

Diabetes

NEWS

Baptist-South Miami Diabetes Care Centers

July — September 2006

Getting ready for hurricane season

Hurricane season is a particularly difficult time of year for people with diabetes. Not only do they share the worries that everyone else has, but they also need to be concerned about maintaining their special diets and having an adequate supply of medication.

It's even more difficult for those who use insulin, since refrigeration of their medication is vital and loss of power is a real threat.

But there are things you can do to protect yourself:

First, always have with you a list of your medications and dosages. Even better is to get a copy of your medical record from your doctor, and copies of your prescriptions, and put them in a plastic bag in your emergency kit.

That emergency kit also should contain at least a week's supply of medication, food and water. Don't forget to include medical supplies you will need, such as test strips and alcohol wipes, and make sure you have a source of sugar, in the event of a low blood-sugar reaction.

You will need a cooler with freezer packs or dry ice.

Your kit also should contain sneakers or boots. People with diabetes tend to have lowered sensitivity in their feet, making it harder to feel an injury. Therefore, they should never be barefoot, especially where flooding might occur. You never know what you might step on under the water. Foot injuries are

extremely dangerous for people with diabetes.

If you take insulin, it ideally should be refrigerated between 35 and 46 degrees to remain effective until the expiration date. Once opened, it should be maintained at less than 86 degrees and can be used safely for 28 days. Insulin pens may have different requirements. Check the package insert.

Keep insulin away from direct heat or sunlight and avoid freezing. If you store it in a cooler chest when the power goes out, do not put insulin in direct contact with ice. You should not use insulin if, after gentle rolling, it appears lumpy or has particles on the wall of the vial or pen.

What if your insulin is no good, or you run out? Can you use another type or brand, or borrow from a friend? Ideally, you should discuss this in advance with your doctor. But if that is not possible, here are some general guidelines.

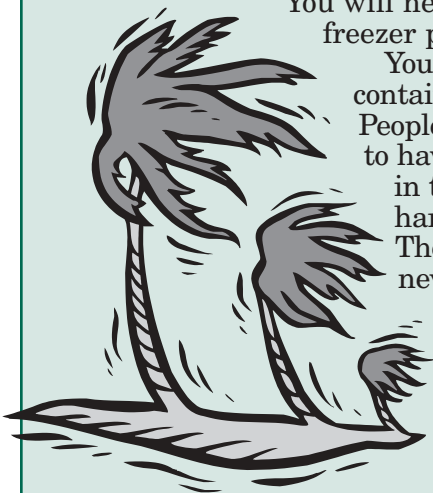
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New heart study

Baptist Cardiac & Vascular Institute is recruiting patients with diabetes who may be facing coronary bypass surgery.

The institute is participating in a five-year research study sponsored by the National Institutes of Health to determine whether the less-invasive technology of placing drug-eluting stents in coronary arteries provides results as good as bypass surgery in people with diabetes.

Your doctor can obtain more information about this study and determine if you are a candidate by calling **Ramon Quesada, M.D.**, medical director of interventional cardiology at the Institute.



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



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

From the Administrator

We talk often about the importance of diabetes self-management training in helping people live long and healthy lives with their diabetes, and how the educational programs at the Baptist and South Miami Hospital Diabetes Care Centers usually are covered by insurance.

But what if you don't have insurance? This is an increasing problem in the United States.

At Baptist Health, diabetes education is deemed so important that we are permitted to offer a 35 percent discount to anyone who pays out-of-pocket for our services.

Further, the Baptist Hospital Diabetes Care Center sends staff twice a month to the Good News Care Center in Florida City, to help care for the uninsured and low-income families who qualify for care. We also work with the Open Door Health Center in Homestead,

for which I serve on an advisory committee to implement a Robert Wood Johnson Foundation grant for diabetes education.

So if you or someone you know has diabetes but can't afford educational services, here are the phone numbers:

Good News - 305-246-2844
Open Door - 305-246-2400

Of course, if you are one of the lucky people who have insurance, or if you don't have insurance and want to inquire about the 35 percent discount, call us. The number for 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., CDE
Administrator
Diabetes Care Center, Baptist Hospital

Mom's stressful life

While everyone points to junk food and lack of exercise as the reason there is an epidemic of childhood diabetes, a Swedish study suggests one more possible factor: a mother's stressful lifestyle.

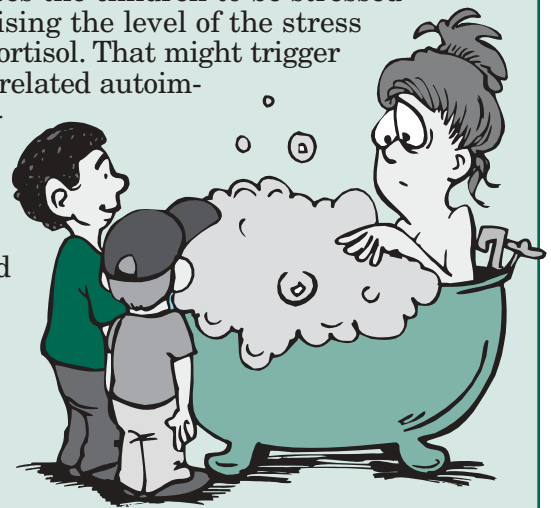
In a study reported in *Diabetes Care* maga-

zine, researchers found that children of women who experience stressful, adverse life events appear to be prone to develop type 1 diabetes. Type 1 diabetes — what used to be called Juvenile Diabetes — is not related to the child's lifestyle. It arises when the immune system erroneously attacks and destroys the insulin-producing beta cells in the pancreas.

