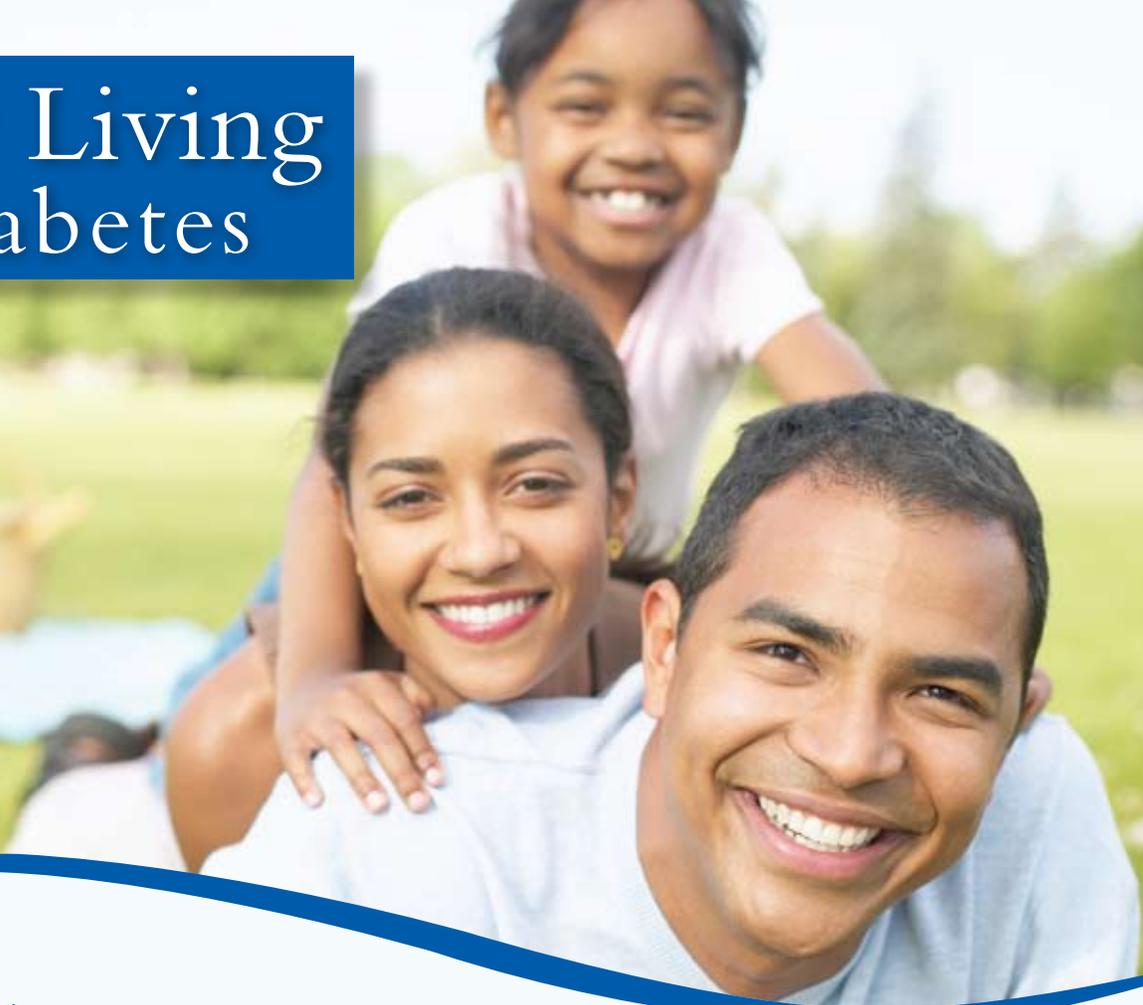


Healthy Living with Diabetes

Spring 2009



Ask the Doctor... Diabetes and Heart Disease Walk Hand-in-Hand



Athena Philis-Tsimikas, M.D.,
Scripps Whittier Diabetes Institute

Did you know that two out of three people with diabetes die from heart disease?

