

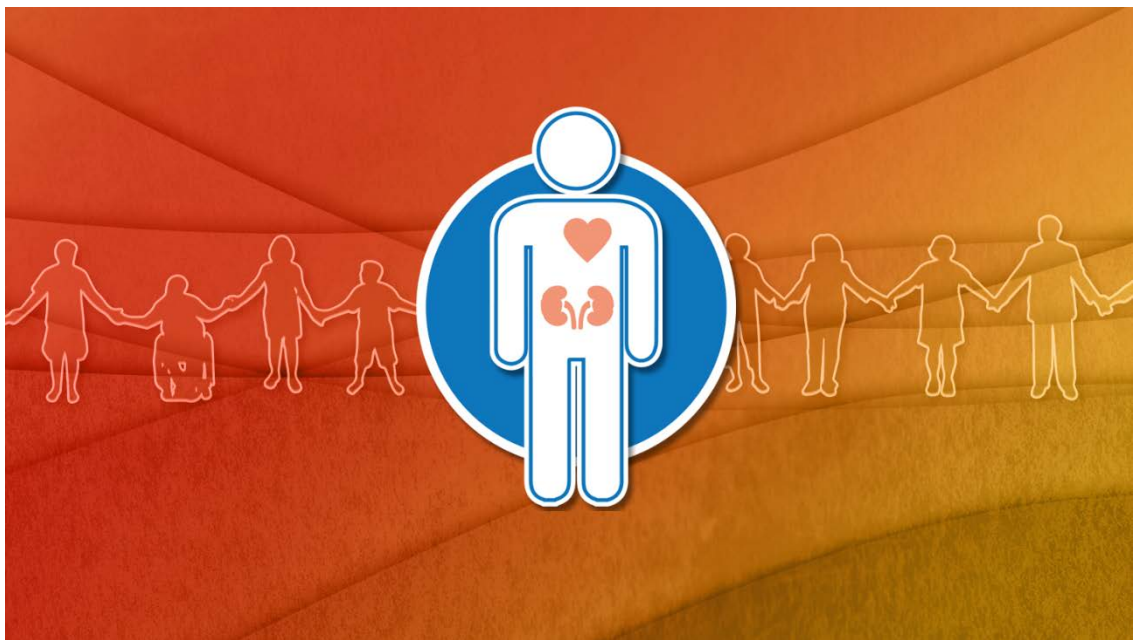
# Summer 2019 Newsletter

Summer 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!

## Website Wins Digital Health Award



The Spring 2019 Digital Health Awards Winners have been announced, and we are pleased to announce that The Johns Hopkins Patient Guide to Diabetes Website received the Silver Award in the “Web-based Resource / Tool” category.

A complete list of winners and entry categories can be found at

[Digital Health Awards](#)

## A New Look for The Johns Hopkins Patient Guide to Diabetes Website!

The website has a fresh new look, with expanded content, and is now even more user-friendly!

Navigate over to

[The Johns Hopkins Patient Guide to Diabetes](#)

and have a look!

## What's New?

Wondering what you might have missed?

Back issues of these Newsletters are now available in the [website archives](#).

## What Else is New?

We welcome [Sudipa Sarkar, MD MSCI](#) to the Website Team

As Managing Editor. Read more about [Dr. Sarkar](#).

## Check out New Additions to the Nutrition Blog!

### [What You Should Know about ADA's New Nutrition Report](#)

The American Diabetes Association (ADA) recently published an updated nutrition consensus report in the May issue of Diabetes Care. The report includes recommendations for managing and preventing diabetes, prediabetes, and complications from diabetes such as heart disease, kidney disease, and gastroparesis. Let's dive into some of the highlights from this report.

### [How to Navigate Happy Hour with Diabetes](#)

While having a drink with dinner may not be a problem, going to happy hour for a person with diabetes can be challenging. This is because alcohol can lower blood glucose, especially for people taking insulin or a medication that increases insulin secretion. Alcohol is metabolized differently than food. It moves through the stomach to the bloodstream and small intestine quickly. Our bodies don't store alcohol, so we need to get rid of it.

### [5 Tips to Keep your Summer Salads Healthy](#)

Are you trying to up your vegetable game? Summer is the best time to do this because a lot of vegetables are in season. With the heat, salads are the top vegetable pick. Salads are often lower in carbohydrates and loaded with nutrients. We all know there are times that salads aren't the best choice when they are covered in higher calorie additions. The truth is that salads can be a healthy choice with the right ingredients. I also hear salads are boring, but really the best part about eating salads is the variety you can make. Follow these steps to make a healthy salad.



# Spotlight

## [Ask the Expert](#)

[Ask the Expert](#) focuses on practical information about diabetes. Experts in various fields related to diabetes give advice and answer questions about day-to-day living. In this issue, we are delighted to have podiatrist [Lisa Miller, DPM](#) answer questions about [foot care in people with diabetes](#). Read more [here](#).

## [Dietitian Christine McKinney Answers Your Questions](#)

Do plain raw nuts contain saturated fats? Curious about oats and starch? Read Christine's answers [here](#).

## [A New Real Patient Story](#)

[Meet Joe](#), a 29 year old man diagnosed with Type 1 Diabetes at the age of three.

## [Tech Corner](#)

Last Newsletter, Tech Corner took a look at [Insulin Pumps](#). In this Newsletter, [Tech Corner](#) compares and contrasts [Continuous Glucose Monitors](#), devices which use a catheter inserted just below the skin to monitor blood glucose frequently throughout the day. These are connected to a monitor that displays the glucose reading. Also see our [video](#) on using a [Continuous Glucose Monitor](#).

## The [Glossary](#) Continues to Expand

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.

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)



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)

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