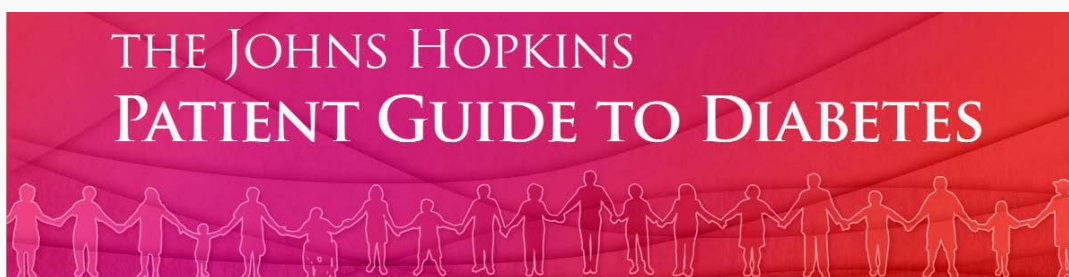
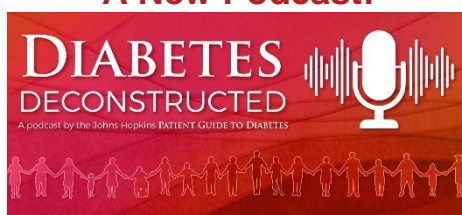


Volume 6; Issue 1
Summer 2021



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.

Deconstructing Diabetes A New Podcast!



EPISODE 1

Inaugural Podcast with

Amy Rohrbaugh
President & Founder
The Frannie Foundation

Podcast episodes feature special guests ranging from patients, advocates, experts, and more.

- **Conversations focus on practical information about diabetes.**
- **Experts in various fields related to diabetes give advice about day-to-day living.**
- **Patients share their stories.**

[Episode 1: Inaugural Podcast with Amy Rohrbaugh](#)

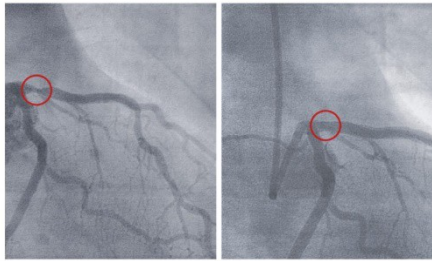
In honor of the Frannie Foundation's namesake, we have an in-depth conversation with her daughter, President & Founder Amy Rohrbaugh. Listen as Amy talks about her mom and her legacy, what it means to her to support the Johns Hopkins Patient Guide to Diabetes website, and how impactful a resource like a patient education website has been for so many who live with diabetes every day.

Now Available [Here!](#)



New!
Illustrated Glossary!
Images Are Now Being Added to our Glossary!

ANGIOGRAM



A special image that can take pictures of [blood vessels](#) and monitor the blood flowing through them. [Print](#) [PDF](#) [Email](#)

INSULIN PEN



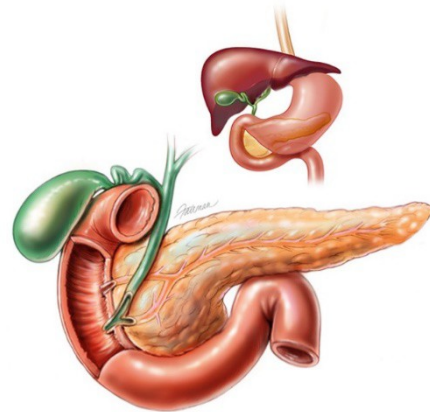
A device for delivering [insulin](#) that comes in a plastic pen case to which a small needle is attached to inject the insulin. These pens have a tappable portion to select the amount of insulin to deliver. Unlike a traditional syringe, the insulin is already in the pen, so there is no need to "draw up" the insulin. Pens are not refillable. [Print](#) [PDF](#) [Email](#)

DIABETIC RETINOPATHY



Eye disease resulting from damage to the small [blood vessels](#) in the [retina](#). This can result in worsening vision or loss of vision, but can be treated if detected early, and is often related to high blood [glucose](#) levels. [Print](#) [PDF](#) [Email](#)

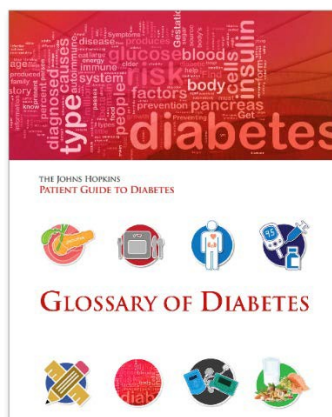
PANCREAS



An organ of the body that has two main parts: the exocrine and the endocrine part. The exocrine pancreas produces digestive enzymes that are used to break down food in the intestines. The endocrine pancreas produces several hormones, including [insulin](#) and [glucagon](#) that regulate blood [glucose](#). [Print](#) [PDF](#) [Email](#)

