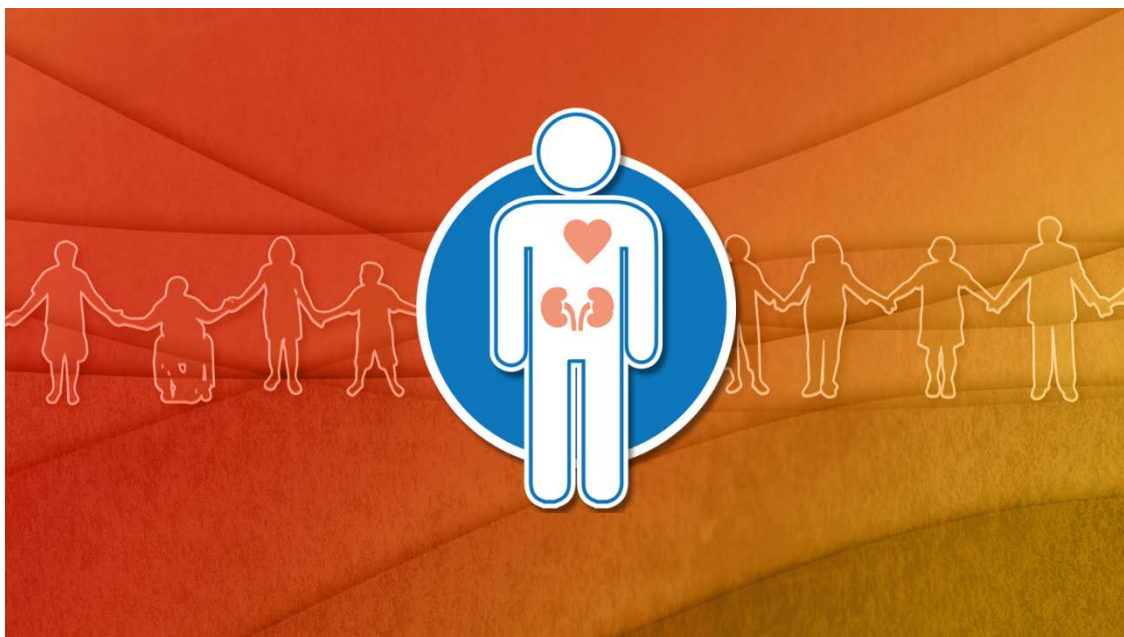


December 2018 Edition

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.**



As the holiday season approaches, we send wishes of good health to you in 2019. We have had 200,000 page views this year with most visitors from outside the United States! Diabetes is a global disease and we thank you for your efforts to promote diabetes awareness in your country.

We especially thank the [Frannie Foundation](#) for their generous support of this website.

With our best wishes,
The Website Team
(Rita, Moh, Tom, and Jeni)

What's New?

See our New Animation!

[Type 2 Diabetes](#)

Type 2 diabetes is the more common form of diabetes. In type 2 diabetes, cells in the body become more resistant to the effects of insulin, so less glucose is taken up by the cells. This raises blood glucose, which could cause damage to blood vessels in organs throughout the body.

This animation joins our 2 previous animations and 3 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.

[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 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.

[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.

[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.

Check out New Additions to the Nutrition Blog!

[How to Protect yourself During Flu Season](#)

It's officially the start of flu season. I was reminded of that with an email to get my flu shot. A healthy immune system is important to prevent the flu and other germs that can make you sick. People with diabetes may have a weakened immune system due high blood glucose levels. Having diabetes increases the risk of flu-related complications such as pneumonia. People with diabetes are three times more likely to be hospitalized from the flu compared to people who don't have diabetes.

[Healthy Holiday Eating Using Mindfulness](#)

It's holiday time, and when we think of the holidays we think of food. Holidays may be spent with family or friends and what do you usually do? That's right, you eat together. During the holidays you can and

should still eat some of your favorite foods. Instead of more food rules during the holidays, try using your mind. Mindfulness simply stated is paying attention. Mindfulness can be a powerful tool to help you control weight and blood glucose. Try these 6 tips to create mindfulness during the holidays...

What Diet does the American Diabetes Association (ADA) Recommend?

As holiday season starts, diet is not a popular word. But, when the New Year rolls around, one of the most popular New Year's resolutions is to eat healthier. I am asked about different diets all the time. The problem with diets is that they are often short-term because they are difficult to maintain. Instead of focusing on a specific diet, I like to encourage people with diabetes to have an eating plan.

The Sunshine Vitamin Deficiency

Here's another reason to enjoy being outdoors-your body makes vitamin D from sunshine. The amount of vitamin D you make is dependent on the season, where you live, your skin color, and age. People with type 1 or type 2 diabetes have a higher incidence of vitamin D deficiency. Vitamin D deficiency is a common nutrient deficiency. In the U.S. it's estimated that 40% of adults are deficient in vitamin D. Higher rates of deficiency are seen in people who are Hispanic or African-American. Worldwide, it's estimated that 15% of the population are vitamin D deficient. Vitamin D deficiency is more common in Northern climates which have limited sun exposure in the winter. However, vitamin D deficiency is still a problem even in parts of tropical countries with adequate sun exposure.



Spotlight

Healthy Tips for Holiday Survival

By (Guest Blogger) Asha Gullapalli, MS RD LDN CDE

Holiday season can be stressful even when everything goes according to plan. Traveling, eating out, parties, visitors, and baking at home make it very challenging to stay healthy during the holiday season.

Here are some health strategies for the holiday season that one can commit to and succeed most of the time if not all the time.

[New Real Patient Story](#)

Meet "Maggie", who was diagnosed with type 1 diabetes just five days before her 13th birthday. She is now a pediatric diabetes nurse, which helps her establish rapport and trust with her patients and their families.

Coming Soon:

We will be adding new terms and even some illustrations to our already comprehensive [Glossary](#). Stay Tuned!

Check out the [Website Poll!](#) and weigh in!

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 almost 200,000 views!

We have reached almost 3,000 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



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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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