

# Diabetes

NEWS

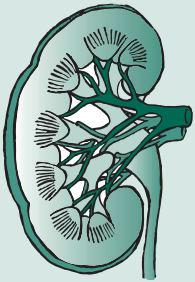
Baptist-South Miami Diabetes Care Centers

April — June 2007

## Diabetes control can prevent kidney disease

Kidney disease is one of the most serious complications of diabetes, to the point that half of all patients with diabetes will develop kidney problems, and half of the patients who start dialysis each year will be people with diabetes.

“Think of the kidneys as containing millions of tiny strainers that filter blood,” offers **Jorge C. Busse, M.D.**, a nephrologist on the staff of Baptist and South Miami Hospitals. “Normally, the kidneys filter the blood and dispose of wastes and toxins that the body produces. In diabetes, the filter membranes are damaged, the holes get bigger, and proteins seep through, which they are not supposed to do. This leads to eventual failure of the kidneys’ ability to cleanse the blood.”



Dr. Busse said that kidney disease usually does not generate disturbing symptoms until 90 percent of kidney function is lost, so that most of the 20 million Americans with kidney problems don’t even know it. “A lot of foaminess in the urine might be an early symptom,” he said. “Anyone who has that should get it checked out.”

The other measures of kidney disease come from blood and urine tests. “Decreased toxin removal in the kidneys will show up as increased blood levels of BUN and creatinine.”

Dr. Busse said that treatment consists of doing everything possible to decrease the filtration of proteins in the kidneys. “Medications, diet and exercise to reduce blood pressure will help,” he said, “and other medications change how the membranes function so less protein is being lost.”

Not so long ago, he said, “once protein was

found in the urine, you could predict that the patient would be on dialysis within five years. But that’s no longer true, as new medications can delay the progress of the disease.”

Dr. Busse said that most people with diabetes can avoid kidney complications by maintaining a healthy weight and tight control of blood sugar levels. “It’s vital that everyone with diabetes have periodic blood and urine tests to monitor kidney function,” he said, “and that kidney disease be diagnosed and treated as early as possible to avoid or postpone kidney failure.”

## Off to college

“**Getting Ready for College with Diabetes**,” a health fair for college-bound students with diabetes and their families, will be presented by the Baptist Hospital Diabetes Care Center on **Saturday, April 28**, in the Baptist Hospital Auditorium, 8900 N. Kendall Drive, from **9 a.m. to 12 noon**.

**Joe Connable**, investigative reporter and anchor for WTVJ-Channel 6 News, and clinical psychologist **Gary X. Lancelotta, Ph.D.**, will be the speakers. The program is free, but registration is necessary. For more information, call **786-596-3696**.



Baptist Hospital & Baptist Children’s Hospital – 786-596-3696 ■ Mariners Hospital – 305-434-3700  
South Miami Hospital – 786-662-51684 ■ Homestead Hospital – 786-596-3696

## From the Administrator

How can there be so many people with diabetes, yet relatively so few who seek out formal education? How can so many people have inadequate blood sugar control when we can assist them in achieving perfect control and avoiding many of the complications of the disease?

We have heard all the excuses. We have answers for all of them, if you will just take the time to listen! Here are the ones we hear most often:

### **1. My doctor never told me to go for education.**

A. Many physicians, particularly the experts in diabetes, will send their patients for formal education. That's because they know that changes in behavior are the best way to control diabetes in the vast majority of cases, and medication can be limited or even avoided. If your doctor does not send you for education, it's because he or she just didn't think to mention it. If you ask your doctor, you will be told: "Of course! Education is important!"

### **2. I have lots of friends and relatives with diabetes, and they will help me.**

A. What's right for your friend may be very wrong for you. Also, there are new developments all the time, new recommendations and research findings, and you should benefit from the latest information available. Your friends will not have that. You need to make decisions based on what is best for you, not somebody else!

### **3. There are so many books and so much information on the Internet about diabetes that I really don't need classes.**

A. The Internet is filled with great information, and also terrible misinformation. It is dangerous to treat yourself. At a Diabetes Care Center, you have access to the full range of professionals to help you — nurses, dietitians and exercise physiologists — all of whom have specialized training in diabetes and are certified diabetes educators.

### **4. The instructor will just tell me to lose weight. Well, I already know that!**

A. Certainly you might be counseled to lose weight. But a professional dietitian will help you develop a personalized plan to help you achieve that goal. You will learn what foods are best for you, and what to avoid. Also, weight is just one of the factors in diabetes control. There are many others, and you should be aware of them. As for losing weight, even losing 5-10 percent of your body weight can make a world of difference.

### **5. I just can't miss work to attend classes.**

A. Have you ever told a doctor: "I'm sorry but I can't make an appointment during the day because it interferes with work?" Probably not. Diabetes is a serious disease, and you need to make time to learn how to take care of yourself. While most diabetes education services are offered during regular business hours, there are services available at night and on weekends, if that is a real problem for you.

### **6. It's too expensive.**

A. If you get your education at a center certified by the American Diabetes Association, as Baptist and South Miami are, it often is covered by insurance. Insurance companies understand that education not only can provide people with better health, but can also save the insurance company a lot of money in the long run. Diabetes medications are expensive, but so are treatments for diabetes complications such as heart disease, kidney failure and blindness. Better to spend a few dollars on prevention! That's true even if your insurance doesn't cover the cost of education.

So get over your excuses and give us a call! We are waiting to help you. For more information, call the Diabetes Care Centers at Baptist Hospital at **786-596-3696**, South Miami Hospital at **786-662-5168**, or Mariners Hospital at **305-434-3700**.

