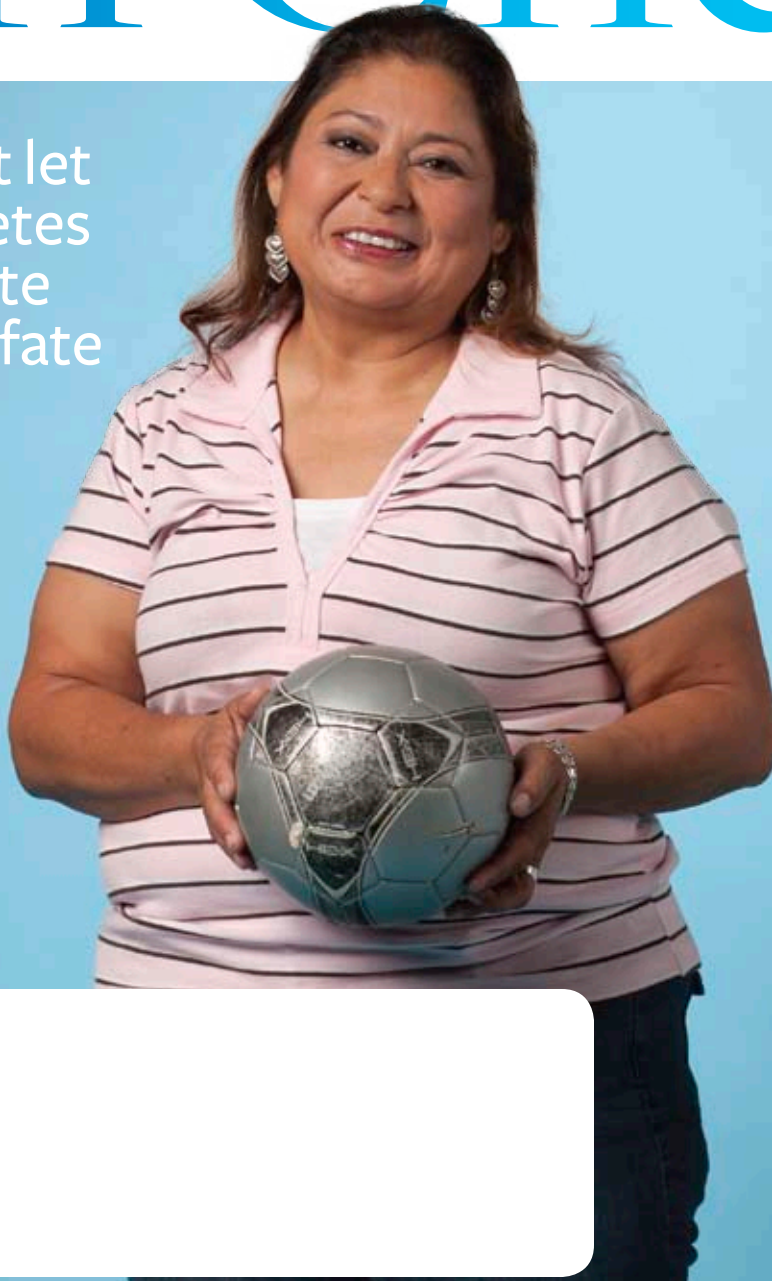


# In Check

NOVEMBER 2010

Don't let diabetes dictate your fate



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A class at the Collins Diabetes Center helps two patients learn to manage their disease. **PAGE 2**

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You or someone you love could have diabetes and not know it. How to recognize the symptoms. **PAGE 3**

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Think you know the difference between type 1 and 2 diabetes? What you don't know might surprise you. **PAGE 3**

# Knowledge Is Power

**There's no denying it: Finding out you have diabetes is frightening. But arming yourself with information** can help you fight the fear and learn to manage the disease. That's what newly diagnosed patients Lupe Herrera and Tony Goebel discovered when they attended diabetes self-management training at the Ruth Collins Diabetes Center at Baylor University Medical Center at Dallas.

Herrera, 50, was diagnosed with diabetes in July 2009 after a leg wound from a car accident months earlier just wouldn't heal. The diagnosis made sense, Herrera says, because of other symptoms she'd been having, including blurred vision and fatigue.

When her doctor advised her to attend classes at the diabetes center, Herrera was reluctant. "I thought, 'I can do this on my own, I don't need help,'" she says. "But the instructors are really good. I use what I learned every day."

## PRACTICAL GUIDANCE

For Herrera, one of the biggest takeaways is knowing she can lead a normal life without feeling deprived.

