

# Healthy Living with Diabetes

Summer 2009



## Ask the Doctor... Summer Fun - A Guide For Healthy Diabetic Feet



*What's more  
natural than bare  
feet and sandals  
in the summer?*

Noushin Shoae, DPM  
Carmel Valley Foot and Ankle Surgery

Unfortunately, there's no off-season for diabetes. Many summer activities put patients with diabetes at risk for foot injuries that could lead to more serious diabetic complications. Here are some tips to ensure that your summer is fun without risking foot complications.

### DON'TS

Don't walk barefoot. While at the beach, seashells, glass or debris from the ocean can puncture the skin and cause serious infections. Extreme heat from hot pavement can cause burns and blisters that can lead to limb threatening third-degree burns due to impaired nerve sensation.

Open-toed shoes and sandals with straps should be avoided. Feet constantly exposed in flip-flops or strappy sandals can dry out from loss of moisture and cause cracking. Foot swelling in hot weather can make shoes fit tighter and cause blisters or calluses.

### DO'S

Purchase closed-toe beach shoes that can help protect feet against summer injuries.

Wear comfortable, well-fitting shoes.

Inspect your feet before putting shoes on and after taking them off. Check between the toes and at the heel. Inspect the inside of the shoe for debris or any other object.

Wear socks made of moisture-wicking material (i.e. diabetic socks) but avoid mended socks or those with seams, which could rub and cause skin injuries.

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# Department Spotlight: Cooking for a Cause, One Woman Shares Her Recipe for Health



When Rachael Alba Araujo sits down at the kitchen table every Friday with other Latina women to discuss food and cooking, it's about much more than sharing recipes. She's sharing life-saving skills based on her own experience battling obesity.

Three years ago Araujo weighed 400 pounds, had Type 2 diabetes

and was at high risk for cardiovascular disease. After changing her life and having gastric bypass surgery, she has lost 200 pounds and counting. She is committed to sharing her personal experiences and education to improve the lives of other Latinas in the San Diego community. Every Friday afternoon at the Scripps City Heights Wellness Center, Araujo holds herself as an example to other Latinas battling obesity, diabetes and more. She hopes they too can change their lives to improve their health.

A diabetes educator at the Scripps Whittier Diabetes Institute, Araujo leads a free 18-week nutrition program for low income Latina women at the center.

The highlight of each class is the cooking demonstration in the center's teaching kitchen.

"Talking around the kitchen table is a very effective way to reach the Latina community," says Araujo. "It's much more relaxed and interactive than a formal classroom setting."

She provides the class with informational handouts, offers lessons on nutritional topics, and engages her students by encouraging class participation.

Because the nutrition class is connected to the local food pantry in the community, the students are able to adjust their food pantries to resemble hers. This gives the students an opportunity to apply the lessons they've learned to their meal planning at home.

The obesity epidemic affects more than half of Latina women in the United States and low income women in minority populations are most likely to be overweight, according to the Center for Disease Control and Prevention (CDC) and the American Obesity Association.

**Jaime Szefer,**  
Scripps Corporate Communications  
To contact Project Dulce support groups, please call 858-626-5663.



# Ask the Doctor...

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Diabetes patients whose feet get swollen in hot weather may need to wear support stockings.

Wash your feet in the mornings and before bed each evening. Dry carefully with a soft towel, especially between the toes, and dust your feet with talcum powder. Use a good moisturizing cream daily, but avoid getting it between the toes.

If you are in a car or on an airplane, get up and stretch every two hours. Wiggle your toes and move your ankles up and down for five minutes, two or three times a day. This will help the circulation throughout your legs and feet.

See a podiatrist regularly. During the summer months, feet have the tendency to be at risk for more fungal infection, calluses, and open wounds. These can lead to dangerous complications if they are not treated appropriately and timely.

Have a great and healthy summer!

Noushin Shoaee, DPM  
Carmel Valley Foot and Ankle Surgery  
For more information, please call  
858-626-5672.

# The Perfect Summer Pedicure

*It is summertime and we want to show off our feet. We caution individuals with diabetes not to receive a pedicure; however pedicures are possible if you follow the recommendations below.*

## DON'TS

If you have an infection, ulcer, cut, or neuropathy, do not get a pedicure.