**Lois Exelbert, R.N., CDE, BC-ADM**  
Administrator  
Diabetes Care Center, Baptist Hospital



## Table etiquette

**Q. I'm supposed to take the fast-acting insulin just before eating, but that's hard at a restaurant. Do I excuse myself to go to the restroom just as the meal is being served? Is it proper to inject myself at the table, or is that too gross?**

A. So many people take insulin these days that it's time for diabetes to come out of the closet. We get this question frequently from patients at the Diabetes Care Centers, and our advice is to do whatever is comfortable for you. Others can look away if they want, but the general public needs to start becoming accustomed to insulin users taking their medication. Of course, if that's uncomfortable for you, continue to head for the restroom. The important thing is that you do take the insulin before the meal.

## Under control!

I want to thank you and your staff for your wonderful assistance in helping me cope with my new diabetes.

I was diagnosed with Type 2 diabetes last July, with an A1C level of 11.3. My doctor prescribed medication, exercise, diet and a visit to the Baptist Hospital Diabetes Care Center. Over three visits to the Diabetes Care Center, I learned a great deal about diabetes and how to control it.

When I returned to my doctor, my A1C level was only 5.7! He reduced my medication. As I write this today, my level is only 5.3. I am off all medications and manage my diabetes with meal planning and exercise, both of which I learned from you.

Please let your staff know that we will always be grateful for their help and support.

**Luis Villar**

## Correction

In the last issue of *Diabetes News*, the Medtronic Guardian glucose sensor was incorrectly identified. The Medtronic Guardian is just now coming on the market. It is a device that can be used with or without an insulin pump. A patient wears the sensor plus a transmitter that generates a blood glucose value every five minutes, allowing the patient to get a clear picture of how sugar levels change throughout the day. The device costs \$1,995 and comes with four sensors. Additional sensors are \$350 for a package of 10, or \$160 for four.

## Januvia now available

Januvia (Sitagliptin) is a totally new type of diabetes medication that works differently from anything else on the market. Produced by Merck, Januvia is a pill that can be used alone or in combination with certain other oral medications in patients with Type 2 diabetes.

Until recently, insulin and glucagon were thought to be the only two hormones involved in blood sugar control.

But in the past few years, we have learned that the body also produces other hormones, called incretins, that play an extremely important role in controlling blood sugar. However, in Type 2 diabetes, the body also produces a substance called DPP-4 that works against incretins and keeps them from being effective.

Januvia is a DPP-4 inhibitor. It blocks the effect of DPP-4, allowing the incretins to do their job. Januvia helps increase insulin production, especially after you eat, which is when your body needs it the most. It also reduces the amount of sugar made by your liver after you eat, when your body does not need it.

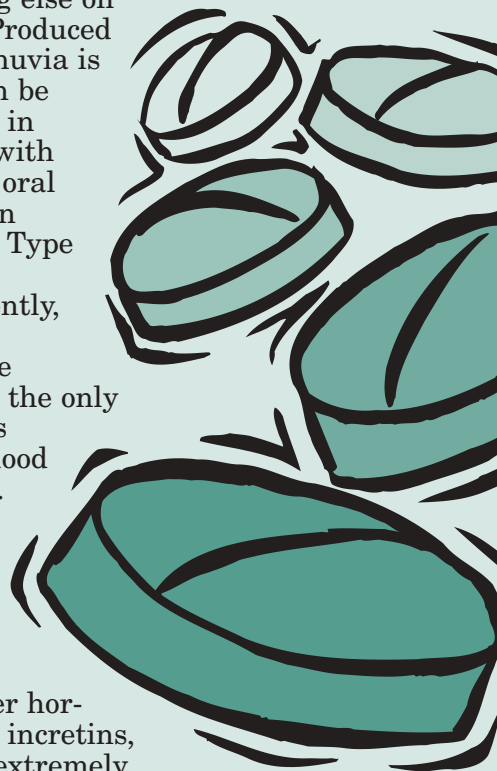
Januvia is taken once daily. Stuffy or runny nose and sore throat are the most common side effects, but they occur very rarely.

If you have Type 2 diabetes that is being controlled with oral medication, ask your doctor if Januvia might be helpful for you.

**Maria Gough, R.N., CDE**

*Nurse Manager*

*Diabetes Care Center, South Miami Hospital*



## 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.

**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 SW 107 Avenue and N. Kendall Drive. Cost is \$50.

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

**Parent/Child Support Group** — For families newly diagnosed with diabetes, this free support group meets the first Wednesday of every other month from 6:30 to 8 p.m. in the Diabetes Care Center classroom, 3 Main West, at Baptist Hospital. **Gary X. Lancelotta, Ph.D.**, and

**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](http://www.baptisthealth.net). Call **786-596-3696** if you would like a friend to receive future issues of *Diabetes News*.

**Judy Waks, R.N., CDE**, lead the group. For more information or to register, call **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.

## New program at Mariners

The Diabetes Care Center at Mariners Hospital offers a comprehensive program to help patients manage their disease. The program includes one-on-one counseling by certified diabetes nurse educators, registered dietitians and exercise physiologists, as well as classroom sessions in which patients learn about diabetes treatments and how to prevent serious complications.

The center is located in Suite 206 of the Tassell Medical Arts Building, located on the Mariners Hospital campus, Mile Marker 91.5 in Tavernier. Call **305-434-3700** for more information.

*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 convenient locations, call **786-596-3696** at Baptist Hospital, **786-662-5168** at South Miami Hospital or **305-434-3700** at Mariners 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](http://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](mailto:diabetes@baptisthealth.net).



**Baptist Health  
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