

# Diabetes

NEWS

Baptist Health Diabetes Care Centers

October — December 2007

## Curb emotional eating this holiday season

As we approach the holiday season, food takes on an important role. Stress or holiday joy may lead to emotional eating, and many people reach for food as comfort. In fact, 75 percent of overeating is caused by emotions. So how can we curb emotional eating this holiday season? Here are some tips.

- **Pay attention to the balance in what you eat.** Aim for a diet of 40-50 percent from healthy carbohydrates (vegetables, fruits, whole grains and starchy vegetables), 30 percent from healthy fats (nuts, olive and sunflower oils) and the rest from lean proteins such as fish, chicken and turkey.
- **Eat what you like!** A diet deprivation mentality can cause you to eat even more. Just choose smaller portions of foods you really like.
- **Stay active** so your body can operate efficiently.
- **Keep your same eating schedule** for breakfast, lunch and dinner. It's important not

to skip meals or wait too long to eat.

- **Do not arrive at a party famished.** You may be more likely to overeat high-fat items. Have protein before going to the event, such as low-fat cheese, cottage cheese, turkey and fresh fruit. Or, you may want to eat a small meal before going.

*Continued on page 3*



## Upcoming ADA Events

Baptist Health is sponsoring two upcoming events with the American Diabetes Association.

“Step Out To Fight Diabetes,” an annual fundraising walk of the American Diabetes Association, takes place **Saturday, Oct. 13**, at Bayfront Park. Registration is at **7:30 a.m.** and the walk begins at **8:30**. For information, contact Lois Exelbert, R.N., CDE, administrator of the Baptist Hospital Diabetes Care Center, at **786-596-3696**.

On **Saturday, Nov. 10**, ADA kicks off American Diabetes Month with its annual health fair with a Hispanic flair, “*Ferria de Salud Por Tu Familia*,” from **10 a.m. to 3 p.m.** at Bayfront Park. The free event will offer screenings, lectures and information. The festive elements of a street fair will offer music and dancing mixed with nutritional information, cooking demonstrations and speakers. For more information, call ADA at **305-477-8999**.

## Myths and Truths

“Myths and Truths About Diabetes,” a program marking American Diabetes Month, will be offered in English and Spanish during November.

The program in English will be on **Monday, Nov. 5, 6:30-8 p.m.**, in the Baptist Hospital Auditorium. The Spanish program will be on **Thursday, Nov. 15, 6:30-8 p.m.**, in the Baptist Cardiac & Vascular Institute Conference Room, fifth floor, Baptist Hospital.

The programs are 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

There is so much information on the web about diabetes, and not all of it is accurate. But clearly, it is important that the information you get is factual and up-to-date with the many new medications and treatment options coming out all the time.

So, which websites are the best?

Information on the Baptist Health website is screened by healthcare professionals before it is made available to the public. You can begin your search at [www.baptisthealth.net](http://www.baptisthealth.net).

Beyond that, here are some others you can check out:

The American Diabetes Association - [www.diabetes.org](http://www.diabetes.org).

National Diabetes Education Program - [ndep.nih.gov](http://ndep.nih.gov).

The Diabetes Monitor - [www.diabetesmonitor.com](http://www.diabetesmonitor.com).

Juvenile Diabetes Foundation - [www.jdf.org](http://www.jdf.org).

Children with Diabetes - [www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com).

Joslin Diabetes Center - [www.joslin.org](http://www.joslin.org).

The International Diabetes Federation - [www.idf.org](http://www.idf.org).

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

## Diabetes DISTRESS

Do you suffer from distress, fatigue, frustration, anger and feelings of depression? If so, you are fairly typical of people with diabetes.

Most people with diabetes experience high levels of distress because of the amount of hands-on time that diabetes requires. Also, fears and concerns about future complications, as well as keeping up with new medications and treatment options, can create additional stress.

Diabetes patients with symptoms of depression generally have poor management of their diet, physical activity, medications and blood glucose monitoring, studies show. They also report more family conflict, have more contact with the healthcare system and have a higher level of diabetes complications.

If you suffer from stress, or if you know someone with diabetes who is suffering, here are some suggestions:

■ Remember, you are not alone. In the United States, more than 4,000 new cases of diabetes are diagnosed every 24 hours. Realize that feelings of being overwhelmed and burned out are common and shared by many with diabetes. Seek out others who understand the disease and are willing to listen and share support. (See our list of support groups on the back page.)