Stop shaving your legs two days before your scheduled pedicure to prevent skin from getting irritated or receiving bacteria.

Don't get a pedicure with unsterilized instruments. If you're not sure, and you're not comfortable, it's better to get up and leave.

Request that the technician not clip your cuticles or file your heels or calluses.

Do not have your nails cut too short.

## DO'S

Be verbal. Do let your technician know you have diabetes. The massage should be gentler and the water temperature lukewarm.

Foot baths should be cleaned with a hospital-grade, EPA-registered disinfectant. Some spas use "pipeless" pedicure chairs or you can opt for easy-to-clean individual buckets which can also be wrapped with a plastic bag prior to filling with water.

Tools should be sanitized between each use. Just because tools were pulled from a sterilization pouch or drawn from a jar of blue liquid doesn't mean they're sterile. Preferably, go to salons that operate an autoclave sterilizer.

Pick a salon that uses stainless steel instruments, which are easier to clean than porous nail files.

You can opt to take your own tools, but you must clean your tools thoroughly after each use.

Emery boards and nail buffers should be thrown out after each client.

Make sure your toenails are cut straight across.

# FAQs about Volunteering for a Clinical Trial

*What is a clinical trial? Why should I volunteer? What will happen to me?*

It is important to ask a lot of questions when volunteering for a clinical trial. Being well-informed before, during, and after joining a clinical trial is the key to successful participation.

*What is a clinical trial?*

A clinical trial is a research study involving human volunteers to investigate a drug, treatment, or device. All research studies have a sponsor that pays for the research to be done. The sponsor can either be a pharmaceutical or device company, a

government agency, or an individual physician with a study grant. The research study is run by a Principal Investigator (PI) who is a physician and a study team consisting of physicians and or nurse practitioners as well as study coordinators, nurses, and assistants. The PI and the study team have a research protocol, "the blueprint," that they follow in order to conduct the research study ethically and safely.

*Who can participate in a clinical trial?*

Each clinical trial has a set of qualifications for human volunteers

to meet to be allowed to participate in the trial. These criteria can include age, gender, type and stage of a disease, previous treatment history and medical conditions. Making sure that the qualification factors for the clinical trial are met shows that research volunteers are obtained fairly, accurately and safely.

For a complete list of questions and answers, please go to [www.scripps.org/whittier](http://www.scripps.org/whittier) and click on "clinical trials." For more information about current trials being offered or to enroll in a clinical trial, please call 858-626-7821.

# Quick & Easy Recipes

## Lettuce Wraps

### Ingredients

1 ½ Tbsp. canola oil  
9 iceberg lettuce leaves  
2 c. diced, cooked chicken (8 oz.)  
4 fresh shiitake mushrooms, chopped  
2 green onions, finely chopped  
½ c. diced red bell pepper  
4 oz. diced canned water chestnuts  
2 cloves garlic, minced  
1 teaspoon grated fresh ginger  
1 teaspoon grated fresh orange rind  
3 Tbsp. hoisin sauce  
1/4 tsp. Tabasco or other hot sauce

### Directions

Heat oil in a wok or sauté pan over medium-high heat. Sauté the chicken for a few minutes. Add the mushrooms and cook until they are tender, another few minutes. Add the onions, bell pepper, water chestnuts and allow cooking another 2-3 minutes. Add the ginger, garlic, orange rind, hoisin sauce and Tabasco sauce. Stir and cook another 1-3 minutes or until vegetables are tender-crisp. Serve immediately by spooning 3-4 tablespoons of the filling into each

lettuce cup. Additional hoisin sauce may be spooned over the filling in the lettuce cup, if desired. Fold and enjoy!