The link between the two ailments is strong and significant. A close eye should be kept on symptoms so that a diabetic patient, or anyone at risk for heart disease, does not become another statistic. According to the American

Diabetes Association (A.D.A.), 23.6 million people in the United States, or eight percent of the population, have diabetes.

At every turn, cardiovascular disease -- especially cardiovascular death -- stalks the diabetic patient. When matching diabetic to non-diabetic patients in heart disease trials, diabetic patients have always fared worse.

The diabetic risks associated with heart disease include high blood pressure, high LDL or "bad" cholesterol, high triglycerides, low HDL or "good" cholesterol,

smoking, obesity, poorly controlled blood sugar levels and lack of physical activity. Additional ailments exist that can affect various parts of the body and can lead to serious complications including blindness, kidney disease, nervous system disease, periodontal disease, amputations, and complication of pregnancy to name just a few.

Controlling your risk factors is the single most important way to suspend or even prevent the onset of heart conditions and stroke if

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Patient Profile: Reaping Benefits for the Future



At the age of 38, I was diagnosed with type 2 diabetes. Initially, I was careful, controlling the disease with diet, exercise and maximum medication. After a few years, I decided I could cut back on the medication and then gradually went into full denial and discarded diet and pills altogether. Not until I lost feeling in my toes did I decide I needed to come to terms with the disease.

Some 20 years after being diagnosed, I felt I was making the right decisions to control my problem. This control, though not what my doctors fully wanted, seemed to be working for me.

My A1c was down to seven or eight percent, but as my body grew older, things seemed to change for the worse.

I struggled with new medications and changed doctors as I moved from state to state. I spent time researching emerging treatments for type 2 diabetes and found considerable effort being made to find new ways to control the disease.

I read about several medications being developed and looked into becoming part of those clinical trials. My purpose was two-fold: make my control better, and assist in the process so better medications become a reality for all.

In 2004, I participated in my first clinical trial through the Scripps Whittier Diabetes Institute. It lasted about a year and while it did help me control my diabetes, it seemed that I slid back even further when the trial was over. It didn't take long for me to find another trial. The second trial did not produce the positive results I needed,

although there was initially some improvement in my A1c. After a few months, that medication's effectiveness diminished and I left the study.

Just as I was accepted into another study, with my A1c at nearly 10 percent, my doctor insisted I become insulin dependent. We agreed to wait a few weeks and see if any improvement came about. Two years later, I'm still participating in the study and my A1c has gotten down to 6.5 percent.

I truly believe my continued pursuit of clinical trials through the Scripps Whittier Diabetes Institute is reaping benefits for the future of those fighting with type 2 diabetes. As these new treatments become available to the general population, millions of people with type 2 diabetes will benefit.

Thanks for your encouragement!
Gordon F.

For more information about clinical trials, please call 858-626-7821.



Clinical Trials

New Clinical Trial Offered Through Scripps Whittier Clinical Research
Scripps Whittier Diabetes Institute has opened a new clinical research site in Chula Vista. Clinical trials for type 2 diabetes are now underway at 237 Church Avenue, Chula Vista, 91910. Trials for type 1 and type 2 are also held at the La Jolla site, 9894 Genesee Ave., La Jolla, CA 92037. For more information about clinical trials at either location, please contact 858-626-7821.

Ask the Doctor...

Continued from page 1

you are a diabetic. Controlling blood glucose levels benefits not only people with type 1 or type 2 diabetes, but also people who do not have the disease. Requesting an A1c blood test the next time you have a physical or visit your physician can reveal a lot about your glucose level. A reading of seven percent or lower is ideal for the majority of the population, and a reduction by even one percentage point can reduce risk factors for eye, kidney and nerve diseases by up to 40 percent.

Prediabetes is also an indicator that full blown diabetes can be lurking just around the corner. A swift and routine adjustment in diet and exercise can stave off the onset altogether. Unfortunately, individuals with prediabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke.

