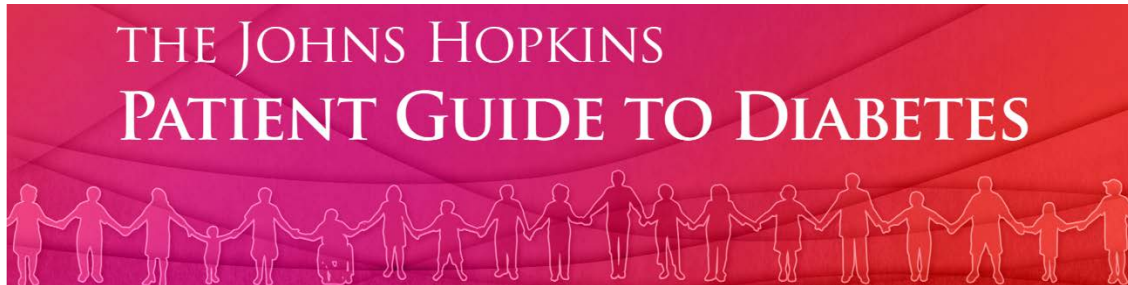


# Fall 2019 Newsletter

Fall 2019 Edition



***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 2019, this Diabetes Website was accessed ***over 163,000 times.***  
Thanks to our visitors from around the world!

## **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!

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## **What's New?**

Wondering what you might have missed?  
Back issues of these Newsletters are now available  
in the website archives.



## The Nutrition Blog Continues to Add New Articles!

### [7 Foods to Eat to Lower Cholesterol](#)

The term cholesterol still causes a lot of confusion. So, what exactly is cholesterol? Cholesterol is in every cell in your body, it's made by the liver, and travels in your blood. Cholesterol is a good thing - it has many important roles like fat absorption, making vitamin D from the sun, and making hormones. But too much cholesterol can cause problems for some people. So, there is cholesterol in your blood and in food. Food from animals including meat, poultry, fish, eggs, and dairy have cholesterol. However, dietary cholesterol doesn't automatically turn into cholesterol in your blood.

### [7 Foods to Eat to Lower Blood Pressure](#)

It's estimated that 2 of 3 people with diabetes have high blood pressure. When blood pressure is elevated, your heart works harder to pump blood throughout your body. High blood pressure increases your risk of a heart attack, stroke, kidney disease, and eye problems.

### [More Thoughts on the Mediterranean Diet](#)

The Mediterranean diet is thought to contribute to lower rates of cardiovascular disease, diabetes and some types of cancer. It is low in sugar, saturated fat and red meat and high in nuts, seafood, olive oil, dairy, and vegetables. As with any diet, there is more to just eating wholesome fresh food. Daily physical activity and sharing meals with others also make a diet successful and help with having an appreciation for the pleasures of eating healthy and delicious food.

### [All About the Keto Diet](#)

Is it possible to eat more fat and lose weight? The answer is yes according to all the "keto" claims. The keto diet craze is the latest diet hype, but it isn't a new diet. The ketogenic diet originated as a treatment for epilepsy in the 1920s. While the diet is still used for epilepsy, it is also now used for weight loss, improved brain function and memory, cancer therapy, and type 2 diabetes. However, the keto diet can be confusing for people with diabetes. You have probably heard of the dangers of ketosis with diabetes. Keep reading to learn more about the types of ketosis and the keto diet.



## Spotlight

### [Ask the Experts](#)

[Ask the Experts](#) 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 pharmacist [Alona Crowder, PharmD](#) answer questions about [medicines for people with diabetes](#). Read more [here](#).

### [Exercise and Diabetes](#)

Who could deny that physical activity is a critical aspect of maintaining good health? A simple cost-benefit analysis paints a clear picture - exercise can be quite a bargain because it lowers cholesterol and blood pressure, improves heart health and sleep quality, boosts your mood, helps to control weight, and more. All for a little time and effort, right? In this short article, we will discuss the different types of exercise, their benefits, and the unique challenges they present for people with diabetes. Read more from Eugene Arnold's article [here](#).

### [Tech Corner](#)

Last Newsletter, Tech Corner took a look at [Continuous Glucose Monitors](#). In this Newsletter, [Tech Corner](#) compares and contrasts glucose meters, or [Glucometers](#), devices one can use at home to test the amount of glucose (sugar) in the blood. In most types, a small drop of blood is placed on a test strip, which is then inserted into the glucometer. The glucometer then calculates the blood glucose level. Read more [here](#).

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

[Meet Jenn](#), who developed gestational diabetes during pregnancy, not once, but twice.

### [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.

*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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