Yield: 9 Lettuce Wraps  
(3 Wraps/Person) • Cals/Serving:  
268 Protein: 24 GMS • Fat: 13 GMS  
Carbohydrate: 13.6 GMS  
Sodium: 520 MG • Fiber: 1.2 GMS

## Mango Salad With Chicken

### Ingredients

1/3 cup reduced-fat mayonnaise  
3 green onions, chopped  
2 cups cooked chicken breast, diced  
2 cups ripe mango, chopped  
1 green bell pepper, seeded and chopped  
2 tablespoons canola oil  
1 tablespoon apple cider vinegar  
2 tablespoon lemon juice  
1 teaspoon sugar  
Lettuce leaves

6 servings

Hand on: 20 minutes

Total time: 50 minutes

Combine mayonnaise and green onions in a small bowl, cover and chill. Combine the chicken, mango and bell pepper in a large bowl. Combine the oil, vinegar, lemon juice and sugar in a container with a tight lid. Shake well. Add the mayonnaise and green onion and stir well. Pour the dressing over the chicken, toss well, cover and chill for 30 minutes. To serve, spoon 1 cup of salad onto a plate lined with a lettuce leaf.

Per serving: 212 calories  
(percent calories from fat, 47)  
12 grams protein • 16 grams carbohydrates • 2 grams fiber  
11 grams fat (1.7 grams saturated)  
35 milligrams cholesterol  
352 milligrams sodium.

Nutritional bonus points: 1 cup of this salad has 1 fruit, 2 very lean meat and 2 fat exchanges.

From "The New Soul Food Cookbook for People With Diabetes" by Fabiola Demps Gaines and Roniece Weaver (American Diabetes Association, \$14.95)

## Worried About the Cost of Treating Your Diabetes?

By participating in a clinical trial, you may be able to obtain:  
physician visits • medication • glucometer and strips

We have two clinical trial locations for your convenience.  
Scripps Whittier Diabetes Institute  
9894 Genesee Ave., La Jolla, CA 92037

Scripps Whittier Diabetes Institute  
237 Church Ave., Chula Vista, CA 91910

Call 858-626-7821 for more information about clinical trials currently being offered.



# Spirit of Generosity

*Scripps Whittier Diabetes Institute is grateful for the support of our generous donors who make it possible for us to provide our programs to the San Diego community and beyond. If you would like to contribute, please send your donation to Scripps Whittier Diabetes Institute, 9894 Genesee Ave., La Jolla, CA 92037, or contact Linda Riley at 858-626-4779 to learn about your options for supporting Scripps Whittier.*

Linda Riley, Director of Development

*If you would like to submit a question for the Doc to answer, or you have a favorite recipe, please e-mail [murray.marci@scrippshealth.org](mailto:murray.marci@scrippshealth.org) or mail them to Attn: Marci Murray, SWDI, 9894 Genesee Ave., La Jolla, CA 92037.*

## Alcohol and Diabetes

Drinking too much alcohol is dangerous for everyone. As a person with diabetes, you should also be aware that alcohol can cause hypoglycemia (low blood glucose), especially if consumed without food.

Alcohol can also be high in calories. If you choose to drink an occasional alcoholic beverage, you can usually do so safely if simple guidelines are followed:

Check with your doctor prior to drinking alcohol. If alcohol is allowed for you – use only in moderation. Moderation is considered 1 serving a day for women and 2 servings a day for men.

1 serving of alcohol = 12 oz. of light beer, or  
= 1 1/2 oz. of hard liquor, or  
= 5 oz. of dry wine

Alcohol can cause low blood sugar from 6 to 36 hours after its consumption, and the chance of low blood sugar is high in someone who eats minimally during the day and has a drink before or with dinner. Drink alcohol only with a meal or snack. Because alcohol can cause low blood glucose, do not drink on an empty stomach!

If you are trying to lose weight, alcohol can add unnecessary calories.

Avoid sweet wines, liqueurs and sweetened mixed drinks because of the high sugar content. Acceptable mixers are diet carbonated beverages, club soda, mineral water or diet tonic.

Alcohol may be contraindicated with certain oral medications. Check with your doctor or a pharmacist.

**Scripps Whittier Diabetes Program**  
858-626-5672



# The Way “EYE” See It



Recently, I had the misfortune of having a kidney stone and, like most health care folks, I was stoic to the bitter end. I waited until I was in so much pain before taking the inevitable trip to the emergency room. I told myself that it was going to get better on its own and all I had to do was wait it out. Plus, I could save some money not going to the emergency department (ED) and paying the co-pay for the services.

