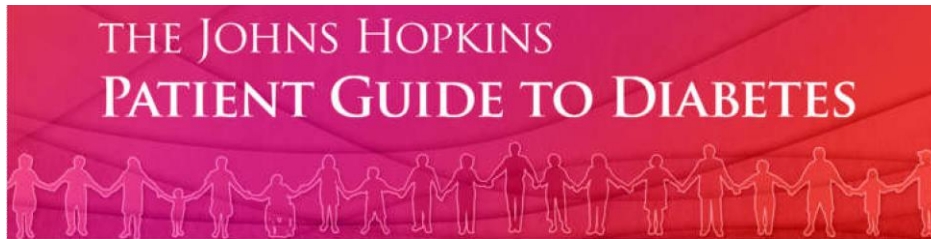


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Volume 8; Issue 1
Summer 2023



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.

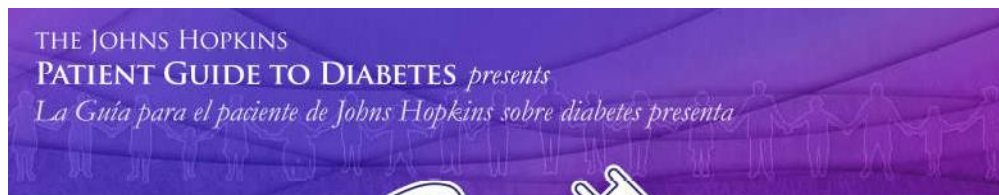


Spotlight:

The Johns Hopkins Patient Guide to Diabetes presents:

Viviendo Con Diabetes

We are excited to announce that we have now launched two new [Spanish videos](#) for our Spanish-speaking audience by Dr. Sananda Moctezuma of the Johns Hopkins Division of Endocrinology, Diabetes and Metabolism. All videos can be viewed on our [website](#).



Fármacos para la diabetes y pérdida de peso

hopkinsdiabetesinfo.org

[Medications for Diabetes and Weight Loss](#)

In this video, Dr. Sananda Moctezuma will talk with us about two different families of drugs that have become popular in recent years for their beneficial effects on sugar control and weight control.

THE JOHNS HOPKINS
PATIENT GUIDE TO DIABETES *presents*
La Guía para el paciente de Johns Hopkins sobre diabetes presenta

VIVIENDO CON DIABETES



Medidores continuo de glucosa
hopkinsdiabetesinfo.org

Continuous Glucose Monitors

In this video, Dr. Sananda Moctezuma will talk with us about technology used to measure glucose in those with diabetes.



Ask the Expert - Diabetes and Skin Conditions

Questions & Answers with
Drs. Gerstenblith, Qiu, and Tripathi of the
Department of Dermatology



**Dr. Meg Gerstenblith is a Clinical Associate in Dermatology at
the Johns Hopkins University School of Medicine**



**Dr. Connie Qiu is a First Year Dermatology Resident at Johns
Hopkins Hospital**



Dr. Raghav Tripathi is a Second Year Dermatology Resident at Johns Hopkins Hospital



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.

Past Episodes:



In Episode 24, we welcome back Dr. Daphne Knicely, to talk to us about the [Treatment of Diabetic Kidney Disease](#). Dr. Knicely is an associate professor of medicine at the University of Virginia school of medicine and an expert in diabetic kidney disease. Dr. Knicely is also the Physician Leader for home therapies at UVA Dialysis. She specializes in caring for patients with a wide range of kidney conditions — including acute kidney injury, chronic kidney disease,

electrolyte disorders and kidney stones. Her clinical focus is acute and chronic dialysis in all forms (but with a particular interest in home hemodialysis and peritoneal dialysis), diabetic kidney disease and solitary kidneys. In this podcast, we talk about treatment options for diabetic kidney disease.



