyone at risk for developing diabetes, heart disease or stroke — to better manage their health. The tool, Diabetes PHD (Personal Health Decisions), is available free to the public through the association's website at www.diabetes.org/diabetesphd, or you can link to it through the recently enhanced Baptist Health website, www.baptisthealth.net.



If you don't already have the new, redesigned Baptist Health website bookmarked, it's worth joining the 65,000 people who visit each month. The most popular feature is the A-Z Health Topics section, and you also can sign up for diabetes e-news, read this *Diabetes News* in Spanish, and get an online version of Baptist Health's *Resource* magazine in both English and Spanish. Check it out!

We're honored

Baptist Hospital will be the Miami-Dade honoree this year at the second annual "More than a Dream" golf, tennis, music and gala extravaganza of the South Florida Chapter of the Juvenile Diabetes Research Foundation. The black-tie event will take place **Friday, Dec. 16**, at the Westin Diplomat Hotel in Hollywood, and will raise money for research to find a cure for diabetes. For sponsorship opportunities or for ticket information, call the Foundation at **954-565-4775**.

Cruise report

The Baptist Hospital Diabetes Care Center recently returned from its most successful educational cruise ever, with a group of 120, including 44 doctors, spending a week in the Baltic. In addition to the fun, serious lectures brought everyone up to date on the latest in the prevention, diagnosis and treatment of diabetes and cardiovascular disease.

Where would you like to cruise in the summer of 2007? We welcome your suggestions by calling **786-596-3696**. We hope you can join us next time!

Exercise programs

The exercise programs offered by the Baptist Hospital Diabetes Care Center have moved to new locations with the recent closing of the Baptist Health Club. To find out the new locations for the adult, kid and teen Dia-Beat-It and CADRE programs, along with general exercise programs, call **786-596-3696**.

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. Will liposuction to my "belly area" reduce my risk for diabetes and heart disease?



A. Actually, the answer is no. Studies have shown that the subcutaneous (under the skin) fat is not the major problem. It is the visceral fat, inside the abdomen, that is dangerous, and liposuction does not reach that. Losing weight the good old-fashioned way, through diet and exercise, is the best way to improve blood pressure, cholesterol and insulin resistance.

Also, while liposuction removes fat cells, it does not shrink the size of the fat cells left behind. Since overweight individuals have larger fat cells, the ones left behind by liposuction can still emit harmful substances.

So save your money! For far less expense (and maybe free if your insurance covers it), you can come to the Diabetes Care Center at either Baptist or South Miami Hospital and learn to eat healthily and engage in safe exercise. Call us at the Diabetes Care Center at Baptist Hospital at **786-596-3696** or South Miami Hospital at **786-662-5168** for more information.

Q. What's normal?

A. Here are normal test results. How do you compare?

- Fasting blood glucose: Less than 100.
- Two-hour post-meal blood glucose: Less than 140.
- Hemoglobin A1c (average blood glucose level): Less than 6.5.
- HDL ("good" cholesterol): Greater than 60.
- LDL ("bad" cholesterol): Less than 70.
- Blood pressure: 120/80.



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 A.

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

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 at 107th Avenue and Kendall Drive. Cost is \$50.



BAPTIST CHILDREN'S HOSPITAL — 8900 N. Kendall Drive.

Parent/Child Support Group — Meets the first Saturday of every other month. For information, call Debbie Gillman, R.N., at **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 — 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.

Available online. You can read *Diabetes News* online, 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*, or sign up for the newsletter in English or Spanish 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**

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Diabetes Care Centers**

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