

Volume 8; Issue 2

Winter 2023

THE JOHNS HOPKINS PATIENT GUIDE TO DIABETES

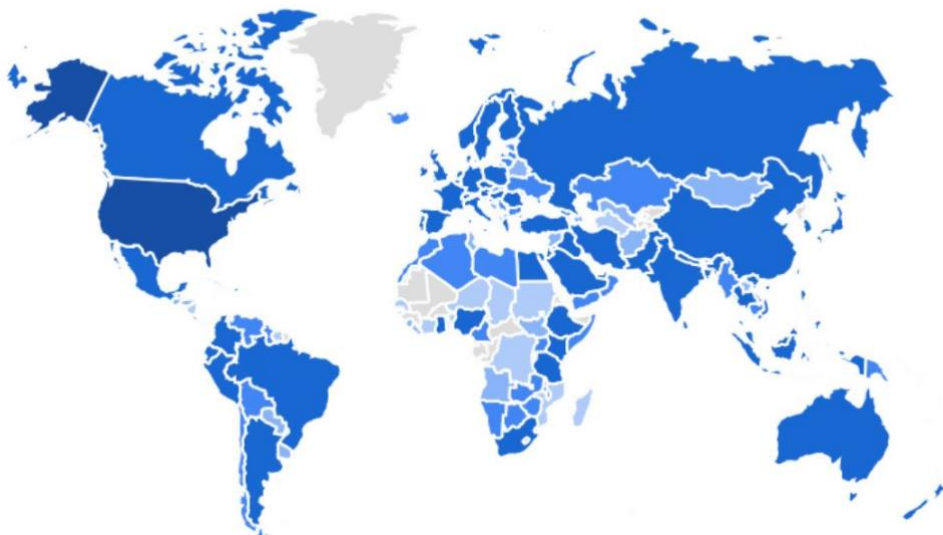


***Our Vision:* To provide a trusted and reliable resource based on the latest evidence that people with diabetes or interested in diabetes can use to live healthier lives.**

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

The [Johns Hopkins Patient Guide to Diabetes](#) Website has had nearly **2 million page views** over the last 7 years!

Thanks to our visitors from more than **220 countries and territories** around the world!



**The darker the blue, the more visitors.*

TOP 7 LIST:

1. United States;
2. United Kingdom;
3. Canada;
4. India;
5. Australia;
6. Philippines;
7. Malaysia

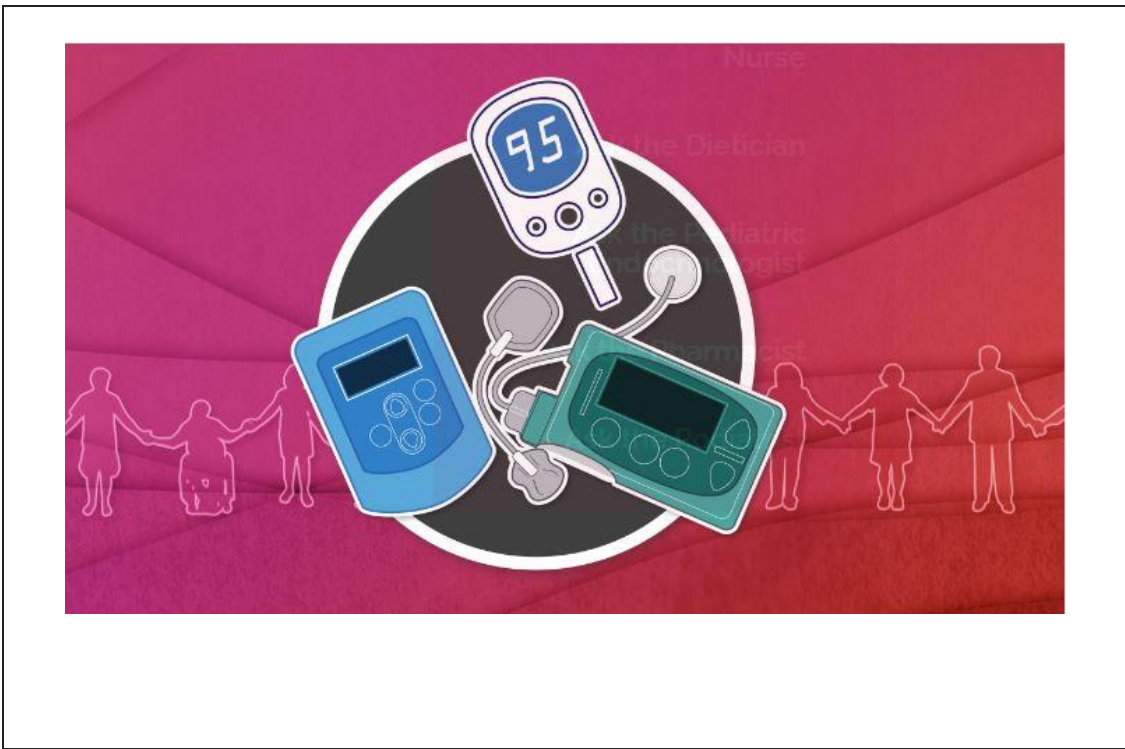


**** Spotlight: ****

**NEW UPDATED & INTERACTIVE CGM
TABLES!**

The [Technology Corner](#) now features new interactive [continuous glucose monitor \(CGM\) tables](#) allowing you to compare different models and their features. Newer CGM models will continue to be added.