Achieving an ideal body weight and making sure blood pressure, cholesterol and blood glucose levels are at the recommended targets is imperative. Currently the recommendations of the A.D.A. for these levels are as follows:

1. Blood pressure less than 130/80
2. LDL Cholesterol less than 100 mg/dl
3. A1c less than seven percent

Heart and Stroke Risk Factors for People with Diabetes

- high blood pressure
- lipid disorders
- high LDL (bad) cholesterol
- high triglycerides
- low HDL (good) cholesterol
- smoking
- obesity
- lack of physical activity
- poorly controlled blood sugars (too high) or out of normal range

“Eat, drink and be merry,” is a good motto to live by. But do so in moderation, especially if there is an increased risk of diabetes, heart disease or stroke in your family.

Athena Philis-Tsimikas, M.D., Scripps Whittier Diabetes Institute.
For more information, please call 858-626-5672.



Worried About the Cost of Treating Your Type 1 or Type 2 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

On the campus of Scripps Memorial Hospital La Jolla

9894 Genesee Ave., La Jolla, CA 92037

Scripps Whittier Diabetes Institute

237 Church Avenue
Chula Vista, CA 91910
Near 3rd and E

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

Quick & Easy Recipes

Lemony Cheesecake

Ingredients:

2 graham cracker squares,
crumbled into fine crumbs or
2 tbs. graham cracker crumbs
1 sm. pkg. (4 serving size) Jell-O
lemon flavor sugar-free gelatin
2/3 cup boiling water
1 cup low fat or fat-free cottage
cheese
1 8-oz pkg. Fat-free cream cheese
2 cups thawed Cool Whip Lite
Topping
1 cup reduced-calorie cherry pie
filling

Directions:

Spray eight or nine inch spring
form pan or nine inch pie plate
lightly with non-stick cooking
spray. Sprinkle bottom and sides
with the graham cracker crumbs.

Completely dissolve gelatin in
boiling water, pour into blender
container. Add cottage cheese
and cream cheese; cover. Blend at
medium speed, scraping down sides
occasionally, about two minutes or
until mixture is completely smooth.
Pour into large bowl and gently

stir in whipped topping. Pour into
prepared pan; smooth top. Chill
until set, about four hours. When
ready to serve, remove sides from
spring form pan. Slice and top with
pie filling.

Yield: 8 Servings

Cals/Serving 160 • Protein 8 GMS

Fat 0 GMS • Carbs 16 GMS

Sodium 330 MGS • Fiber 0 GMS

Portobello Mushrooms over Spinach Greens

Ingredients:

2 Portobello mushrooms
1 bag pre-washed baby spinach
leaves (4 oz)
2 tbs. balsamic vinegar
4 tbs. olive oil
Juice of ½ lemon or
1½—2 tbs. juice
Salt to taste
Parmesan cheese, optional

Directions:

Into a non-stick skillet, pour
1½ tbs. olive oil and heat over
medium-high heat. Slice the
caps of the mushrooms into slices
approximately ¼ inch thick and

add to the hot oil in the frying
pan. Sauté for two to three
minutes on one side cover and
turn when nicely browned and
cook for another few minutes on
the other side covered. When limp
and cooked, add 2 tbs balsamic
vinegar and allow to cook until the
vinegar has been absorbed into the
mushrooms, approximately another
minute. While the mushrooms are
sautéing, toss the spinach greens
in a large mixing bowl after
drizzling the juice of ½ lemon
and the balance of the olive oil
(2 ½ tbs.). Add salt to taste. Put
on to four individual salad plates
and top with a few slices of the
sautéed Portobello mushroom.
If desired, peel a few lengths of
Parmesan cheese over the top of
the salad. Top with a few grinds
of black pepper. Enjoy!

Yield: Serves 4 • Cals/Serving 158

Protein 3 GMS • Fat 14 GMS

Carbs 5 GMS • Sodium 46 MGS

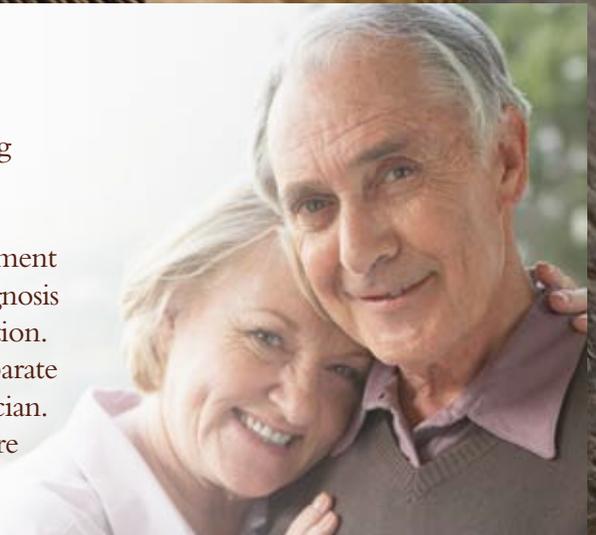
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Diabetes and Medicare

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.



