

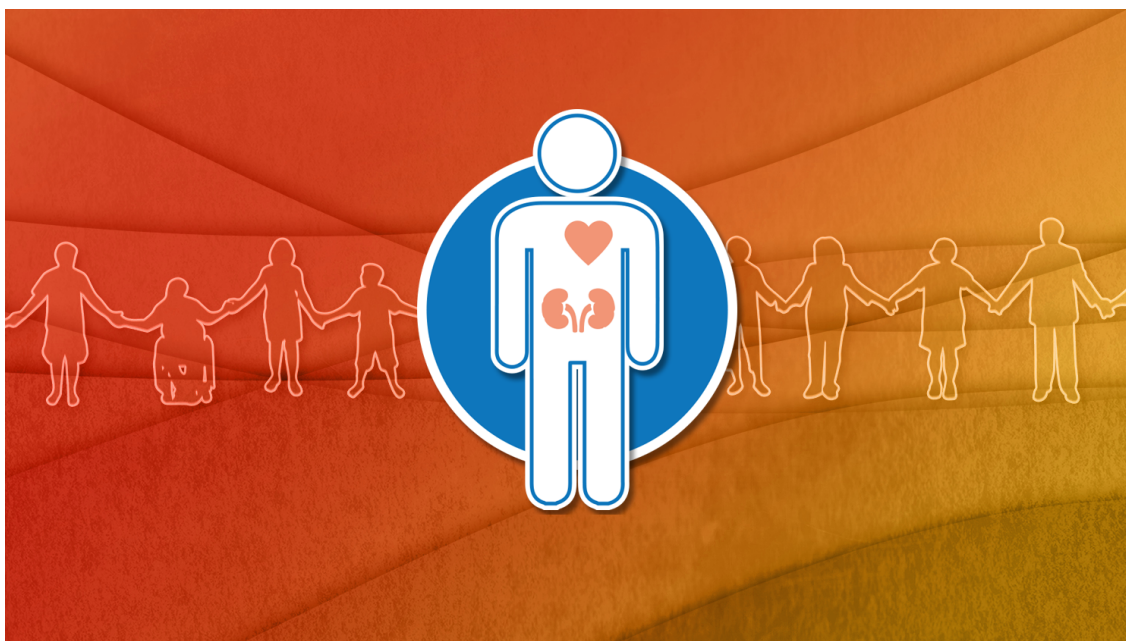
September 2018 Newsletter

September 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 Video!

[Glucagon](#)

If you or someone you know has diabetes and is on either insulin or other medications that can cause severe low blood sugar, your doctor may have prescribed a medication called glucagon.

This video joins our 4 previous 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!

[10 Breakfasts to Help with Glycemic Control](#)

Do you think breakfast is the most important meal of the day or do you skip breakfast? What you do for breakfast affects the rest of your day. Your body needs energy to start the day. People who regularly eat breakfast have a healthier body weight, better concentration, improved mood, increased energy, and typically eat a healthier diet. Eating breakfast can help to improve glucose control.

[How to Keep Your Grilled Food Healthy](#)

It's summertime and that means cookouts by the grill. Most people believe grilling is a healthy cooking technique. While grilling can be healthy, there are some steps you should take to ensure grilled food is a good choice.

[Debunking Myths about Fat](#)

Hopefully you have already heard it, but a low-fat diet for diabetes and heart disease is outdated advice. Yes, it was thought to be true that fat caused heart disease, but current research doesn't support this. This is important because people with diabetes are at a higher risk for heart disease.

[Meet Probiotics - An Introduction to Gut Bacteria](#)

We are covered in bacteria-inside and outside of our body. Even though bacteria sounds bad, some of it is beneficial and we need it to live. Recent research has taught us more about bacteria in the gut, also called the gut microbiome, and how it relates to our overall health. Probiotics are the good guys, the beneficial bacteria (and some yeasts) found in your digestive system.



Spotlight

Prediabetes

One in every four persons with prediabetes will develop type 2 diabetes in the next 5 years. Seven in every ten persons with prediabetes will go on to develop diabetes in their lifetime. There are three ways of diagnosing prediabetes...

Type 1 & Type 2 Diabetes

There are important differences between type 1 diabetes (~5% of persons) and type 2 diabetes (90-95% of persons). Other types, such as unusual genetic forms of diabetes, also exist. Diagnosing the type of diabetes is important for appropriate medical treatment.

Real Patient Stories

A new diagnosis of diabetes can be overwhelming. Here are some real stories of patients with diabetes and their advice - from one patient to another.

Check out the new [Website Poll!](#)

Go to [The Johns Hopkins Patient Guide to Diabetes](#) website and scroll down to the bottom!

[The Johns Hopkins Patient Guide to Diabetes](#) website now has over 100,000 views!

We now have more than 2,700 likes on [FaceBook](#) and more than 400 followers on [Twitter!](#)

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
hopkinsdiabetesinfo.org



Like us on [FaceBook!](#) | Follow us on [Twitter!](#)

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**](http://www.thefranniefoundation.org)

The Johns Hopkins Patient Guide to Diabetes Website (the "Content") is a publication of The Johns Hopkins University and Copyright © 2018 Division of Endocrinology, Diabetes, & Metabolism, The Johns Hopkins University. All rights reserved.