

**Volume 7; Issue 2  
Winter 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](#) or their *generous support of this website.***

**The [Johns Hopkins Patient Guide to Diabetes](#) Website has had more than 1.5 million page views over the last 5 years!  
Thanks to our visitors from more than  
100 countries around the world!**



## **Spotlight:**

### ***Ask the Expert***

## **Questions & Answers with Dr. Risa Wolf, Pediatric Endocrinologist**



**Dr. Risa Wolf is an Associate Professor of Pediatrics in the Division of Pediatric Endocrinology at the Johns Hopkins University School of Medicine**



## **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.

### Special Edition Podcast



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

**EPISODE 17**  
**SPECIAL EDITION**

**World Diabetes Day**

**Mohammed Al-Sofiani, MD**  
Assistant Professor  
Endocrinology, Diabetes, and Metabolism  
King Saud University, Riyadh, Saudi Arabia

### [Episode 17: World Diabetes Day](#)

Posted on this year's Annual World Diabetes Day, Dr. Mohammed Al-Sofiani discusses the global burden of diabetes. Dr. Al-Sofiani is an Assistant Professor of Endocrinology, Diabetes, & Metabolism at King Saud University in Riyadh, Saudi Arabia, and Managing Editor

of the Johns Hopkins Patient Guide to Diabetes website from 2017 to 2019. His research focuses on the digital transformation of diabetes care in the Middle East to improve the quality, efficiency, and safety of diabetes care and to overcome barriers to access to care in various parts of the Middle East.

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



## [Diabetes Deconstructed](#)

### Podcast Library

#### Past Episodes:



In Episode 16, we welcome back Maureen Seel, an expert Diabetes Educator, to talk about [Nutrition in Type 1 Diabetes](#). Maureen graduated from the University of Idaho with a degree and Dietetics. She has more than a decade of experience in nutrition, with most of that time being dedicated to educating patients on management of diabetes. She earned her Certificate in Diabetes Education in 2015 and has a passion for helping people with diabetes live healthier and happier lives. Her interests include yoga and learning new recipes to make for her family and friends.



In Episode 15, we welcome Diabetes Educator, Maureen Seel, as she discusses the [Diabetes Diet](#). Maureen graduated from the University of Idaho with a degree in Dietetics. She has more than a decade of experience in nutrition with most of that time being dedicated to educating patients on management of diabetes. She earned her Certificate in Diabetes Education in 2015 and has a passion for helping people with diabetes live

healthier and happier lives. Her interests include yoga and learning new recipes to make for her family and friends.



In Episode 14, we welcome [Real Patient Joanna](#) and adult nurse practitioner Caitlin Nass. Caitlin is passionate about improving diabetes care for patients, combining her clinical practice with community education and professional outreach. Joanna and Caitlin discuss some of the challenges and successes of living with type 1 diabetes, and the teamwork approach they have in helping Joanna manage her diabetes. Caitlin's

clinical focus is on disease management, education, and health promotion for patients with diabetes. She is active in the education of future nurses, and champions quality improvement initiatives.



In this first podcast of Season 2, Dr. Alona Crowder explains some of the medicines available to people with diabetes with a focus on [Taking Medications](#). Dr. Crowder is an ambulatory care clinical pharmacy specialist at The Johns Hopkins Hospital and a clinical assistant professor at the University of Maryland School of Pharmacy, a certified diabetes care and education specialist, and board certified in pharmacotherapy. Her

areas of research include quality improvement interventions to reduce hypertension health disparities, assessing the impact of pharmacists providing telemedicine to



improve diabetes management, and evaluating the impact of personal and professional continuous glucose monitoring in people with diabetes.

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



## Technology Corner

### [A Guide to Transitioning to Insulin Pump Therapy](#)

By Benjamin Lalani and Adena Goldstein, RN BSN CDCES

An insulin pump is an option for people with diabetes to manage their blood sugars. These small, mechanical devices deliver insulin via tubing inserted under the skin in a way that mimics a normal human pancreas. Read more about how to transition to insulin pump therapy [here](#).

[Click here for more articles in our Technology Corner](#)



## Ask Christine: More Questions from Readers

Dear Christine,

Is there a formula or method to calculate carbs to sugar? If a product says 20 grams of carbs per serving, how much in sugar would that be, and vice versa? How to convert sugar to carbs? So if a product says it has 20 grams of carbs and 4 grams of sugar, what would the total sugar and or carbs be?

*Dear Interested Reader:*

*Thanks for your great question. There isn't a standard calculation for carbs to sugar because the amount of sugar in carbs varies. If you are reading the Nutrition Facts panel on the foods label, the total carbohydrate number includes dietary fiber, total sugars, and added sugars. Total sugars include sugars naturally found in foods (like fruit and dairy products) and sugar added to foods. So, if a product has 20 grams of carb and 4 grams of total sugars, the carbs remain the same because the sugar was already included in the 20 grams. Most people with diabetes count total carbohydrates and don't add or subtract sugars because they are already included in the total carbohydrate number. If you want to read more on this, check out ADA's Making Sense of Food Labels.*

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



## What Else is New?



We welcome [Angela Yang](#) to the Website Team as an Editorial Assistant. Read more about [Angela](#).

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**Thanks to all of our guest authors and  
content contributors to this website:**

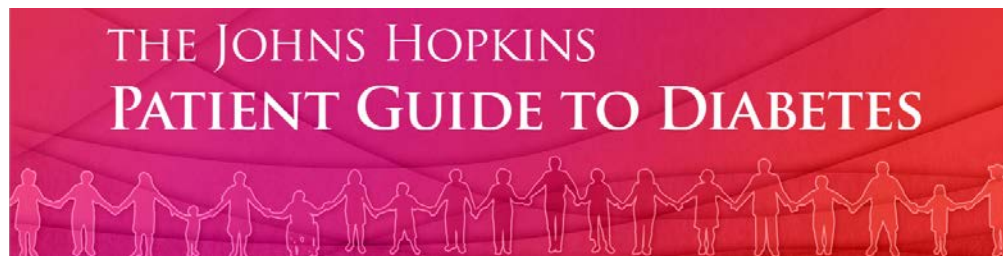


### Experts

Marissa Alert, PhD  
Eugene Arnold, MS LD RD CDE  
Stanley Chen Cardenas, MD  
Mark Corriere, MD  
Alona Crowder, PharmD CDE  
Thomas Donner, MD  
Adena Goldstein, RN BSN CDE  
Asha Gullapalli, MS RD LDN CDE  
Benjamin Lalani  
Nelson Maniscalco, DPM FACPM DABPM AACFAS  
Christine McKinney, RD LDN CDE  
Lisa Miller, DPM  
Caitlin M Nass MSN CRNP  
Amy Rohrbaugh, BA MS  
(President & Founder, The Frannie Foundation)  
Maureen Seel, RDN/LDN CDE  
Kimberly Vaughn, CRNP MSN  
Risa Wolf, MD

### Real People with Diabetes

Alan  
Carolyn  
Ellen  
Jenn  
Joanna  
Joe L.  
Joe T.  
Kellie  
Leon  
Maggie



### **Newsletter Archives**

**Back issues are  
now available**

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### Talk to Us!

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.

**Best Wishes for a Healthy, Happy, Peaceful 2023**

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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