Click [here](#) to go to the online glossary

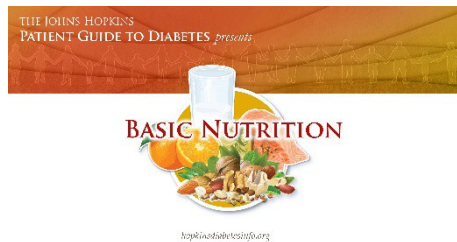
**The Glossary of Diabetes, with over 600 terms,
is now also available as a
downloadable PDF document
and is available for printing.**



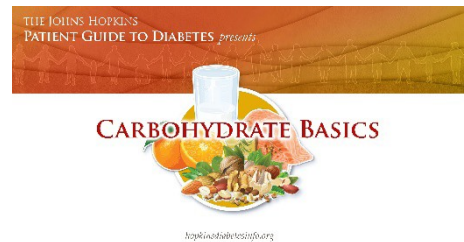
[Glossary of Diabetes](#)



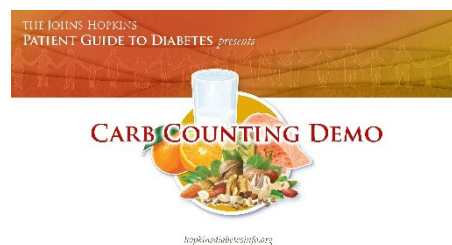
3 New Diabetes Educational Videos featuring Maureen Seel, RDN/LDN CDE



[Basic Nutrition](#)



[Carbohydrate Basics](#)



[Carb Counting](#) [See all of our videos here](#)



COVID-19 and Diabetes

[Medicines and Pandemic](#)

Alona Crowder, Pharm D CDE explains the importance of developing a plan to maintain access to medications and devices for optimal control of diabetes when access may be disrupted during a pandemic or at other times. Keys to succeed during this time include advanced planning, identifying available resources, and communicating with your health care team, and Dr. Crowder offers some practical steps. Read more [here](#).

Alona Crowder, Pharm D CDE is an Ambulatory Care Clinical Pharmacy Specialist at The Johns Hopkins Hospital.



A New Real Patient Story Meet Ellen

whose daughter was diagnosed with T1D at age 3 years. While devastated at the diagnosis, the family soon realized that, while diabetes is a life-long disease, with proper care, it can be managed. She tells about her journey [here](#).

[More Real Patient Stories](#)



[Ask the Diabetes Nurse: Insulin Pumps](#)

Diabetes Nurse Adena Goldstein, RN BSN CDCES Answers Questions

Adena Goldstein, RN BSN CDCES answers questions from readers about insulin pumps. Some examples:

- What is an insulin pump and how does it work?
- What are some benefits of a pump?
- What are some advantages of a continuous glucose meter?
- What is a smart pen?
- What features are important to consider when looking for a new glucometer?

See Adena's answers to these questions and more [here](#).

Meet Adena Goldstein, RN BSN CDCES, Our Diabetes Nurse and Expert of the Month

Adena Goldstein is a clinical diabetes nurse and Certified Diabetes Care and Education Specialist at the Johns Hopkins Outpatient Diabetes Center. Adena received her nursing degree from Villanova University in Philadelphia and became a Certified Diabetes Educator in 2012. She has experience with both pediatric and adult diabetes and has a strong interest in diabetes technology and using it to improve the lives of people with diabetes.



More Nutrition Tips

[10 Low-Carb Foods to Strengthen Your Immune System](#)

With COVID-19 and flu season upon us, we are all concerned about immunity. People with diabetes are more susceptible to infections as high blood glucose levels can impair the immune system. Optimal immune function depends on many things, and adequate nutrition is one of them. Read more [here](#).

[Advice for People Newly Diagnosed with Diabetes](#)

Think about when you or someone you know was diagnosed with diabetes. It can feel overwhelming and emotional. It's hard to know where to start sometimes. I had a client who was newly diagnosed with type 2 diabetes ask me what advice I normally give to people like her. I thought it was a great question and one worth sharing. Read more [here](#).

[Getting Started on a Plant-Based Diet](#)

More people are opting to reduce animal products in their diet. This is for various reasons including animal welfare, the environment, to increase diet variety, or for health reasons. Both the Dietary Guidelines for Americans 2020-2025 and the American Diabetes Association give a nod to plant-based diets as healthy choices. Read more [here](#).