■ Be proactive in gathering new information. Studies show that people who take responsibility for their diabetes do much better over time. They are less frustrated and more inquisitive and have a better understanding of diabetes.

■ Manage your diabetes. Monitor blood glucose and recognize changes in your health. As time passes, life, diabetes and management requirements all change. Caring well for your diabetes requires motivation, persistence, knowledge and collaboration with family members, friends and a team of healthcare professionals.

■ Do one thing at a time. Don't change too many things at once, as lack of accomplishment increases frustration and failure. In addition, pacing yourself allows new behaviors to become a part of a normal routine.

■ Talk with a doctor, who may be able to prescribe a short course of antidepressant medication that can be helpful.

For information about diabetes education programs, call the Diabetes Care Center at Mariners Hospital, **305-434-3700**; Baptist Hospital, **786-596-3696**; or South Miami Hospital, **786-662-5168**.

**Dianne Fox, R.N.**  
Clinical Educator  
Diabetes Care Center, Mariners Hospital



## Diabetes QUIZ

How much do you know about diabetes? Take this true-false quiz, and then check your answers on the Baptist Health website:

1. Diabetes is a single disease resulting in a problem with production of insulin (a hormone manufactured by the pancreas), which helps glucose leave the blood and enter the muscles and other tissues of the body.

TRUE  FALSE

2. Recently, health experts have cautioned about a health concern called prediabetes.

TRUE  FALSE

3. Type 1 diabetes affects only children.

TRUE  FALSE

4. The most common type of diabetes, type 2 diabetes, accounts for nearly 95 percent of the disease and usually begins as insulin resistance (the body does not use insulin properly).

TRUE  FALSE

5. Gestational diabetes, which may occur in a woman during pregnancy, could cause a newborn to be considerably larger than a normal newborn.

TRUE  FALSE

6. People with diabetes do not have to worry about other diseases being linked to their condition.

TRUE  FALSE

7. Symptoms of diabetes include excessive thirst, frequent urination and weight loss.

TRUE  FALSE

8. A blood test measuring blood glucose levels (determine the level of sugar in the blood) can determine whether a person has prediabetes or diabetes.

TRUE  FALSE

You can find the answers at [www.baptisthealth.net/diabetes](http://www.baptisthealth.net/diabetes).

Get familiar with the Baptist Health website. It is a great source of accurate healthcare information, plus you can get immediate referrals to doctors on staff at Baptist Health by using the online Physician Referral Service.



## ADA renews approval

The Baptist Hospital Diabetes Care Center has received renewed approval for its educational program from the American Diabetes Association. The ADA's certificate of recognition assures that educational programs meet the national standards for excellence in diabetes self-management education programs.

For information about educational programs at the Baptist Health Diabetes Care Centers, call **786-596-3696** for Baptist Hospital, **786-662-5168** for South Miami Hospital (which also is an ADA-recognized program), and **305-434-3700** for Mariners Hospital.



## Curb emotional eating this holiday season *Continued from page 1*

■ **Limit alcoholic beverages** to one or two drinks per day (if you must drink at all). Consider alternating alcoholic beverages with low-calorie drinks such as club or diet soda with lime or diet iced tea. Alcoholic beverages pack whopping amounts of calories — mixers and sweet wines contain 120-450 calories per portion. Also, never drink on an empty stomach. Alcohol can cause hypoglycemia (low blood sugar) by inhibiting the production of glucose by the liver.

As you go through this holiday season, try to keep these simple guidelines in place. They can make the difference between a joyous holiday season and one fraught with food and weight worries.

**Teresa Moreira, LCSW**  
**Diana Bell, R.D., CDE**

*Diabetes Care Center, South Miami Hospital*



## Educational Programs

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

**Adult Insulin Pump Support Group** — 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*.

**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, 3rd Floor Main Building (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 Tower Medical Building, 151 NW 11 Street, Suite W-201. 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.

*Diabetes News* is published quarterly for the friends of Baptist Health Diabetes Care Centers. 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  
South Florida**

**Diabetes Care Centers**

8940 North Kendall Drive  
Suite 803-E  
Miami, FL 33176

*Return Service Requested*

Non-Profit  
Organization  
U.S. Postage  
PAID  
Permit No. 6813  
Miami, FL