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 or mail them to Attn: Marci Murray, SWDI, 9894 Genesee Ave., La Jolla, CA 92037.

Do you know your ABC's?



And no, I am not talking about the alphabet but rather your A1c, blood pressure, and cholesterol. The American Diabetes Association has the following general guidelines regarding the ABCs of diabetes.

The goal for the **A**1c, calculated over a three month average of your blood glucose, should be less than 7.0 which means your blood sugar average is 150mg/dl. How can you get your A1c to that goal? Eat healthy foods, watch your portions, and get 30 minutes of daily exercise. Your diabetes medications may also need to be adjusted or changed to help lower your A1c. We know through many clinical trials over the last 20 years that healthy glucose levels greatly decrease the risk of complications to the eyes, nerves, and kidneys.

B is for blood pressure. Less than 130/80 is the goal for ideal blood pressure. If your blood pressure is not at that level, blood pressure medication is recommended. Daily

activity, refraining from smoking, limiting alcoholic beverages to two a day, moderate weight loss, stress management, and keeping your sodium intake to 2300mg a day or less can help decrease your blood pressure. Many people may still require two or three blood pressure medications to achieve the recommended reading. Clinical trials show that keeping blood pressure less than 130/80 decreases the chance of having a heart attack or stroke.

C stands for cholesterol. Not only does the cholesterol need to be monitored and treated but other parts of a "lipid (fats) panel" as well. The cholesterol goal is less than 200mg/dL, triglyceride goal is less than 150mg/dL, HDL for men greater than 40mg/dL and for women greater than 50 mg/dL (women have a higher rate of heart attacks than men), and LDL less than 100mg/dL. If you are at a high risk for a heart attack or have already had a heart attack, the recommendation for the LDL is less than 70mg/dL. Daily activity

and eating healthy are important again to keep the lipids in healthy ranges. Foods that are high in cholesterol, saturated fats and trans fats include hamburger, sausage, hot dogs, cheese, whole and 2% milk, butter, margarine, vegetable shortening and baked goods like cake, donuts, and cookies. These foods raise your cholesterol and triglycerides, LDL, and lower your HDL (the good cholesterol). This puts you at a high risk for having a heart attack or stroke. Many people will also require medication to keep these lipid levels in a healthy range.

Call the Scripps Whittier Diabetes Institute at 858-626-5672 to make an appointment with a registered dietitian and nurse, both of whom are certified diabetes educators, to help you get on track with your diabetes management.

Stephanie Decker, Manager,
Professional Education and Training.



Learn the Skills to **Successfully Self-Manage Diabetes**

While an estimated 14.6 million people have been diagnosed with diabetes, another 6.2 million are not aware that they have the disease.

Do you know someone who has diabetes? Most people do. It's no surprise when eight percent of the U.S. population has the disease, which affects the body's ability to turn food into energy. Normally, food turns into glucose and is transported by a hormone called insulin to the body's cells where it is used for energy. People with diabetes either do not produce enough insulin or the body does not use it properly. If diabetes is not

treated, the sugar which normally goes into the cells backs up in the bloodstream and causes high blood sugar. The excess sugar in the blood stream upsets normal body functions and can result in serious symptoms and illness.

While an estimated 14.6 million people have been diagnosed with diabetes, another 6.2 million are not aware that they have the disease. Many will discover they have diabetes only when they are treated for one of its life threatening complications, such as heart disease, stroke, kidney disease, blindness, nerve disease or amputation.

The two most common types of diabetes are type 1 and type 2.

