

Diabetes

NEWS

Baptist-South Miami Diabetes Care Centers

January — March 2006

Inhaled insulin is considered by FDA

A panel of advisors to the U.S. Food and Drug Administration has recommended approval of inhaled insulin for the treatment of diabetes. The FDA usually follows the recommendations of its panel of experts, but it is expected that the FDA may ask for more safety data before making a decision.

The product, known as **Exubera**, would offer the first real alternative to insulin injections for millions of people with diabetes.

Co-developed by Pfizer, Sanofi-Aventis and Nektar Therapeutics, the product works much like inhalers already used by asthma and allergy sufferers. The insulin delivered is a fine, dry powder inhaled through a hand-held plastic device. It delivers a short-acting preparation that could be used for the treatment of both Type 1 and Type 2 diabetes.

Since Exubera is a short-acting form of insulin that is inhaled before meals, many patients would still require injections of a long-acting insulin, such as Lantus or NPH.

The inhaled insulin is rapidly absorbed by lung tissue. One big concern among clinicians is the lack of long-term safety data on the effect of Exubera on lung tissue.

The expert panel was split on whether to recommend the drug for diabetic patients who smoke, are exposed to cigarette smoke or have lung disease. Insulin absorption in those patients could vary significantly. Lungs damaged by cigarettes could enhance a patient's exposure to the insulin, potentially leading to low blood sugar (hypoglycemia). Safety trials and studies must be completed and evaluated before the final decision is made.

Up to two-thirds of all people with diabetes don't adequately control their blood sugar,

according to the American Academy of Clinical Endocrinologists. Poor control over the long term can lead to blood vessel and organ damage, blindness, kidney failure and foot ailments.

Although insulin is often the best treatment



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Alternative treatments

You are invited to a program on "Alternative Treatments and Their Potential Influence on Diabetes," which will take place **Thursday, Jan. 19, 6:30-8:30 p.m.**, in the Baptist Hospital auditorium, 8900 North Kendall Drive.

The program will be presented by **Lois Exelbert, R.N., CDE**, administrator of the Baptist Hospital Diabetes Care Center. It's free, but registration is required by calling **786-596-3696**.

Diabetes Awareness Month

Free screenings to mark national Diabetes Awareness Month will be offered **Tuesday, March 21, 8:30 a.m.-12 noon**, at the Baptist Hospital Diabetes Care Center, located in suite 803-E of the Baptist Medical Arts Building, 8950 North Kendall Drive. No appointment is necessary, and free parking is available in the garage.

The aim of the event is to call attention to the fact that an estimated 6.2 million Americans have diabetes and don't know it. Overall, about 20.8 million people have diabetes.

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



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

How we women suffer! We now learn that women are at higher risk than men for getting diabetes simply because of the things that make us women!

For example, women typically have a higher fat percentage than men. This enables us to maintain pregnancies. But a higher fat percentage, particularly if it's abdominal/visceral fat, can lead to diabetes.

Another factor is that we get pregnant. The hormones of the pregnancy antagonize the action of insulin, forcing the pancreas to work even harder. About 5 percent of the time, a woman has a pancreas that can't work extra hard. That leads to a condition called gestational diabetes, and puts the woman at a 40 percent higher risk of developing Type 2 diabetes later in life, as early as four years after a pregnancy if the woman is overweight.

Do you want more bad news? While deaths due to heart disease in women have declined 27 percent over the past 30 years, deaths from heart disease in women with diabetes have increased 23 percent. Women with diabetes get peripheral vascular disease

7 percent more often than women without diabetes. Birth control pills also can affect blood glucose levels — another thing men do not have to worry about.

To top it all off, women are often in roles in which they care for others. Often, they overlook their own healthcare needs.

This year, make a New Year's resolution that you will take care of yourself! Get a checkup, learn to eat healthfully, de-stress and share responsibilities with others. Seek out educational programs that can help you detect, prevent and treat metabolic syndrome or diabetes. We have these right here at the Baptist and South Miami Hospital Diabetes Care Centers — and they're often covered by insurance!

You are not really indestructible. Others depend on you. So give us a call and start the process. If Baptist or Homestead Hospital is more convenient for you, call **786-596-3696**. If South Miami Hospital is better for you, call **786-662-5168**. Make it soon!