"I learned that just because you have diabetes doesn't mean you have to isolate yourself and give up everything. You can eat most anything you want, just not all the time, and you have to watch your portions," she says.

Goebel, 68, also appreciated the realistic portion control tips. "I learned that a serving of meat should be about the size of a deck of cards," Goebel says. "Of course, they don't realize I use tarot cards."

Goebel jokes, but it's clear that he's serious about managing his diabetes. In fact, he recently returned to the diabetes center for a refresher course to help stay on track.

"I'd lost some weight just by modifying my diet. I don't have to take medication, but I've not been exercising like I should and I'm going to start," he says.



*Tony Goebel*

## PUTTING WISDOM TO WORK

Herrera also knows how effective diet and exercise can be: In the past year, she's lost 74 pounds and counting through a combination of both. She walks a mile and a half each morning and runs a mile each afternoon.

"I hadn't run in years, but now I can take my granddaughter to play soccer," she says. "The way I felt just two or three years back—I never thought I'd be running at 50."

Herrera and Goebel are both applying what they learned at the diabetes center to their everyday lives. For Goebel, it's about common sense. "What we're doing is not just good for people with diabetes. It's good for everyone," he says.



## Take Charge

Concerned you could have diabetes? For referral to an endocrinologist on the medical staff at Baylor Dallas, call **1-800-4BAYLOR** or visit **BaylorHealth.com/DallasDiabetes**.

## KNOW YOUR numbers

2X

The risk of death for individuals with diabetes versus those of a similar age who don't have the disease.

11.8

Percentage of African-Americans with diabetes. The disease is more prevalent among blacks and Hispanics (10.4%) than whites (6.6%).

58

Percentage of high-risk individuals in a recent study who were able to reduce their likelihood of developing diabetes by making simple lifestyle modifications.

10-15

The number of pounds an overweight individual needs to lose to start reducing their risk of diabetes.



## Know for Sure

If you're at risk for diabetes, have your glucose levels checked. To find an endocrinologist on the medical staff at Baylor Dallas, visit [BaylorHealth.com/DallasDiabetes](http://BaylorHealth.com/DallasDiabetes). To learn more about diabetes self-management, call **214-820-8988**.

## DIABETES DEFINED

Like many other health conditions, diabetes comes in different forms. Though "diabetes" is used as a blanket term, there's more than one type. Learn the difference between the types as well as related conditions.

- **Type 1** comprises only 5 percent to 10 percent of the diabetes population and is typically diagnosed in children or young adults. Formerly referred to as juvenile diabetes, type 1 requires insulin therapy because the body does not produce this hormone—which is necessary to convert sugar and starches into everyday energy—on its own.

- **Type 2**, the most prevalent type, affects the lives of millions of Americans, and many more don't even know they have it. Some groups are at higher risk for type 2, including African-Americans, Hispanics, Native Americans and the elderly. Type 2 occurs when the body either doesn't produce sufficient insulin or cells don't recognize it, which can cause glucose to build up in the bloodstream and produce complications if levels aren't brought under control.

- **Gestational diabetes** affects approximately 4 percent of women during pregnancy, though they may not have it before or after a pregnancy. If a woman's body isn't able to produce and use insulin needed during pregnancy, glucose builds up in the bloodstream and must be managed to protect the health of both mother and baby.

## HIGHS AND LOWS

The terms hyperglycemia and hypoglycemia are frequently connected with diabetes, but what do they really mean? In simplest terms, hyperglycemia is high blood sugar and hypoglycemia indicates low sugar levels. You'll experience both with any type of diabetes, so it's important to regularly monitor your blood glucose levels and keep them in check.



## Assess Yourself

Take five minutes to evaluate your risk with Baylor Health's Diabetes Assessment. Visit [BaylorHealth.com/SpecialtiesServices/HealthLibrary/HealthRiskAssessments/Pages/DiabetesRiskAssessment.aspx](http://BaylorHealth.com/SpecialtiesServices/HealthLibrary/HealthRiskAssessments/Pages/DiabetesRiskAssessment.aspx) to get started.

# Read the Signs

**When you experience physical pain or discomfort, even if it's mild, it can be a signal that something's wrong. But not all conditions have easily recognizable symptoms, diabetes included. If you think you are at risk for diabetes, learn the signs to watch for, and how you can manage diabetes if you are diagnosed.**

## LOOK FOR CLUES

Though not all types of diabetes are alike, they can sometimes share the same symptoms. Type 1 diabetes, typically diagnosed in children, can be characterized by extreme thirst or hunger, frequent urination, atypical weight loss or severe fatigue and irritability. Individuals with type 2 diabetes—the type most prevalently diagnosed in adults—may have these symptoms and others, including blurred vision, slow-to-heal wounds, numbness or tingling in the extremities, and frequent or recurring bladder, gum or skin infections.