Another type of diabetes, called gestational diabetes (GDM), develops during pregnancy and it may or may not go away after the baby is born. Fortunately, diabetes can often effectively be managed with diet and lifestyle changes and, if needed, medication. The Scripps Whittier Diabetes Institute offers a Diabetes Self-Management Education Program. This program educates diabetes patients and their families on healthy eating and lifestyle changes, and empowers them to better self-manage their disease.

“Whittier Institute is a blessing with great resources too. I was overwhelmed but now feel supported and in more control.”

“Getting diagnosed with type 2 is scary and confusing. Scripps Whittier really helped me get on track and I feel empowered and successful now.”

Patients in the program consult with knowledgeable professional certified diabetes educators (CDE) who are registered nurses and registered dietitians. They provide high-quality education, both on an individual basis and in small groups. Group classes may also be taught by peer educators through Project Dulce at many of the San Diego Community Clinics.



Scripps Whittier Diabetes Program is accredited through the American Diabetes Association’s Education Recognition Program, which assures that it meets the national standards for diabetes self-management education. Programs that achieve this recognition have a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management. Accreditation also gives professionals and patients a national standard by which to measure the quality of the services provided. Through the support of the health care team and increased knowledge and awareness of diabetes, patients can assume major responsibility for their diabetes management, potentially preventing unnecessary hospital admissions and some of the acute and chronic complications of diabetes.

Among the skills taught in the program are setting measurable, meaningful and realistic goals, knowing the signs and symptoms of high and low blood glucose, and how and when to check blood glucose and understand the results. In addition, educators explain how to make healthy dietary choices at home and when eating out, how to count carbohydrates, and how to begin or fine-tune an exercise program. Patients also learn how to take insulin and other medications, manage sick days, and avoid the complications of diabetes. The program also offers referrals to support groups, resources and classes put on by other organizations that support diabetes self-management.

“Diabetes education is a great asset. Thank you for providing it.”

Scripps Whittier Diabetes Self-Management Education Program is open to all patients with diabetes who want to improve their diabetes care, whether they are newly diagnosed or have had diabetes for many years and want to get updated on what’s new. Classes are currently offered at 14 accredited sites, including Scripps Clinics and Project Dulce clinics. Classes are offered in English and Spanish. The program is usually covered by insurance.

Maire Robacker R.N., M.S.N., C.D.E. is program coordinator of the Scripps Whittier Diabetes Program. For more information about diabetes self-management, please call 858-626-5672. For more information about maintaining a healthy lifestyle or for a physician referral, please call 1-800-SCRIPPS.

The Way “EYE” See It



I was recently asked, “Does high blood pressure affect your eyes if you have diabetes?”

YES- In annual eye screenings, retinal changes due to high blood pressure are seen clearly, and, frankly, way too often in people with diabetes. High blood pressure can cause a serious chain of events to occur with the retina.

The effects are first seen in the microvascular system of blood vessels. The retina, the back of the eyes and kidneys are some of the most critical organs with microvascular blood vessels.

These vessels have a constant flow of blood through them, unlike the larger vessels where blood flow pauses with each heartbeat. These vessels, having some of the tiniest diameters, are extremely susceptible to damage due to the force of blood being pumped through them.

In the retina, a microaneurysm can occur when an ocular blood vessel gets blocked or weakened due to high blood sugars, creating the vessel to bulge. When this occurs, the tissue in the eye is starved for blood flow, resulting in a microinfarction (also referred to as “Cotton Wool Spots”). If your blood pressure is too high, these tiny blood vessels can hemorrhage, resulting in blood to be seen in the retinal tissue.

There is increasing evidence that ocular blood flow is involved in the development of glaucoma.

Current data indicates that fluctuations in blood flow are more harmful to the optic nerve head than steady reductions. Unstable blood pressure and dips are linked to optic nerve head damage and correlate with visual field deterioration.

Scripps Whittier Diabetes Institute always advocates for annual screening, as it can usually prevent more serious complications. Blood pressure control is a critical component in your diabetes self management.

[George Hayes, Retinal Imaging Specialist, Manager, Mobile Medical Unit.](#) For more information about the MMU or retinal screenings, please call 858-626-5633.



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:
 - 1) Understand and manage your diabetes
 - 2) 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.