[Sushi](#)

I always thought sushi was healthy, but do you really think that all sushi we eat is healthy? Let me give you a little history of its origin. Sushi originated in China, along the Mekong River in South Asia before making its way to Japan. Sushi started out as a fermented whole fish preserved in inedible salted rice. The origins of sushi traces back to 15th century when people in the mountainous region of South Asia packed fish with rice and pressed it down with weight to preserve it.

Read more [here](#).

[Nigerian Cuisine and Diabetes](#)

One day I found myself helping a patient from Nigeria with poorly controlled diabetes and hypertension. This patient's diet included many traditional Nigerian foods, and he was having difficulty managing his blood sugars and blood pressure. Cuisines from West Africa are varied and rich in culinary tradition. This patient encounter provided me an opportunity to learn about the cuisine from this part of the world so that I could ensure that this patient could continue eating traditional Nigerian foods and also maintain a low carbohydrate, high fiber and low sodium diet. diet.

Read more [here](#).

Ask Christine: More Questions from Readers



Dear Christine,

Can people with diabetes eat honey?

Dear Interested Reader,

Thank you for your question. Yes, people with diabetes can include some honey in their diets. Honey is a type of sugar, so it raises blood

Dear Christine,

I have a question for you, after reading the article on resistant starch. Is there a reference you can point to on why oats kept in the fridge overnight are preferable? Are you saying raw soaked oats are better than cooked, or does the extra cooling a fridge provides help in any way? I soak my oats at

sugar levels. Honey is sweeter and slightly higher in calories and carbohydrates compared to white table sugar.

- 1 tablespoon of honey = 60 calories and 17g carb (from 17g sugar)
- 1 tablespoon of sugar = 48 calories and 12g carbohydrates (from 12g sugar)

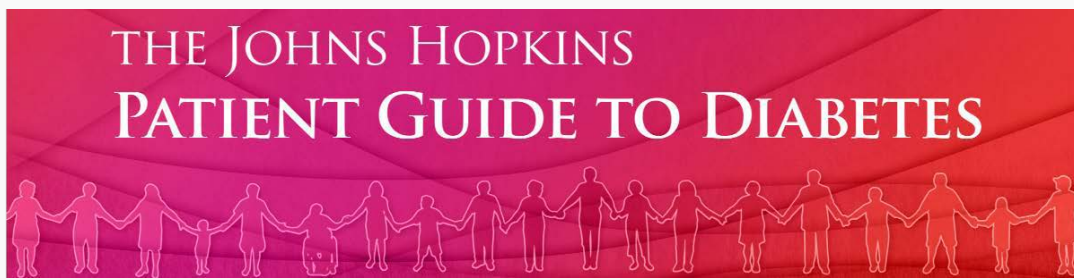
Honey does have a few benefits compared to sugar. Honey is more natural and less processed than sugar. It contains small amounts of vitamins, minerals, and antioxidants. Honey has a lower glycemic index than sugar. Because honey is slightly sweeter, you may be able to use less for the same sweet taste. If you want to include honey in your diet, use it in small amounts for sweet taste.

[See more Q & A here. featuring Christine McKinney. RD LDN CDE](#)

room temperature in order that natural fermentation can help break down the oats overnight. If I refrigerate they won't ferment, but I'm curious if there is a particular advantage of the fridge.

Dear Interested Reader,

Thank you for your question. When oats are cooked they lose some of their resistant starch. Raw soaked oats would be a better choice than cooked oats if you are looking to increase resistant starch. There is not an advantage to refrigeration if soaking oats overnight. The idea of overnight oats in the refrigerator was an example of how to eat raw oats. There may be a small increase in resistance starch by eating cooked oats that have been refrigerated, but that is more commonly true with rice, pasta, and potatoes. Soaking oats is a good choice instead of cooking oats for more resistance starch. Oats have some great health benefits so enjoy your oatmeal in a variety of ways.



Newsletter Archives

Back issues are now available in the [website archives](#)

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and 500+ followers
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Other ideas for topic or polls?

Send comments or feedback regarding what you'd like to see included on the website or in the newsletter to: hopkinsdiabetesinfo@jhmi.edu or use the [Contact Us](#) link. Remember, please do NOT include any personal health information.

While this newsletter is published periodically, the website is being updated with fresh content constantly. Check back often.

**In Health,
The Johns Hopkins**

Patient Guide to Diabetes Team

hopkinsdiabetesinfo.org



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

In 2020, this Diabetes Website was accessed **>290,000 times**.
Thanks to our visitors from around the world!



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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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