The researchers studied 6,000 children and their families and found that where mothers experienced divorce or violence, their children by age 2 1/2 were three times as likely to develop type 1 diabetes as the general population.

The researchers speculated that a mother's stress causes the children to be stressed as well, raising the level of the stress hormone cortisol. That might trigger a diabetes-related autoim-

mune reaction in children who are genetically predisposed to the disease, they said.



Getting ready for hurricane season

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There are four general types of insulin: rapid-acting, short-acting, intermediate-acting and long-acting. As a general rule, you can substitute within the same group.

Short-acting Humulin R can be substituted for Novolin R. Rapid-acting Humalog can be substituted for Novolog or Apidra. Intermediate-acting Humulin N can be exchanged with Novolin N. Long-acting Lantus can be substituted for Levemir.

As for the insulin mixes, Humulin 70/30 can be substituted for Novolin 70/30. Humalog 75/25 is close to Novolog 70/30, but not an exact substitute.

For insulin pump users, if you have to go off the pump after a hurricane, you can substitute a once-a-day dose of a long-acting insulin, supplemented by injections of one of the short-acting insulins.



Inhaled insulin approved by FDA

Exubera, the first real alternative to insulin injections for millions of people with diabetes, has been approved by the U.S. Food and Drug Administration.

The product is a dry powder that is inhaled through a hand-held plastic device, much like an asthma medicine. It has been shown effective as a substitute for short-acting injected insulin in patients with both type 1 and type 2 diabetes.

Co-developed by Pfizer, Sanofi-Aventis and NektarTherapeutics, Exubera is inhaled before meals. Patients who also need a long-acting insulin still require injections of Lantus or NPH.

The inhaled insulin is rapidly absorbed by lung tissue. It should not be used by smok-

ers or anyone who has smoked within the past six months. Patients interested in Exubera should consult with their physicians.

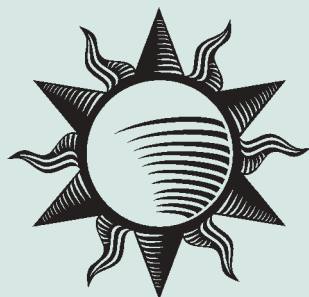
Up to two-thirds of all people with diabetes don't adequately control their blood sugar, according to the American Academy of Clinical Endocrinologists. Poor control over the long term can lead to blood vessel and organ damage, blindness, kidney failure and foot ailments.

Although insulin is often the best treatment for people with diabetes, patients often hesitate, expressing fear of injections. The pain-free delivery method of Exubera will hopefully get those patients to accept insulin therapy.

Judy Waks, R.N., CDE

South Miami Hospital Diabetes Care Center

Diabetes and vitamin D



More than 60 percent of people with type 2 diabetes had a deficiency of vitamin D in a recent study reported in *Diabetes Care* magazine.

People with type 2, or "adult onset" diabetes, were nearly twice as likely to be deficient in vitamin D as patients

with type 1 diabetes, the study found.

"Our findings suggest that vitamin D deficiency is more common in type 2 diabetes than in type 1 diabetes, unrelated to age, sex, or insulin treatment," said the researchers in Syracuse, N.Y. "Despite most type 2 diabetic patients being prescribed a daily multivitamin, usually containing 400 IU of vitamin D, the percent who were deficient remained unchanged."

They said that further studies are needed to better understand the causes and clinical significance of their findings.

Metabolic bone disease resulting from vitamin D deficiency is called rickets in children and osteomalacia in adults. In adults, demineralization of the bones occurs, particularly in the spine, pelvis and lower extremities.

In addition to dietary supplements, major sources of vitamin D are fortified milk and the action of sunlight on the skin.

Send us your questions

Q. I'm always looking for new ways to control blood sugar, and I've been reading about the use of cinnamon and chromium supplements. Is this legitimate?



A. We keep looking for that "magic pill" that will relieve us of the necessity for making wise food choices, restricting calories and exercising regularly. In the case of the two items you mention, the answer is that we just don't know yet, but research is being done.

The entire subject of "complementary" and "alternative" treatments for diabetes is under study. Ayurvedic and Chinese medicine have used these for many years and we are now conducting evidence-based studies instead of simply relying on anecdotal evidence.

In addition to cinnamon, other single-herb plants being studied include fenugreek, nopal, bitter melon, prickly pear, ivy gourd and gymnema sylvestre. Other vitamins and trace elements under study are magnesium, vanadium and alpha-lipoic acid.

To learn more about this subject, you can visit these websites: www.findsupplements.com, www.herbsMD.com and www.herbalnutrition.com.

While sprinkling 1/4 teaspoon of cinnamon on your food twice a day probably won't hurt you, be very careful with any of these other substances. Do your research and discuss the topic with your physician.



Diabetes NEWS

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.

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, or sign up for the newsletter, 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*.



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.



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