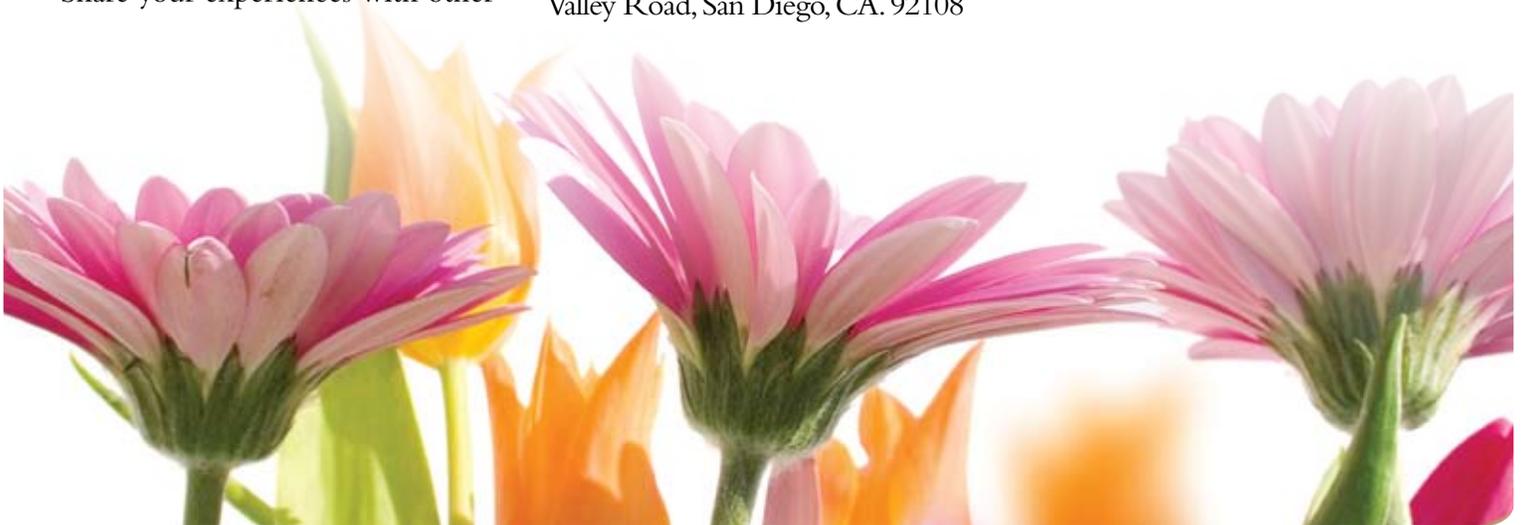
Scripps Whittier Support Group locations:

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)*



Pre-Existing Condition: Art Exhibit Now Showing at Scripps Whittier Diabetes Institute in La Jolla

Through May 22, 2009, Type One Clothing and Scripps Whittier Diabetes Institute are hosting a group art exhibition, Pre-Existing Condition. The collection may be seen Monday – Friday between the hours of 10 a.m. and 4p.m.

Brainchild of artist Zoey Stevens, the show includes several artists' perspectives of the disease known as Type One Diabetes. All of the artists are affected by diabetes in one way or another. The aim of the show is to raise awareness about the disease and raise money for Type One diabetes research. A portion of the proceeds from sales will be donated to Scripps Whittier Diabetes Institute's Clinical Research Center.

More than 20 artists are featured, including:

- Zoey Stevens (zoey.com)
- Shepard Fairey (obeygiant.com)
- Sean Brannan, coordinator of the local "Cow Parade", (seanbrannan.net)
- Vincent Burkhead, San Diego resident, (vincentfineart.com)
- Anthony Ausgang, (ausgangart.com)

For more information, please call 858-626-4779 or email riley.linda@scrippshealth.org.

