

# Diabetes

NEWS

Baptist-South Miami Diabetes Care Centers

July — September 2007

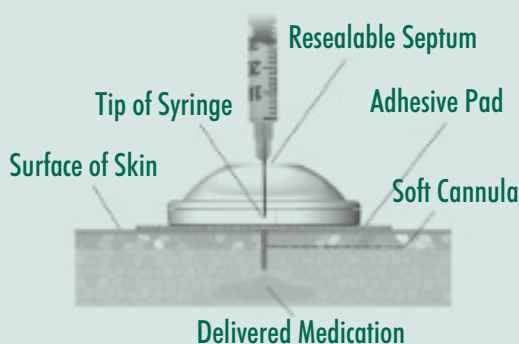
## I-Port offers pain-free insulin injections

A new device called the I-Port makes it possible for insulin users to pierce their skin once every three days instead of several times a day.

Invented by a patient in Texas who could not stand the regimen of frequent injections, the I-Port borrows the concept from the insulin pump of a temporary pathway through the skin. After the I-Port pierces the skin, the needle is removed, leaving behind a small cannula through which insulin is delivered by syringe. The I-Port is held in place with watertight adhesive, and is intended to be replaced every three days.

The Diabetes Care Centers at Baptist and South Miami Hospitals are supplying I-Port samples to their patients, with consent from the patients' physicians.

"The patients who have tested samples are very pleased with the I-Port," said



Lois Exelbert, R.N., CDE, administrator of the Baptist Hospital Diabetes Care Center. "They report it is comfortable to wear and it's a great relief to be able to administer insulin without the pain of injection each time." She said that interested patients should discuss the I-Port with their physician.

The one drawback being reported by patients is that the I-Port sits above the skin and leaves a pronounced bump under tight-fitting clothing. "Where to place the I-Port each time is a strategic decision," added Maria Gough, R.N., CDE, nurse manager of the Diabetes Care Center at South Miami Hospital. "It should go someplace where the patient easily can reach

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## Continuous monitoring

"Blood Glucose Sensors — Know Your Blood Sugar Between the Times You Test" is a free program being sponsored by DexCom and the Baptist Hospital Diabetes Care Center. It will take place **Wednesday, July 18, from 6 to 7:30 p.m.** in the 5 BCVI Conference Room (5th floor, Baptist Cardiac & Vascular Institute) at Baptist Hospital. The program is free but registration is required by calling **786-596-3696**.



## Learn about I-Port

"Injectable Diabetes Medications (Not Only Insulin) and How to Take Them Painlessly," a program sponsored by Patton Medical Devices and the Diabetes Care Center at Baptist Hospital, takes place **Tuesday, Sept. 18, from 6 to 7:30 p.m.** in the 5 BCVI Conference Room (5th floor, Baptist Cardiac & Vascular Institute) at Baptist Hospital. The program is free but registration is required by calling **786-596-3696**.

Baptist Hospital & Baptist Children's Hospital – 786-596-3696 ■ Mariners Hospital – 305-434-3700  
South Miami Hospital – 786-662-5168 ■ Homestead Hospital – 786-596-3696

## From the Administrator

Would it surprise you to know that about half of all patients in a hospital bed have diabetes or hyperglycemia (higher than normal blood sugar)? That's what we found at Baptist Hospital when we took a look at inpatients over a three-month period. Our findings dramatically demonstrate both how prevalent diabetes has become in America, and how it underlies so many other medical problems.

If you think this is startling, try this one fact: Of all the patients in intensive care, more than 90 percent had high blood sugar.

It doesn't matter why someone is admitted to the hospital in the first place. The very fact that he has diabetes or elevated blood sugar puts him at a higher risk, and makes it more likely that he will be treated in an intensive care setting. This is because high blood sugar can diminish healing ability, increases the risk of infection and can even trigger heart attacks and strokes.

In every issue of *Diabetes News* we emphasize the importance of taking good care of yourself and keeping your blood sugar under tight control. Sometimes it may

seem like you hear these messages so often they lose their meaning. Well, here's the reality of it: High blood sugar tremendously increases your risk for so many other illnesses.

I hope you never need hospitalization, but if you do, great effort will be made to keep your blood sugars within normal range. That might mean getting insulin when you never took it before, or much larger doses of insulin than you normally take. The doctors and nurses in the hospital will take your blood sugar very seriously, and that's a message for you.

At Baptist and South Miami Hospitals, the staffs of the Diabetes Care Centers are often called in to visit at bedside to improve a patient's diabetes awareness before they go home, and to set appointments for post-discharge follow-up.

Of course, if you increase your diabetes awareness now and pay closer attention to controlling your blood sugar, hopefully you won't need any bedside visits from us!

Have a safe summer, and stay proactive with your health!

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

## Get that snoring checked!

That snoring and snorting at night may be doing more than just keeping your spouse awake. It actually could be contributing to your diabetes.

"People with diabetes who snore should get evaluated," said **Jeremy Tabak, M.D.**, medical director of the Baptist Hospital Sleep Diagnostic Center.

"There is a strong correlation between diabetes and a condition called obstructive sleep apnea. Both are often related to being overweight, and treatment for sleep apnea can improve insulin sensitivity and lower fasting glucose levels."

Sleep apnea causes a person to stop breathing, and then gasp to get air.

"In a sleep study, we'll see patients stop breathing 30 times or more an hour," Dr. Tabak said. "That results in both sleep fragmentation and low oxygen levels."

He said that common signs of sleep apnea are loud snoring, daytime sleepiness and sometimes morning headaches. "Sleep apnea also contributes to the risk for hypertension and heart disease, both of which are also associated with diabetes," he said.

