

## 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 2021, this Diabetes Website was accessed **>425,000 times**. Thanks to our visitors from more than **100 countries** around the world!



**The darker the gray, the more visitors. Top 10 list:**

1. United States; 2. Canada; 3. United Kingdom; 4. India; 5. Australia;
6. Philippines; 7. Malaysia; 8. Singapore; 9. South Africa; 10. New Zealand



## [Diabetes Deconstructed](#)

### Podcast Library Continues to Grow!

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.

### Now Available: Episode 6: Foot Care in Diabetes | Part 2: Seeing a Podiatrist



In Episode 6, we are delighted to welcome Dr. Nelson Maniscalco back in this second episode about diabetes and foot care:

[Foot Care in Diabetes | Part 2: Seeing a Podiatrist.](#)

Dr. Maniscalco discusses the importance of seeing a podiatrist as part of normal diabetic care.

Podcasts are available [here](#),  
on Spotify, iTunes, or  
wherever you get your Podcasts.

## Past Episodes:



**DIABETES DECONSTRUCTED**  
A podcast by the Johns Hopkins PATIENT GUIDE TO DIABETES



**EPISODE 5**  
Foot Care in Diabetes  
PART 1:  
*Preventative Foot Care*

with **Nelson Maniscalco, DPM**  
Doctor of Podiatric Medicine  
Johns Hopkins Medicine

PART 1

[Foot Care in Diabetes | Part 1: Preventative Foot Care](#) is the subject of Episode 5 of the [Diabetes Deconstructed](#) podcast series. Johns Hopkins Podiatrist Dr. Nelson Maniscalco discusses the importance of proper foot care in people with diabetes, in this first of 2 podcasts about proper foot care in people with diabetes.



**DIABETES DECONSTRUCTED**  
A podcast by the Johns Hopkins PATIENT GUIDE TO DIABETES



**EPISODE 4**  
Diabetes  
Self-Management

**Eugene Arnold, MD, CDE**  
Quality Coordinator & Clinician  
Diabetes Self-Management Training Program  
Johns Hopkins Diabetes Center

We welcome Gene Arnold back to our podcast in Episode 4 of [Diabetes Deconstructed](#). In Episode 3, Gene spoke with one of his patients about Diabetes Self-Management Programs. Gene tells us more about these [Diabetes Self-Management Programs](#).



**DIABETES DECONSTRUCTED**  
A podcast by the Johns Hopkins PATIENT GUIDE TO DIABETES



**EPISODE 3**  
A Real Patient Story

with **Leon**  
Real Diabetes Patient  
or  
**Eugene Arnold, MD, CDE**  
Quality Coordinator & Clinician  
Diabetes Self-Management Training Program  
Johns Hopkins Medicine

In [Diabetes Deconstructed](#) Episode 3, meet [Leon](#), who has had diabetes for many years. [Leon](#) speaks with Eugene Arnold, quality coordinator for the Johns Hopkins Diabetes Center's Diabetes Self-Management Training (DSMT) Program, about his own diabetes self-management.



**DIABETES DECONSTRUCTED**  
A podcast by the Johns Hopkins PATIENT GUIDE TO DIABETES



**EPISODE 2**  
The ABCs of Diabetes with

**Dr. Sudipa Sarkar, MD, MSCI**  
Managing Editor  
Patient Guide to Diabetes  
Assistant Professor  
Endocrinology, Diabetes & Metabolism  
Director  
Inpatient Diabetes Management Service  
Johns Hopkins Medicine

Episode 2 of the [Diabetes Deconstructed](#) Podcast series features host Dr. Rita Kalyani speaking with Dr. Sudipa Sarkar about [The ABCs of Diabetes](#). Dr. Sarkar is Assistant Professor of Medicine at Johns Hopkins, and the Director of the Inpatient Diabetes Management Service at Hopkins.