But what can make type 2 diabetes even more difficult to diagnose is that individuals may not have any symptoms, says Raphaëlle Vallera, M.D., an endocrinologist

on the medical staff at Baylor University Medical Center at Dallas. "Often, individuals won't feel anything at all. Some patients may have fatigue, blurry vision, frequent urination, or numbness and tingling in the hands or feet. It just depends on how advanced the diabetes is," she says.

## STAY STEADY

If you are diagnosed with diabetes, you can learn to manage the symptoms by monitoring your blood sugar (or glucose) levels, with some help from your doctor and by using glucose meters from your pharmacy. "Monitoring is important because blood sugar levels change throughout the day," Dr. Vallera says. "You need to understand how different types and quantities of carbohydrates affect your metabolic balance, and you won't know unless you check."

To help you learn more about monitoring your glucose levels (and managing diabetes in general), your doctor may also write an order for you to complete diabetes self-management training at the Ruth Collins Diabetes Center at Baylor Dallas.



## FREE Seminar and Eating Guide

To reserve a place at the diabetes seminar, visit [BaylorHealth.com/DallasDiabetes](http://BaylorHealth.com/DallasDiabetes) or call **1-800-4BAYLOR**. All attendees will receive a free guide to dining out. If you are unable to attend and would like a copy of the guide, please call **1-800-4BAYLOR**.

## A DIALOGUE ON DIABETES

Approximately 23.6 million Americans have been diagnosed with diabetes. If you're one of them or think you may be at risk for diabetes, making healthy lifestyle changes is your most powerful tool in preventing and managing the disease.

On Nov. 16, Baylor University Medical Center at Dallas will host a seminar to help you get a handle on diabetes. This two-hour evening event will clarify what diabetes really means for your health and how to lower your risk of developing type 2 diabetes and related conditions.

# Navigating Diabetes

## The tools you need to manage your condition

When you're newly diagnosed with diabetes, it's important to have all the information and resources you can get as you learn to manage the disease. To help patients improve their health and avoid complications from diabetes, the Baylor Dallas Ruth Collins Diabetes Center provides comprehensive health management training, including:

### SELF-MANAGEMENT TRAINING

If your doctor refers you for self-management training, you will start with an individual assessment. Next, you'll complete a five-class series on topics ranging from carbohydrate counting and reading labels to blood glucose monitoring and prevention of complications. "You can also come back and repeat a class anytime within the first year of your referral," says Kim Dickson, R.D., L.D., CDE, an educator at the center.

### ONE-ON-ONE ATTENTION

Beyond classes, you also can schedule individual nutritional counseling sessions with an educator. The center provides training

### Learn the Ropes

For additional information about diabetes self-management training, call the Ruth Collins Diabetes Center at **214-820-8988**. You can also have your doctor fax an order to **214-820-8985**.

and support for individuals with pre-diabetes, type 1 or gestational diabetes, as well as medication management or insulin training if your doctor requests it.

### AN EVOLVED APPROACH

In the past, diabetes education focused more on lists of dos and don'ts. In the past two decades, however, it has progressed toward a more realistic, patient-driven approach. "We get everyone from truck drivers to executives who do a lot of traveling, and people on swing shift," Dickson says. "We try to work with them based on their needs and lifestyle, so it's not too disruptive, rather than trying to change them to fit the diabetes."

## DIABETES DIALOGUE

**When:** 6 to 8 p.m. on Tuesday, Nov. 16

**Where:** Baylor Health Center at North Dallas  
2nd Floor Conference Room  
9101 N. Central Expressway  
Dallas, Texas

*Free parking available in front of the main entrance or in the garage behind the building.*

## SCHEDULE OF EVENTS

**6-6:30** Light supper and diabetes-friendly cooking demonstration by Baylor chef Edwin Fairhurst

**6:30-7** Presentation by Donna Rice, president of the Diabetes Health and Wellness Institute at Juanita J. Craft Recreation Center

**7-7:30** Presentation by an endocrinologist on the medical staff at Baylor Dallas

**7:30-8** Expert panel answers questions from the audience

## Join Us!

Call **1-800-4BAYLOR** to register for the Diabetes Seminar.

The material in *In Check* is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment. Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor University Medical Center at Dallas or Baylor Health Care System. Photographs may include models or actors and may not represent actual patients.