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

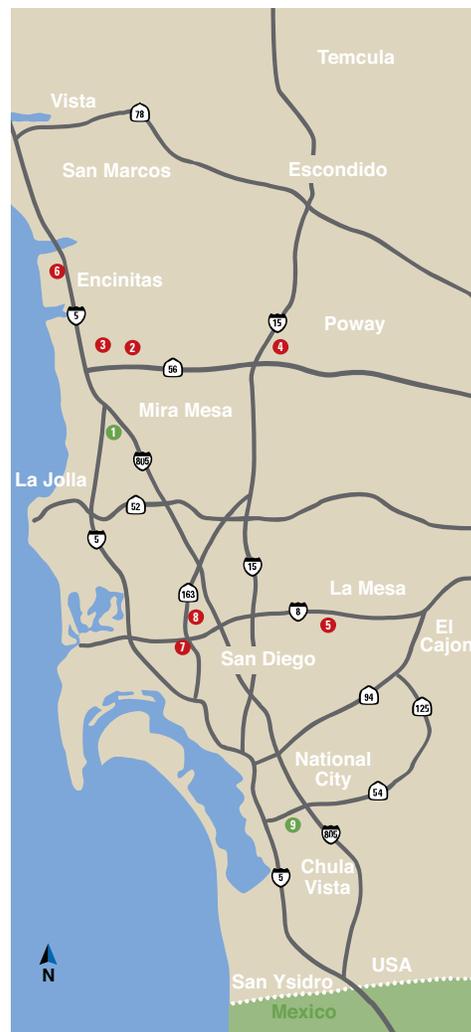
- Nurses, dietitians and diabetes health care providers share their expertise by presenting topics related to managing diabetes.

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

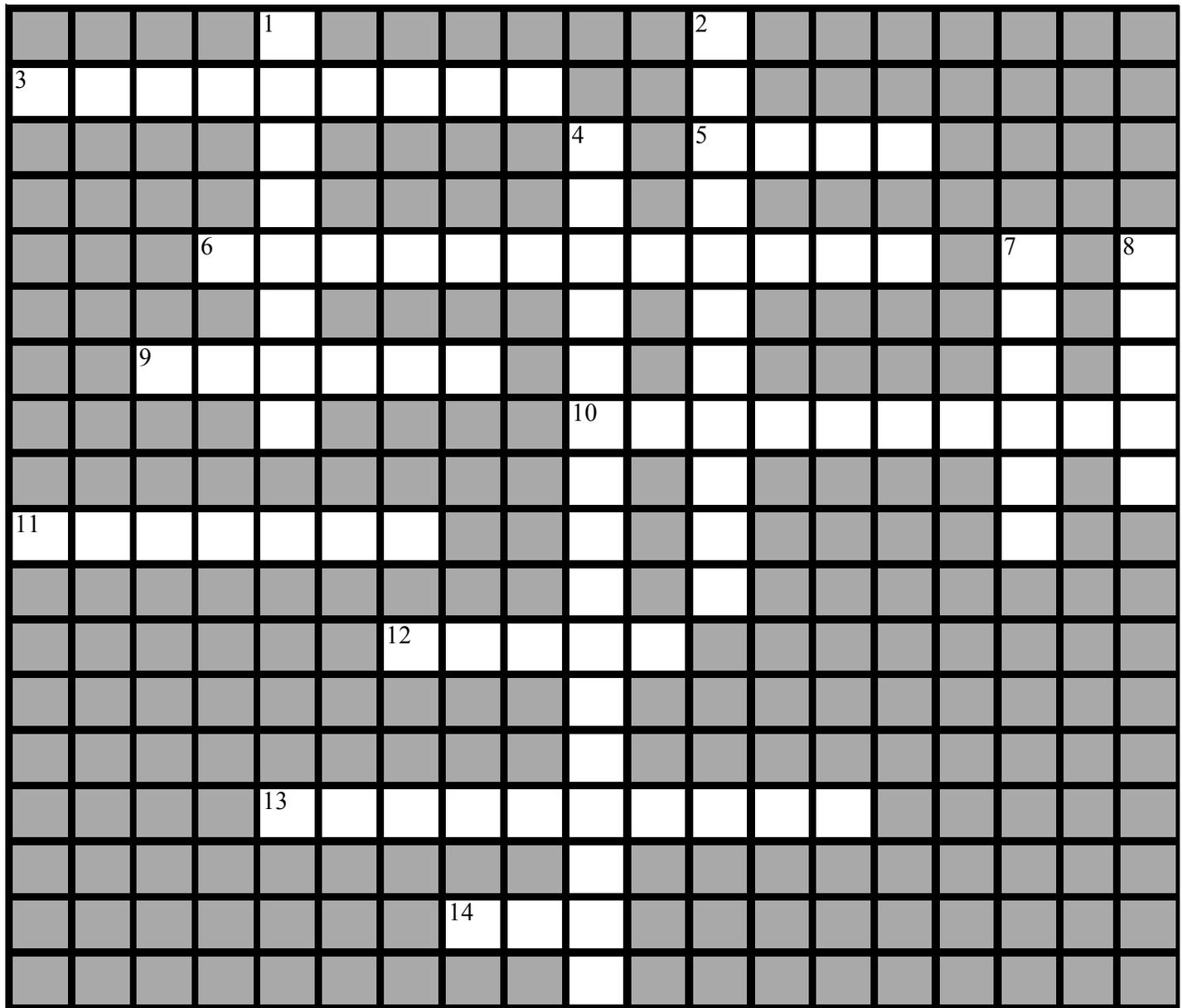
- Registered dietitians offer patients, physicians and the general public a variety of medical nutrition therapy services for the treatment/prevention of disease. Personal meal management, education and support are also provided to promote wellness.