As with so many medical conditions, it's important to know the symptoms and when it is most appropriate to head to the ED. Do you know the warning signs for vision impairment or sudden vision loss? Do you know if blurry vision

constitutes a trip to the emergency room? What should you do when your vision changes? Please be sure to talk to your physician to find out.

According to the medical journals, there are just a few true ocular emergencies. These include chemical burns; high speed trauma to the eye(s); and sudden vision loss with or without eye pain. If any of these events happen to you, please seek immediate help!

Worldwide, there are four conditions that cause the majority of vision impairment or blindness: a) cataracts, b) age-related macular degeneration c) glaucoma and d) retinopathy.

Due to my experience in retinal screening for the Scripps Whittier Diabetes Institute, I believe people with diabetes have a higher potential for sudden vision loss due to the following:

If you have retinopathy you are at greater risk of retinal hemorrhage, which could come

on suddenly – often without pain. People with diabetes can have spontaneous detachments or tears. Additionally, a retinal detachment could be associated with a high speed trauma, like being hit with a ball at a little league or soccer game.

Glaucoma, common in people with diabetes, can cause sudden vision impairment. Closed angle glaucoma can be very painful and cause sudden vision loss.

Occlusions of the blood vessels in the retina can cause sudden vision loss. If you have high blood pressure and diabetes, your risk is increased. Occlusions are the second leading cause of sudden vision loss, with stroke and trauma being the first.

Knowing your risk factors and having yearly exams and screenings can help prevent vision loss and blindness.

George Hayes, NCPT, retinal imaging specialist, manager, Mobile Medical Unit. For more information about the MMU or retinal screenings, please call 858-626-5633.





## *Enjoy Your* **Summer Vacation, Plan Ahead**

*Swim suit, sunglasses and walking shoes...*

But don't forget to pack important items to manage your diabetes. If you are traveling in the United States or out of the country, it is always a good idea to carry a prescription from your physician for your diabetes medications; meter and test strips; any other diabetes supplies; and a note that states you have diabetes.

Here are a few general recommendations:

- Bring double your usual amount of medication and meter supplies with you.
- If you are traveling, bring your supplies with you in your carry-on-bag.
- Be sure to carry extra glucose tablets or fast sugar sources with you in the event of hypoglycemia.
- Wear or carry identification that states you have diabetes and have a list of your emergency contact numbers.
- Don't count on eating on time or having food available, so carry healthy snacks with you.
- If you are flying in the United States, tell security workers that you have diabetes and are carrying medical supplies. Your medications must have pharmacy labels on them.
- If you are traveling out of the United States, check with the airline before your trip. Eastward travel means a shorter day so if you are taking insulin, less insulin may be needed. Westward travel means a longer day and more insulin may be needed.

For further information on traveling with diabetes call the United States Department of Transportation at 202-366-4000 or log on to [www.dot.gov](http://www.dot.gov).

Have a beautiful and fun summer vacation!

Jewel Doig, RD, CDE, Diabetes Nurse Educator  
For more information, please call 858-626-5672.

# Diabetes and Medicare

*An estimated 20.9 percent of our senior population, age 60 and older, has diabetes.*

Effective January 1, 2005, Medicare announced additional coverage for people recently diagnosed with the disease. Scripps Whittier Diabetes Institute offers programs that may be covered by Medicare. This includes diabetes self-management training and medical nutrition therapy. Medicare may cover up to 10 hours of diabetes self-management training in the first year after diagnosis and three hours of medical nutrition. Both of these services require separate written referrals from your physician.

Please call 858-626-5672 for more information.



## Diabetes Support Programs Offered in English and Spanish

As a person with diabetes, you must make important decisions about your diet, medications and exercise. Our support groups will help you make the best choices to take control of your diabetes.