EPISODE 23

Diabetes & the Prevention of Kidney Disease

with **Daphne Knicely, MD, MEHP**
Associate Professor of Medicine
University of Virginia School of Medicine
Physician Leader, Home Therapies, UVA Dialysis

In Episode 23, we welcome Dr. Daphne Knicely, to talk about [Diabetes and the Prevention of Kidney Disease](#). Dr. Knicely who was previously at Johns Hopkins and is currently an associate professor of medicine at the University of Virginia school of medicine. Dr. Knicely is an expert in diabetic kidney disease and also the Physician Leader for home therapies at UVA Dialysis. She specializes in caring for patients with a wide range of kidney conditions — including acute kidney injury, chronic kidney disease, electrolyte disorders and kidney stones. Her clinical focus is acute and chronic dialysis in all forms (but with a particular interest in home hemodialysis and peritoneal dialysis), diabetic kidney disease and solitary kidneys. In this podcast, we talk about prevention risk factors in staging of chronic kidney disease for diabetes.

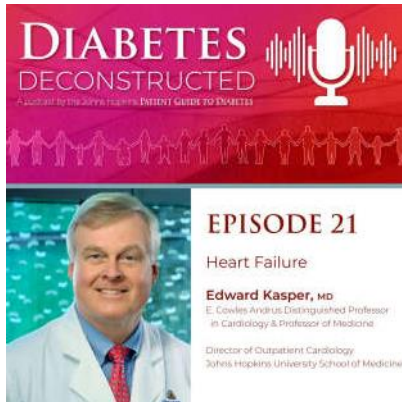


EPISODE 22

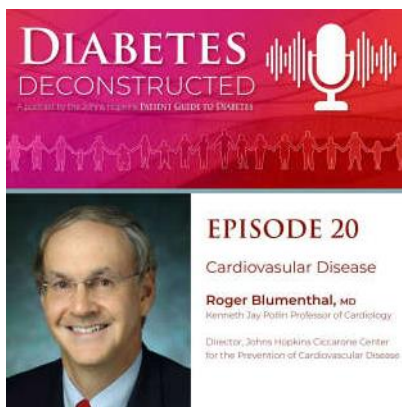
A Real Diabetes Parent's Story

with **Kim Vaughn, CRNP**
A Real Diabetes Parent
On the Endocrinology, Diabetes and Metabolism
Clinical Diabetes Program, Johns Hopkins

In Episode 22, we welcome a [Real Diabetes Parent](#), **Kim Vaughn**, a certified registered nurse practitioner in the Division of Endocrinology, Diabetes and Metabolism at Johns Hopkins. Kim's daughter was diagnosed at an early age with type one diabetes and Kim had to learn firsthand some of the challenges and rewards of parenting a child, with diabetes today she'll be sharing her experiences, being a caregiver for a child with Type 1 Diabetes. In this episode, she shares her experiences of what it's been like to parent child with diabetes.



In Episode 21, we are thrilled to welcome Dr. Edward Kasper, to talk about [Heart Failure](#). Dr. Kasper is the E. Cowles Andrus Distinguished Professor in Cardiology and Professor of Medicine at the Johns Hopkins University School of Medicine. He is the Director of Outpatient Cardiology and a specialist in heart failure. He is a Fellow of the American Heart Association as well as a Fellow of the American College of Cardiology. Dr. Kasper's current research interests focus on the biological origins of heart failure. Specifically, his research has focused on causes and prognosis of patients with cardiomyopathy, a serious condition in which the heart has difficulty pumping blood throughout the body.



In Episode 20, we welcome Dr. Roger Blumenthal, to talk with us about [Cardiovascular Disease](#). Dr. Blumenthal is the Kenneth Jay Pollin Professor of Cardiology and the

principal developer and Director of the Johns Hopkins Ciccarone Center for the Prevention of Cardiovascular Disease. He was Co-Chair of the 2019 ACC/AHA Prevention of Cardiovascular Disease Guideline. He is recognized as an expert cardiovascular risks related to diabetes.



In Episode 19, we welcome a [Real Diabetes Patient, Antonio](#) who will be sharing his journey living with Type 2 Diabetes, particularly focused on the effect of diabetes related peripheral artery disease and its effect on his life. Along with Antonio, we are pleased to welcome Dr. Elizabeth Ratchford, an expert on peripheral artery disease and one of Antonio's care providers. Dr. Ratchford is an Associate Professor of Medicine and the Director of the Johns Hopkins Center for Vascular Medicine. Her research and clinical interests include peripheral artery disease, cardiovascular disease prevention, and fibromuscular dysplasia.



