

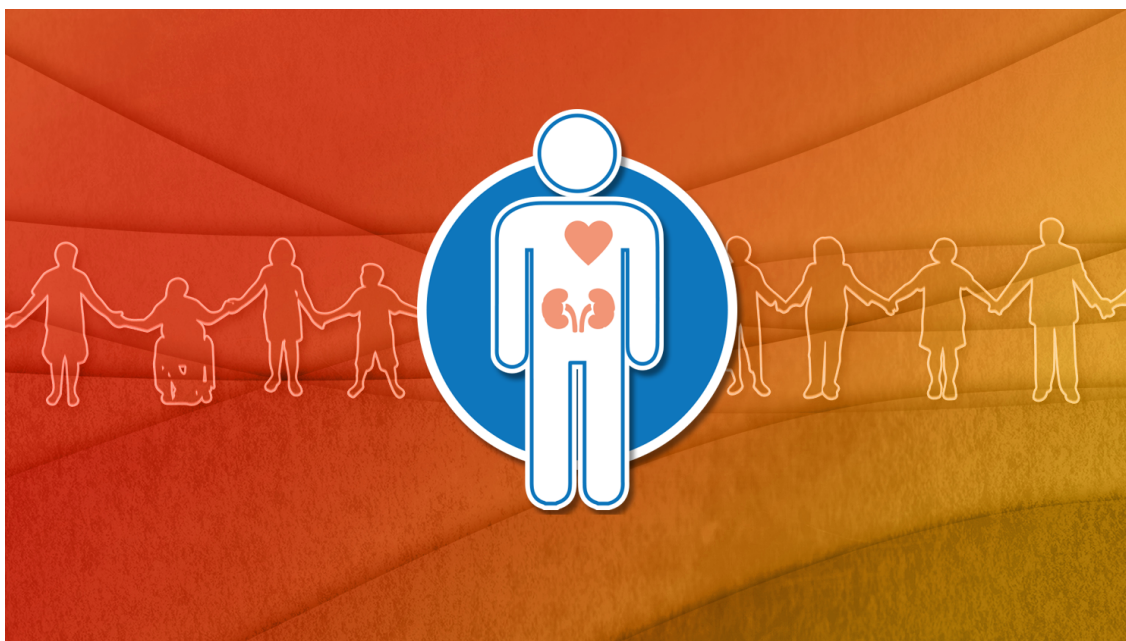
June 2018 Newsletter

June 2018 Edition

THE JOHNS HOPKINS PATIENT GUIDE TO DIABETES



Our Vision: To provide a trusted and reliable resource based on the latest evidence that people with diabetes or interested in diabetes can use to live healthier lives.



What's New?

See our New Videos!

Understanding Diabetes: An Overview

This animation focuses on how the body normally breaks down and uses food, and explores how the body maintains a healthy level of glucose, the simple sugar used for energy.

Injection Using an Insulin Pen

If you have diabetes and have been prescribed insulin to take via an insulin pen, there are a few things that you should know.

Type 1 Diabetes

Type 1 Diabetes is an autoimmune condition, which means that the immune system, which usually fights viruses and bacteria, produces antibodies that fight and destroy the insulin-producing beta cells in the pancreas.

Injection Using an Insulin Syringe

If you have diabetes and have been prescribed insulin to take with a syringe and vial there are a few things that you should know.

Check out New Additions to the Nutrition Blog!

4 Facts You Should Know about the Glycemic Index

If you have diabetes, you probably know that the amount of carbohydrates you eat affects your blood glucose. But did you know that the type of carbohydrate is also important? This is because foods that contain the same amount of carbs can have different effects on your glucose. The glycemic index (GI) is a way of measuring the effects of a food on glucose levels.

Carbohydrate Goals

One of the most common questions I get asked as a dietitian working with people who have diabetes is “how many carbs should I be eating?” My answer isn’t a set range of carbs for everyone.

How to Fit Fruit in your Meal Plan

It’s almost summer and that means so many fruits are going to be in season. Even if you don’t enjoy fruit during the winter months, it becomes tempting to eat lots of fruit in the summer. For people with diabetes, this can be a problem.

Plants as Treatment for Type 2 Diabetes

You probably have heard about new diets making headlines all the time. Some of these diets have healthy aspects, but too often something is missing and the diet shouldn’t be or is not sustainable. Recent diets tell us we need more protein, but we don’t need as much as some of these diet recommend and not all proteins are created equal.

Recipe Swaps to Decrease Carbs

Just saying the word cooking for many people feels overwhelming. Cooking doesn’t always mean following a 10 step recipe though. It can be simplified with some meal planning and a well-stocked kitchen.

What is Resistant Starch?

You may have already heard something about resistant starch. Maybe that it’s for good for weight loss and controlling glucose? If you haven’t heard about it, now is your time to learn more.





Spotlight

The 4th Annual Frannie Foundation Mother's Day Brunch was held on Saturday 12 May 2018 at Gertrude's @ The Baltimore Museum of Art, and featured speaker Rita R. Kalyani, MD MHS; Associate Professor of Endocrinology, Diabetes & Metabolism at Johns Hopkins. Attendees enjoyed the approachable, relaxed format.

Talk to Us!

What are you curious about? Send us your ideas for new polls.

Please send us your comments or feedback, including what you like and don't like, and what you'd like to see included in this website or newsletter, to: hopkinsdiabetesinfo@jhmi.edu or use the [Contact Us](#) link. Remember, please do NOT include any personal health information. The website is constantly being updated with fresh content, so visit regularly! This newsletter is published periodically.

Also, please let us know how you think we can improve accessing or navigating this website.

In Health,

The Johns Hopkins Patient Guide to Diabetes Team

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This website was made possible through the generous philanthropic support of the [**The Frannie Foundation**](#), whose mission is to enhance the lives of individuals who have diabetes and other cardiovascular-related diseases. More information about this non-profit organization may be found at: www.thefranniefoundation.org

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