- Classes and support groups help you:
  - Understand and manage your diabetes
  - Learn how to prevent and treat high and low blood sugars
  - Learn how to choose a meal and exercise plan that is good for you
  - Share your experiences with other people managing their diabetes

- Classes and support groups are held in English and Spanish

*For more information or register for these services, please call 866-791-8154.*

### **Scripps Whittier Support Group locations:**

- All English speaking*
- Scripps Encinitas 310 Santa Fe Drive, Encinitas, CA. 92024
- Scripps Rancho Bernardo 15004 Innovation Drive, San Diego, CA. 92128
- Scripps Mission Valley 7565 Mission Valley Road, San Diego, CA. 92108

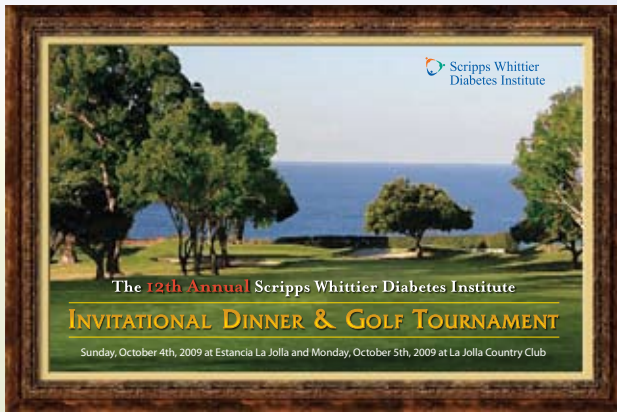
### **Project Dulce Support Group locations:**

- City Heights Wellness Center 4440 Wightman St.#200, San Diego *(Spanish speaking)*
- Saint Leo's Free Medical Clinic 984 Genevieve, Solano Beach *(Spanish speaking)*
- Scripps Well Being Center - Chula Vista 237 Church Ave, Chula Vista *(English and Spanish)*
- Villaserena 1213 Medical Center Drive, Chula Vista *(Spanish speaking)*
- SummerCrest 2721 East Plaza Blvd., National City *(Spanish speaking)*





# Golf Tournament 2009: Save the Date!



Please join us for the 12th Annual Scripps Whittier Diabetes Institute Invitational Dinner and Golf

Tournament coming this October. The dinner and auction portion will be held Sunday, Oct. 4 and the Estancia Hotel and Resort in La Jolla, and the golf tournament will be held Monday, Oct. 5 at the La Jolla Country Club.

This annual event supports the mission of Scripps Whittier Diabetes Institute to provide meaningful, innovative programs for children and adults with diabetes.

For more information, please contact Lindsay Rhine at 858-678-6349.

## The Myths and Realities of Diabetes: Do you know fact from fiction?



Fruit is a healthy food, so I can eat as much of it as I want.

**MYTH:** Fruit is a healthy food containing fiber, vitamins and minerals. However, fruit also contains carbohydrates in the form of natural sugars and should therefore be included in your meal plan as a carbohydrate.



I shouldn't have to restrict my travel plans because I have diabetes

**REALITY:** Whether taking a cruise or flying home to visit relatives, a person with diabetes can go anywhere and do almost anything. However, it takes some special planning to ensure safe travels.



When I am sick, it is okay for me to skip some doses of my medications.

**MYTH:** When you're sick, you are under stress. To deal with the stress, your body releases hormones that help it fight disease. These hormones can cause your blood sugar levels to rise and also effects how insulin tries to lower your blood sugar.



The reason I have diabetes is because I ate too much sugar.

**MYTH:** Eating too much sugar does not cause diabetes. However, poor diet choices that lead to being overweight or obese, increase your risk for developing type 2 diabetes.



If I use insulin, that means I have type 1 diabetes

**MYTH:** Insulin can be used as a treatment method for all types of diabetes including type 1, type 2 and gestational.



I can tell if my blood sugar level is high or low depending on how I feel

**MYTH:** Many people are in tune with their bodies and have the ability to recognize the signs and symptoms of high and low blood sugars. However, some of the symptoms overlap between high and low blood sugars and outside factors causing a person to feel ill.

Lindsay Olsen, RN, Diabetes Nurse Educator  
For more information, please call 858-626-5672.

# Summer Time – It Can Be Hot, Hot, Hot!

Summer is a great time of year that involves many fun outdoor activities. One thing to be aware of is the location, storage and temperature of your insulin.

Below are a few tips to think about that will ensure your insulin does not get too hot and remains at a stable temperature:

- Open vials of insulin may be stored at room temperature (59 to 86°F) Keep your extra supply of insulin in the refrigerator.
- Most types of insulin vials are good for only 28 to 30 days after opening. Check with your pharmacist about the storage and handling of your specific type of insulin.
- Insulin Pens – check with your pharmacist to find out how long your insulin pen is good after it

is opened. Do not expose insulin to strong light or temperatures above 86°F Do not freeze insulin.