EPISODE 18

Healthy Eating Tips

Asha Gullapalli, MS RD LDN CDE
Registered Dietitian
Johns Hopkins Bayview Medical Center

In Episode 18, we welcome Asha Gullapalli, MS RD LDN CDE to talk with us about [Healthy Eating Tips](#). Asha is a Registered Dietitian with over 30 years' experience in the field of nutrition and dietetics. She has a Master's degree in Clinical Nutrition, and is also a Certified Diabetes Educator and Insulin Pump Trainer. She provides counseling to people with diabetes, as well as developing diabetes prevention plans. She works with adults in the management of their diabetes, using motivational techniques and the latest technology to help them achieve optimal blood glucose control. In addition, Asha provides diabetes training to health care teams including doctors, nurses, pharmacists and dietitians. She likes to help change patients' lives by encouraging them to make positive lifestyle changes and focus on "real" food ingredients having a more holistic approach to life.

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



Ask Christine: More Questions from Readers about Resistant Starch

Dear Christine,

I was reading an article on your website's Patient Guide to Diabetes about resistant starches (<https://hopkinsdiabetesinfo.org/what-is-resistant-starch/>). It notes that cooking oats reduces the amount of resistant starches but an alternative is to make overnight oats to preserve the resistant starch content. I tend to like hot breakfasts and was wondering if I heat up my overnight oats, is that the same as cooking it and will that reduce the resistant starch content?

Dear Interested Reader:

Thanks for your question about resistant starch in oats. Overnight oats are a great idea to include some resistant starch. It's true that cooking will reduce some of the resistant starch. One option is to quickly heat overnight oats instead of a longer cooking time. A shorter cooking time will help to retain some resistant starch. Oats have many other health benefits as they are a whole grain that contains fiber and protein which can help with controlling blood glucose. Enjoy your overnight oats as a healthy breakfast option cold or reheated.

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



What Else is New?

The website is now accessible in 11 different languages. To access the languages, just click the dropdown arrow next to the flag icon in the top menu bar.

Is there a language that you would like to see? Contact us at hopkinsdiabetesinfo@jhmi.edu.



Arabic



Hebrew



Chinese (Simplified)



Hindi



Dutch



Italian



English



Portuguese



French



Russian



German



Spanish

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

Experts

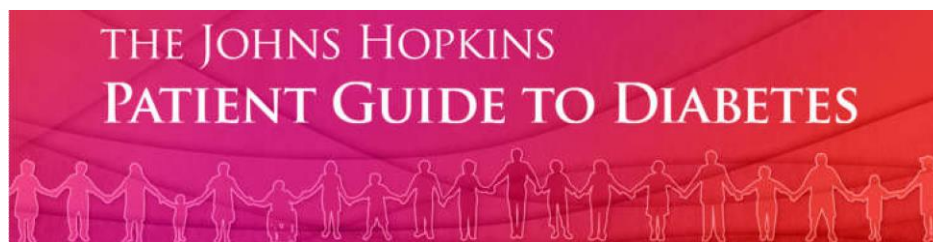
Marissa Alert, PhD
Eugene Arnold, MS LD RD CDE
Roger S. Blumenthal, MD
Stanley Chen Cardenas, MD
Mark Corriere, MD
Alona Crowder, PharmD CDE
Thomas Donner, MD
Meg Gerstenblith, MD
Adena Goldstein, RN BSN CDE
Asha Gullapalli, MS RD LDN CDE
Edward K. Kasper, MD

Real People with Diabetes

Alan
Antonia
Carolyn
Ellen
Jenn
Joanna
Joe L.
Joe T.
Kellie

Daphne Knicely, MD
Benjamin Lalani
Nelson Maniscalco, DPM FACPM DABPM AACFAS
Christine McKinney, RD LDN CDE
Lisa Miller, DPM
Caitlin M Nass MSN CRNP
Connie Qiu, MD
Amy Rohrbaugh, BA MS
(President & Founder, The Frannie Foundation)
Maureen Seel, RDN/LDN CDE
Raghav Tripathi, MD
Kimberly Vaughn, CRNP MSN
Risa Wolf, MD

Leon
Maggie



**We thank the [Frannie Foundation](#) for 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!**



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

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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 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, Summer 2023

In Health,
**The Johns Hopkins
Patient Guide to Diabetes Team**
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

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