Sleep apnea is often treated with a mask device called CPAP (continuous positive airway pressure) that keeps the airway open.

"Not only does obesity contribute to sleep apnea, but it seems the reverse is true, also, and sleep apnea contributes to obesity," said Dr. Tabak. "Sleep deprivation changes the secretion of two hormones controlling appetite — leptin, which signals satiety, and ghrelin, which stimulates appetite."

So getting more sleep could help people lose weight, and that, also, would help them avoid the complications of diabetes.

"If you have Type 2 diabetes and you snore,

*Continued on next page*



## I-Port offers pain-free insulin injections *Continued from page 1*

the port to inject the insulin, but not somewhere where the shape will be seen through clothing.”

Because the I-Port is so new, patients report that it's hard to find and insurance coverage is spotty, Ms. Exelbert said. Because of this, the manufacturer, Patton Medical Devices, is taking unusual steps to help patients obtain the product.

The company tries to arrange for patients to obtain a free I-Port sample and prescription from their doctor. Then it works with a patient's insurance company to try to arrange coverage.

“We're having a 95 percent success rate in getting insurance coverage,” said **Kathleen Jones**, Patton's senior sales manager. “Often

the I-Port gets rejected as a pharmacy item, but then is covered as durable medical equipment.” Without insurance, she said, the I-Ports are about \$13 each.

More information about the I-Port is available at [www.pattonmd.com](http://www.pattonmd.com), or call the Diabetes Care Center at Baptist Hospital, **786-596-3696**; South Miami Hospital, **786-662-5168**; or Mariners Hospital, **305-434-3700**.

## What's next for insulin?

Insulin without injection became a reality last year with approval of an inhaled type of insulin that works as well as rapid-acting injected insulin. But research continues into other delivery systems for insulin without injection.

The dream solution is insulin in a pill form. At present, insulin delivered as a pill is broken down in the stomach and digested like food, so it never reaches the bloodstream. Scientists are trying to put special coatings on insulin pills or change the insulin structure so it bypasses the stomach without being destroyed.

Scientists are also studying liquid insulin that is swished in the mouth and insulin placed under the tongue or between the cheeks and gums.

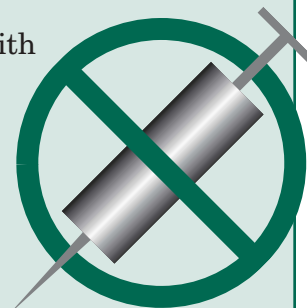
Another research focus is buccal insulin, which shows great promise. It is sprayed into the mouth and absorbed by the lining in the back of the mouth and throat. Unlike inhaled insulin, buccal insulin does not go into the lungs, so there is no concern about long-term respiratory effects. Initial studies show that inhaled and buccal insulin are equally effective, but there will be much more research before buccal insulin reaches the market.

Insulin patches are also an exciting future possibility, undergoing much study. Patches are used today to deliver many medications in a continuous controlled dose, but insulin is a large molecule and cannot easily pass through the skin, and this has so far stumped scientists.

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

*Nurse Manager*

*Diabetes Care Center, South Miami Hospital*



### SEND US YOUR QUESTIONS

**Q. I take both Lantus and regular insulin, and we are warned not to mix them. Why is this? Is it OK to take them at the same time? Should the injection sites be a certain distance apart?**

**A.** The unique preparation of Lantus as a long-acting, basal insulin does not allow for mixing. The manufacturer of Lantus, Sanofi Aventis, says that if Lantus and any other insulin are given in the same exact location, the two insulins could possibly mix under the skin and the Lantus could cause unpredictable changes in the short-acting insulin. So if you inject both at the same time, inject them several inches apart.

## Get that snoring checked!

*Continued*

you should talk to your physician about a referral for a sleep study,” Dr. Tabak said.

In addition to sleep apnea, people with diabetes also suffer from two other sleep disorders, Dr. Tabak said. “These include periodic limb movement disorder and sleep disruption due to painful diabetic neuropathy.”

For more information about sleep disorders, visit the Baptist Health South Florida website at [www.baptisthealth.net](http://www.baptisthealth.net). To contact the Sleep Diagnostic Center most convenient for you, at Baptist Hospital call **786-596-5435**; South Miami Hospital, **786-662-8916**; Homestead Hospital, **786-243-8006**; and Mariners Hospital, **305-434-1635**.



## Educational Programs

**BAPTIST HOSPITAL** — 8900 N. Kendall Drive. Call **786-596-3696** to register.

### Adult Insulin Pump Support Group

resumes Wednesday, Sept. 5, and will continue the third Wednesday of every month from 7 to 8:30 p.m. Baptist Hospital Diabetes Care Center Classroom, 3rd floor Main Building (3 Main West). Pump users and family members interested in attending this free group should contact **Raquel Klieger, RPH, CDE**, at [raquelk@baptisthealth.net](mailto:raquelk@baptisthealth.net) or **786-596-0502**.

**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.

**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.

**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*.

*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 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 **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** — Diabetes education services continue at the Tower Building in Homestead, 151 NW 11 Street, Room W201. Call **786-596-3696** to make an appointment.

**Diabetes Support Group** — 6-7 p.m., first Tuesday of the month, in the Mango Room (Auditorium 2) of the new Homestead Hospital, Campbell Drive (SW 312 Street) and SW 147 Avenue.

**MARINERS HOSPITAL** — Educational services available 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.



**Baptist Health  
South Florida**

**Baptist-South Miami  
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