

Volume 7; Issue 1

Summer 2022

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.*

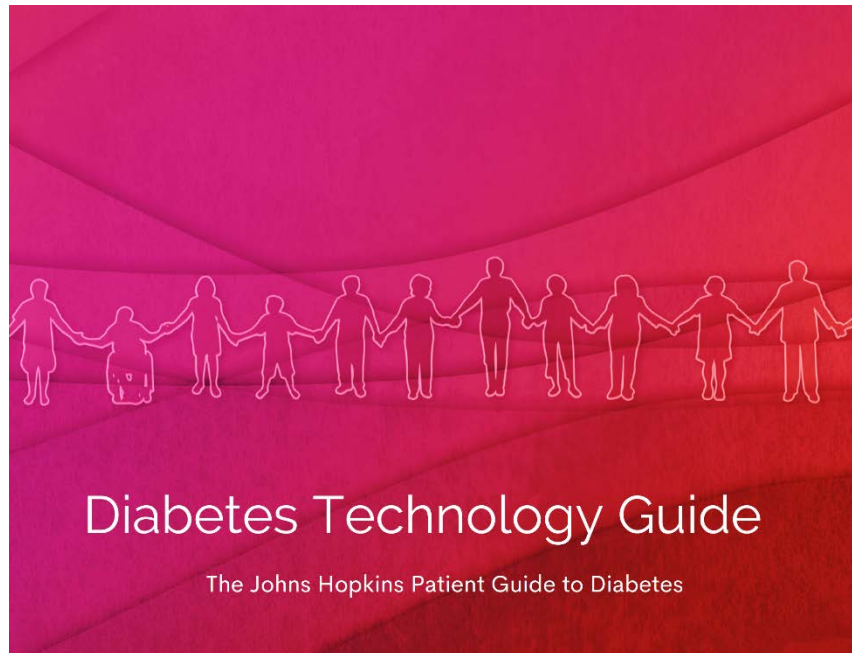


Spotlight:

New Downloadable 68-page

★ **[Diabetes Technology Guide](#)** ★

Now Available!



The rise in modern medical technology has transformed diabetes care. Insulin pumps and continuous glucose monitors facilitate diabetes prevention, treatment, and reduction in diabetes complications. Given the ever expanding number of devices available, this [Diabetes Technology Guide](#) was written by our diabetes editorial team to bring together complex and up-to-date information on the latest diabetes devices to one convenient location for clarity, comparison, and confidence in decision-making, and to serve as a resource that is easily downloadable from the website.

View or Download [Here!](#)



Real Life Stories:

From Science to Art

A Certified Diabetes Educator writes:

I finally understood why I had become a diabetes educator 10 years prior. My 9 year-old daughter began showing symptoms of diabetes. "It can't be," I'd rationalize. "It's the summer, that's why she's drinking all the time," "She's growing taller, that's why she looks skinny" or "I'm just being overly anxious because I'm a diabetes educator."

[Read More Here!](#)



***Hear more voices from real patients and real caregivers
in [Real Life Stories.](#)***



More Nutrition & Lifestyle Tips

[Mexican Food](#)

by Asha Gullapalli, MS RD LDN CDE

Every cuisine has its own history. [Mexican cuisine](#) can be traced back to 7000 BC, when hunter-gatherer indigenous people lived in present-day Mexico. The most common plants were chili pepper and corn. Corn was treated with lye to make it soft for grinding, which helped with making tortillas and other corn based breads. These people did not eat much protein, as meat was scarce in the area, and so they ate a variety of beans, which served as a side of most meals with corn.

Read more [here](#).

[Click here for more articles in the Nutrition & Lifestyle Blog](#)

[The Mediterranean Diet](#)

by Asha Gullapalli, MS RD LDN CDE

[The Mediterranean Diet](#) is inspired by the eating habits of people living near the Mediterranean Sea. It has been of interest since the 1950's when Dr. Ancel Keys found that people living in these regions had lower instances of heart disease, reduction in cardiovascular events, survival from coronary heart disease and improvements in glycemic control with subsequent reduction in incidence of type 2 diabetes.

Mediterranean diet is not considered a "DIET", but a way of eating. It is not something that people can do for a year and be done but is a change in lifestyle.

Read more [here](#).