- If the type of insulin you use is normally clear, be aware if it turns cloudy or has any particles floating around, as this indicates the insulin has been damaged and should not be used.
- If the type of insulin you normally use is cloudy, make sure there are no large particles floating around, as this would indicate the insulin is damaged and should not be used.
- When going to the beach, or out for a long period of time, have a cool spot for your insulin such as a cooler with an ice pack and place in a shady spot.

Insulin cooling products are also available, such as FRÍO® cooling

products, which can keep insulin cool for up to at least 45 hours. FRÍO® cooling products include wallets, traveling cases and even covers for insulin pumps. For more information please call 866-690-3746 or visit [www.coolerconcept.com](http://www.coolerconcept.com).

By keeping your insulin cool, you'll be able to enjoy all of your favorite summertime activities, even in the hottest of climates.

**Stephanie Decker, RN, CDE, Manager, Professional Education and Training**  
For more information, please call 858-626-5696.



# Patient Education Available Throughout San Diego and in Your Community: Scripps Whittier Diabetes Program



At the Scripps Whittier Diabetes Institute our certified diabetes educators

help you learn how to take control of your diabetes. A variety of American Diabetes Association recognized programs are available. We provide people with diabetes the knowledge and tools they need to make the best day-to-day decisions about their health and well-being.

## Individual appointments for those with diabetes and gestational diabetes

- Taught by certified diabetes educators, topics include self-management skills and home blood glucose monitoring. Taught by certified diabetes educators, topics include self-management skills and home blood glucose monitoring, as well as education on associated cardiovascular risk factors and other complications.

## Group classes for type 1 and type 2 diabetes

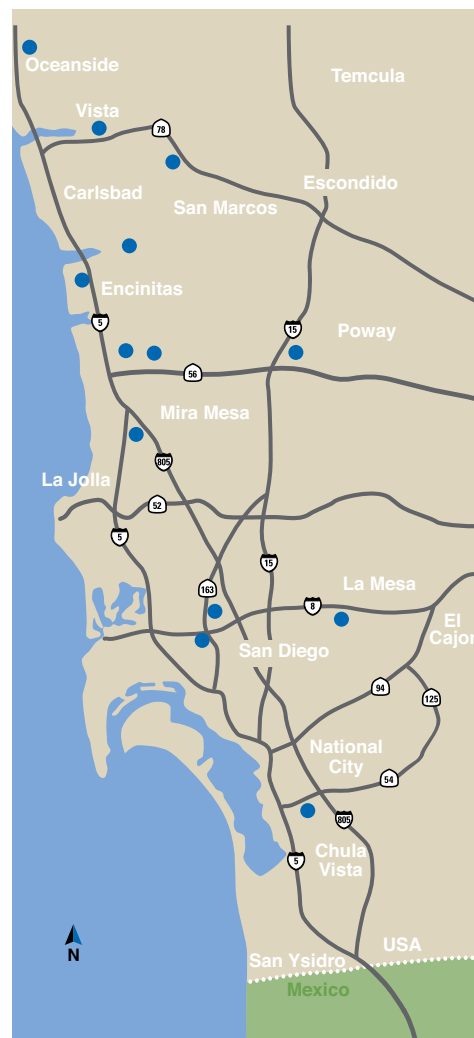
- Nurses, dietitians and diabetes health care providers share their expertise by presenting topics related to managing diabetes.

## Individualized training for insulin pumps and continuous glucose monitoring

- Certified diabetes educators provide training to people on how to start using, and live with, insulin pumps or continuous glucose monitors.

## Nutritional counseling, meal planning and exercise strategies for weight management

- Registered dietitians offer patients, physicians and the general public a variety of medical nutrition therapy services for the treatment/prevention of disease. Personal meal management, education and support are also provided to promote wellness.



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

*For more information or to register for any of these classes, please call 858-626-5672 or visit [www.scripps.org/whittier](http://www.scripps.org/whittier).*





**Scripps Whittier  
Diabetes Institute**

**9894 Genesee Avenue  
La Jolla, CA 92037**



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