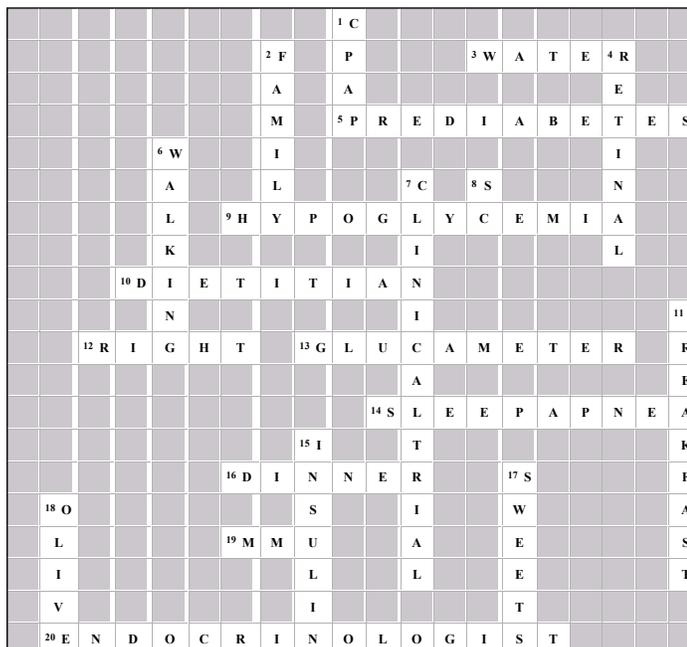
*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

For more information or to register for any of these classes, please call 858-626-5672 or visit www.scripps.org/whittier.





SWDI Crossword Puzzle Answers Winter '09



SWDI Crossword Puzzle Spring '09

ACROSS

- 3. Portobello _____ over spinach greens (recipe)
- 5. Medication taken by mouth
- 6. "2 out of 3 people with diabetes die from _____"
- 9. Part of the eye that needs annual exam
- 10. Lemony _____
- 11. Sugars that get tested daily
- 12. "_____ have a higher risk for a heart attack"
- 13. "Many people require _____ to keep these lipid levels in check"
- 14. "Do you know your _____'s" (article title)

DOWN

- 1. _____ Dulce (SWDI Department)
- 2. Natural type of fat in the body
- 4. Department at SWDI that has a new site in Chula Vista
- 7. Clinical _____ helps patient obtain free physician visits, medication & supplies
- 8. Something that patients with diabetes should always wear

Answers in the next issue



What's Inside?

- **Patient Profile:** Reaping Benefits for the Future
- **Healthy Hints:** Quick & Easy Recipes
- **Diabetes and Medicare**
- **Learn the Skills to Successfully Self-Manage Diabetes**
- **Patient Education classes and support groups**
- **Pre-Existing Condition:** Art Exhibition