[Diabetes Deconstructed](#)

Podcast Library

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.

All past episodes of the [Diabetes Deconstructed](#) Podcast series are available [here](#), on Spotify, iTunes, or wherever you get your podcasts.



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Past Episodes:



Dr. Michael Quartuccio discusses [Medications for Type 2 Diabetes](#) with host Dr. Ria Kalyani. Dr. Quartuccio served as managing editor of the Johns Hopkins Patient Guide to Diabetes website from 2015 to 2017 and is currently an adjunct faculty Member at Johns Hopkins. He's also a clinical endocrinologist in the Rochester Regional Health System.



[Episode 11 - A Real Patient Story with Joe](#) features Dr. Tom Donner and his patient Joe, who shares some of his experiences living with Type 1 Diabetes, and some of the tips, tricks, and new technology he's been able to use to help him manage his diabetes. Dr. Donner is the Director of the Johns Hopkins Diabetes Center.



In [Episode 10](#), endocrinologist and avid distance runner Dr. Mark Corriere explains the benefits of [Staying Active with Diabetes](#) and incorporating exercise into daily routine, how to effectively implement an exercise regimen in daily life, special considerations when playing sports and when patients should consult with their healthcare providers. Dr. Corriere completed his residency at the National Naval Medical Center; his active-duty

assignments included Chief of Residents, staff internist at the Attending Physicians Office to the United States Congress & Supreme Court, and Assistant Professor of Medicine at the Uniformed Services University. He is currently a clinical endocrinologist at Maryland Endocrine in Columbia, MD.



EPISODE 9

Coping with Diabetes
Part 2:
Goal Setting

with
Marissa Alert, PhD
Licensed Clinical Psychologist

We welcome Dr. Marissa Alert back in [Episode 9](#) of our podcast series. Dr. Alert is a licensed clinical psychologist, speaker, and consultant who is committed to helping people improve their mental health and lifestyle habits. In this episode, Dr. Alert will focus on [goal setting](#) for diabetes patients and their families.



EPISODE 8

Coping with Diabetes
Part 1:
Psychosocial
Considerations

with
Marissa Alert, PhD
Licensed Clinical Psychologist

[Episode 8](#) of the [Diabetes Deconstructed](#) podcast series features Dr. Marissa Alert, a licensed clinical psychologist, speaker, and consultant who is committed to helping people improve their mental health and lifestyle habits. Dr. Alert specializes in teaching individuals to manage stress, cope with anxiety and depression, lose weight, and overcome barriers to making healthy changes. She is driven to help people move from where they are to where they want to be and to live a life in line with their values. She currently serves as the Director of Clinical Innovation for TAD Health.



EPISODE 7

A Real Patient Story

with **Alan**
Real Diabetes Patient
with
Rita Kalyani, MD, MHS
Associate Professor of Medicine & Endocrinologist
Johns Hopkins University School of Medicine
Division of Endocrinology, Diabetes & Metabolism

In [Episode 7, "A Real Patient Story with Alan"](#), Alan discusses with host Dr. Rita Kalyani what it's been like living with diabetes for many years, the lifestyle changes he has had to make, and his new-found appreciation with working with a multidisciplinary team.

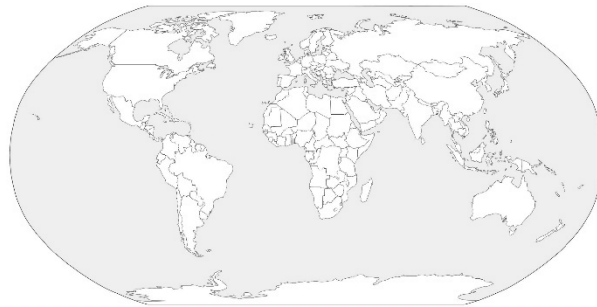
Click [here](#) for more [Diabetes Deconstructed](#) podcasts.



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

In 2021, the [Johns Hopkins Patient Guide to Diabetes](#) Website
was accessed **>425,000 times.**

Thanks to our visitors from more than
100 countries around the world!



THE JOHNS HOPKINS PATIENT GUIDE TO DIABETES



Newsletter Archives

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

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on [Twitter!](#)***

Talk to Us!

Other ideas for topic or polls? <remove?>

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



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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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