

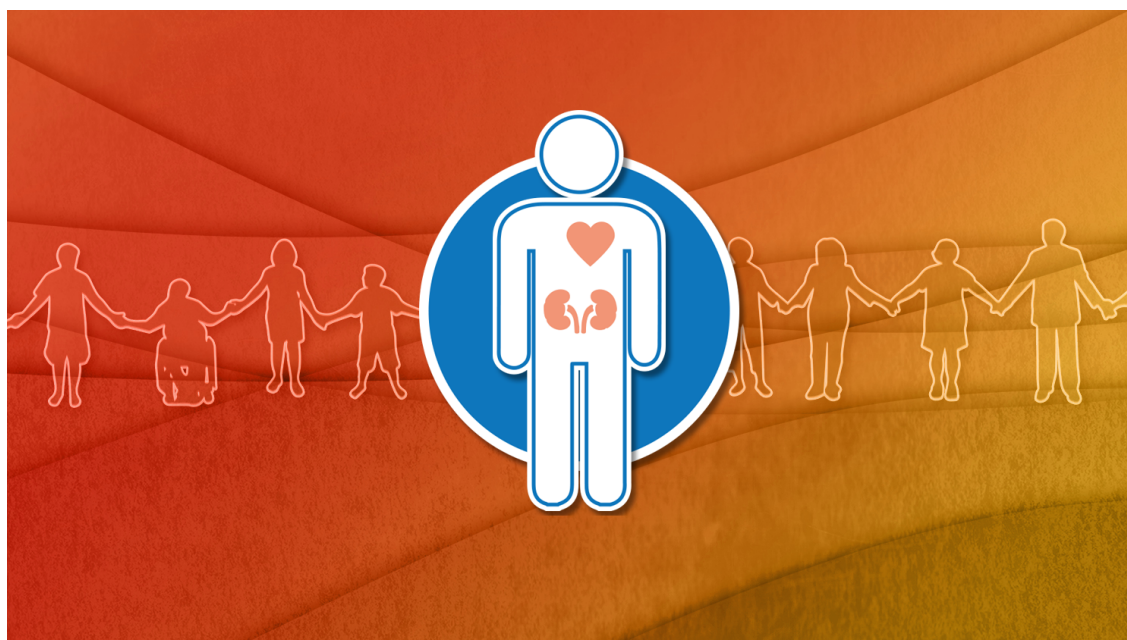
# Spring 2019 Newsletter

**Spring 2019 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.



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

In 2018, this Diabetes Website was accessed **over 200,000 times**.  
Thanks for visiting - please share with others!

## What's New?

### See the new [Technology Corner](#)!

In this issue, the Technology Corner compares and contrasts some of the insulin pumps available to people with diabetes.

## Also New:

### Two Brand New Videos!

[Using a Blood Glucose Meter](#) - This video describes what a blood sugar meter (or glucometer) is, how it works, the best way to get a blood sugar reading at home, and safe storage and disposal of the lancet needles and used test strips.

[Using a Continuous Glucose Monitor](#) - This video explains what a continuous glucose monitor (or CGM) is, how it works, and how it's different from a blood glucose meter, as well as some of the benefits and disadvantages of using continuous glucose monitoring.

### These videos join our 3 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.

[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.

[Injecting Insulin 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.

[Injecting Insulin 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.

[Injecting 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 Keep the Nutrients in Veggies](#)

Have you ever thought that how you prepare food changes the nutrients? We

#### [The Truth about Starchy Vegetables](#)

Potatoes, corn, and peas get a bad rap because they're starchy vegetables.

try to eat healthy foods, but it's important to know how to prepare them as well. The food group I am always encouraging people with diabetes to eat more of is vegetables. According to data from CDC only 9% of Americans met the recommended intake for vegetables. Vegetables are a good source of fiber, vitamin C, vitamin A, vitamin K, magnesium, folate, and iron. Vegetables also contain phytonutrients which have important functions in our body including detox, immunity, antioxidant, and heart, bone, eye, and brain health.

### **Beyond Counting Carbs for People with Type 1 Diabetes**

About 5% of people with diabetes have type 1 diabetes. Type 1 diabetes is an autoimmune disease where the pancreas makes not enough or no insulin. Nutrition recommendations are different for people with type 1 diabetes because insulin is required for every meal in addition to a basal insulin.

### **5 Tips to Take from the Mediterranean Diet**

While there isn't a diet that works for everyone with diabetes, there is a diet that has healthy practices we could all adopt. For 2019, US News and World Report named the Mediterranean Diet as the Best Diet Overall and the Best Diet for Diabetes. ADA also gives their approval of a Mediterranean-style eating pattern as a healthy choice in their 2019 Standards of Medical Care in Diabetes.

People fear that they will gain weight and spike glucose by eating these foods. Vegetables are not high in protein or fat but loaded with vitamins, minerals, fiber, and antioxidants to help prevent disease. The fiber in vegetables slows digestion, keep you feeling satisfied, and prevents spikes in blood glucose. Fiber also helps to feed the good bacteria in your gut. So, let's set the record straight-starchy vegetables don't need to be avoided and can be part of a healthy diet.

### **Should You be Using a Sugar Substitute?**

If there is one, clear message for people with diabetes, it's to limit sugar intake. Let's be honest, we all like the taste of sweet. So, to get that sweet taste without added calories many people try sugar substitutes, cutting calories and avoiding carbs sounds like an obvious choice. But the question is are sugar substitutes as good for us as we think they are?

### **Spice it Up - It May Help your Blood Glucose**

If you are someone with diabetes, the spice cabinet may actually help you with improving your blood glucose. Research shows that common herbs and spices, likely ones you already have in your kitchen, may have some health benefits including reducing inflammation and improving blood glucose. Staying away from salt and focusing on cooking with these herbs and spices may give you many health benefits.



## Spotlight

### [Eating Disorders in People with Diabetes](#)

While both conditions are very dangerous, not many people associate diabetes with eating disorders. Previous and current research suggest that people with diabetes are at higher risk for developing these life-threatening conditions.

### **The [Glossary](#) has Expanded!**

We've added dozens of new terms and their definitions; we now have more than 600 terms in our glossary. Future enhancements will include some illustrated terms in the glossary.

To go directly to the [Glossary](#), click [here](#).

Check out the [Website Poll!](#) and weigh in!  
Go to [The Johns Hopkins Patient Guide to Diabetes](#)  
website and scroll down to the bottom!

*We have more than 3,300 likes on [FaceBook](#)  
and almost 500 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](mailto: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](http://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\*\*](http://www.thefranniefoundation.org)

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