Lois Exelbert, R.N., CDE

Administrator

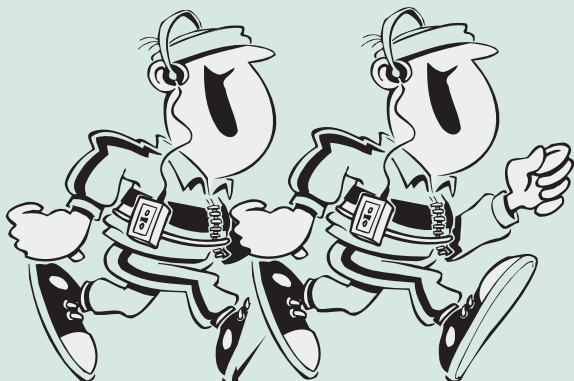
Diabetes Care Center, Baptist Hospital

Walking fundraisers

Get exercise and raise money for worthy causes by participating in two walks.

The American Diabetes Association's annual Walk for Diabetes takes place on **Saturday, Feb. 4**, at the American Airlines Arena beginning at 7:30 a.m. On **Saturday, March 11**, also starting at 7:30 a.m., the Juvenile Diabetes Research Foundation's Walk-To-Cure-Diabetes takes place at MetroZoo.

For more information or to register for either of these events, call the Diabetes Care Center at Baptist Hospital, **786-596-3696**.



Live well, live strong

"Live Well, Live Strong, Live Long" is the theme for this year's Women's Health Day, which takes place **Saturday, Jan. 28, 12:30-4 p.m.**, on the campus of Baptist Hospital, 8900 North Kendall Drive.

Bestselling author **Miriam Nelson, Ph.D.**, speaks at 1 p.m. The Baptist and South Miami Hospital Diabetes Care Centers will be there with information and screenings. You can also get screenings for cholesterol, blood pressure and bone density (osteoporosis), and talk to experts about such topics as heart disease, cancer, nutrition, fitness and cosmetic surgery.

It's all free, including the parking! No reservations are necessary.

Education in Homestead

The Diabetes Care Center offers education services at Homestead Hospital every Friday from 1 to 5 p.m. Appointments are necessary by calling **786-596-3696**.



New food pyramid goes high-tech

“One size doesn’t fit all!” That’s the philosophy behind the new U.S. Department of Agriculture Food Pyramid, which last spring officially replaced the food pyramid that was so familiar.

How many servings of vegetables do you need each day? Forget it. No more servings in the new food pyramid! Instead, the pyramid is now divided into wedges, representing proportional amounts needed in the diet.

It’s very high-tech. Go to the website, www.mypyramid.gov, enter your age, gender and the amount of physical activity you get, and a menu pops up, suggesting in ounces or cups how much of each food group you should consume each day.

For example, if you’re a woman aged 30 who exercises 45 minutes a day, the food pyramid says you should have 6 ounces of grains, 2.5 cups of vegetables, 2 cups of fruit, 3 cups from the milk group and 5.5 ounces from the meat and bean group. You can then see how the recommended portion sizes increase substantially when you elevate your exercise level to more than an hour a day.

The food groups that were so familiar in the old pyramid also are gone. The meat-and-bean group in the new pyramid, for example, includes not only meat, poultry and fish, but also dry beans, nuts and seeds. Within each of

the food groups, the interactive website helps you make wise choices and encourages you to vary your diet.

Nutrition education programs, such as we have at the Diabetes Care Center, incorporate the new food pyramid into our planning. If you would like more information, call the Diabetes Care Center at Baptist Hospital at **786-596-3696** or South Miami Hospital at **786-662-5168**.

Vivian Fernandez, R.D., CDE
Baptist Hospital Diabetes Care Center



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for people with diabetes, healthcare providers and patients are often reluctant to initiate or intensify treatment, expressing concerns about lifestyle changes, compliance and fear of injections. Many patients delay insulin use for five to 10 years beyond the point at which it should be initiated.

The promise of this new product and its pain-free method of delivery is that patients will not resist insulin therapy and it will ultimately result in good blood sugar control and healthier lives for all.

Judy Waks, R.N., CDE
South Miami Hospital Diabetes Care Center

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 read somewhere about a “polypill” and a “polymeal” as being something good for people with diabetes. What is that about?

A. Since the links between diabetes and heart disease are now so strong, doctors are being advised to treat anyone with diabetes as if they already have heart disease. This means that diabetes patients may be given such medications as an ACE inhibitor and a statin drug, and advised to take a low-dose aspirin every day. It has been suggested that all of these medications be combined into a single “polypill.” However, such a pill has not been produced.

In response to the polypill idea comes the sarcastic suggestion that perhaps people with diabetes should be eating a “polymeal,” one that contains the therapeutic foods found in a Mediterranean-style diet. Such a meal would include fish, almonds, garlic, olive oil, tons of vegetables, red wine and dark chocolate. If you find a recipe for all of that, send it to us!



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 three 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
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