### EPISODE 1

Inaugural Podcast with

**Amy Rohrbaugh**  
President & Founder  
The Frannie Foundation

In honor of the [Frannie Foundation](#)'s namesake, in this Inaugural [Diabetes Deconstructed](#) Podcast series, we have an in-depth conversation with Frannie's daughter, President and 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, and how impactful a resource like a patient education website has been for so many who live with diabetes every day.



## More Nutrition & Lifestyle Tips

### [National Diabetes Month 2021](#)

by Christine McKinney, RD LDN CDE

November is National Diabetes Month, a time to bring attention to diabetes. According to the World Health Organization, 422 million people worldwide have diabetes. That's 1 in 11 people. In the U.S., 88 million adults or 1 in 3 has prediabetes but most don't know it. You may have diabetes or know someone who does. Diabetes can impact every area in your life. If you have diabetes, this month is a good time to share your story with others. You could also consider sharing about prevention, support, and resources.

Read more [here](#).

### [The Beginning of the School Year](#)

by Kim Vaughn, CRNP MSN

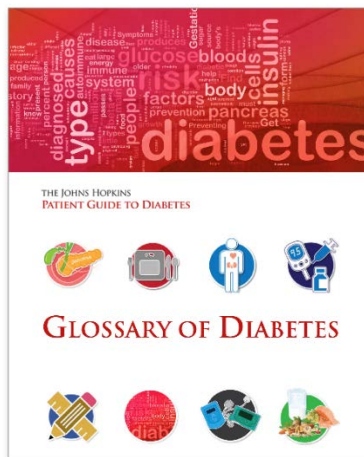
It is that time of the year when families are getting ready for the return to school. For families with young children with diabetes, this time can be very stressful, especially if this is the first time you are sending a child with type 1 diabetes to school. Relinquishing control to manage the child's care can be anxiety provoking. Preparing for this event can often alleviate some of this concern. Gauging the child's individual ability to perform self-management is one of the first steps when getting ready for school. (First published last fall)

Read more [here](#).



**Don't Forget to Check Out  
the Illustrated Glossary!**

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](#)**



## Ask Christine: More Questions from Readers

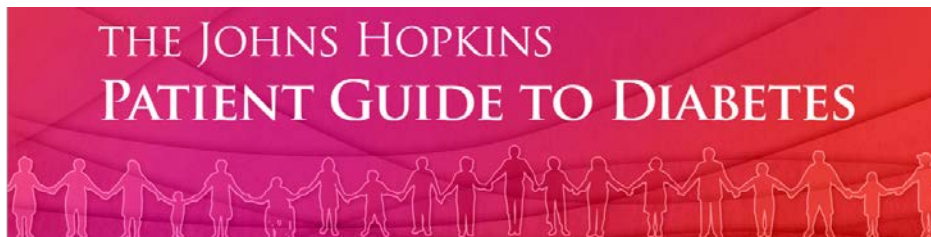
Dear Christine,

I read one of your articles on resistant starches with a great deal of interest. As a 71 year-old Type II diabetic, I have avoided medications and maintained a reasonably good A1c (usually in the 6's) over the past 15 years with diet and exercise. In recent years it has become much more difficult to keep my glucose levels at a healthy level. My question – by refrigerating pasta overnight before warming and eating with a marinara or aglio e olio sauce, can I expect a beneficial outcome regarding my glucose levels? This is extremely important to me. I am of Italian heritage and miss my pasta!

*Dear Interested Reader,*

*Thanks so much for your question and sharing about your diabetes management. There is research to support that cooking, cooling, and reheating pasta can reduce the rise in glucose by making it a resistant starch. As a reminder, the fat and protein content of your meal may reduce glycemic response by slowing digestion. For example, the marinara sauce is likely lower in fat than the aglio e olio sauce. People have different glycemic response to foods, so try this as an experiment for yourself. You should still be able to enjoy some pasta in your diet.*

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



### Newsletter Archives

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

*Like what you see?  
Join our 3,300+ likes  
on [Facebook](#)  
and 500+ followers  
on [Twitter!](#)*

## Talk to Us!

### 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](mailto: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.

## Here's to a Healthier, Happier, More Hopeful 2022!

2022



Loading...

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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