Have a look and [tell us what you think!](#)



[EXPLORE HERE](#)

DIABETES DECONSTRUCTED

A podcast by the Johns Hopkins PATIENT GUIDE TO DIABETES



Hosted by:
RITA KALYANI, MD

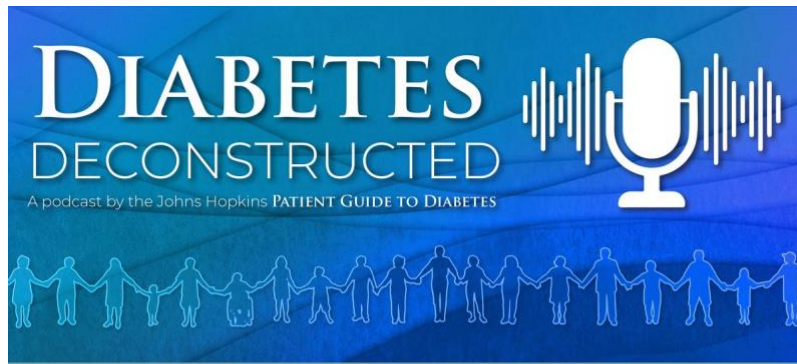
Podcast Library

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 on our website, on Spotify, iTunes, or wherever you get your podcasts.

Special Edition Podcast



EPISODE 29 SPECIAL EDITION BILINGUAL PODCAST *Spanish / English*

World Diabetes Day

with **Stanley Chen Cardenas, MD**
Assistant Professor of Medicine
Division of Endocrinology, Diabetes & Metabolism
Johns Hopkins University School of Medicine

[Episode 29: World Diabetes Day 2023](#)

For This year's Special Edition Podcast for World Diabetes Day (Episode 29), Dr. Rita Kalyani welcomes Dr. Stanley Chen Cardenas to our podcast. Dr. Chen Cardenas is Assistant Professor of Medicine in the Division of Endocrinology, Diabetes, and Metabolism at the Johns Hopkins University School of Medicine. Relevant for this podcast, as an endocrinologist he spent 2 years working in Latin America, more specifically in Panama, both in the public and private healthcare system. He recently published a book Chapter on Obesity and Metabolic Syndrome in Latin America.

[LISTEN NOW](#)



[Diabetes Deconstructed](#)

Podcast Library

Past Episodes From Season 3:

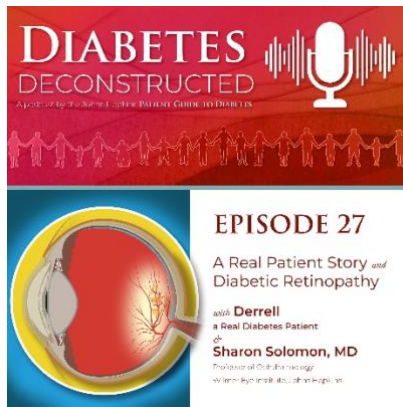


EPISODE 28

Diabetes and Smoking

with
Panagis Galiatsatos, MD, MHS
Associate Professor of Medicine
Director of the Tobacco Treatment Clinic
Johns Hopkins Medicine

In Podcast Episode 28, we learn from Dr. Panagis Galiatsatos about [Diabetes and Smoking](#). Dr. Galiatsatos is an assistant professor and physician in the Johns Hopkins Division of Pulmonary Critical Care Medicine. He is Co-Chair of the Johns Hopkins Health Equity steering committee and, as a co-director and co-founder of Medicine for the Greater Good. He also serves as the director of the Tobacco Treatment Clinic at Johns Hopkins and has a particular interest and expertise in Community engagement and its impact on health and health equity.



For Podcast Episode 27, Dr. Rita Kalyani welcomes a [Patient with Diabetic Retinopathy, Derrell](#), who will be sharing his journey, living with diabetes particularly focused on the effect of diabetes related eye disease on his life. Along with Derrell, we are thrilled to welcome Dr. Sharon Solomon, an expert on diabetic eye disease, and one of Derrell's care providers. Dr. Solomon is the Katherine M. Graham, Professor of Ophthalmology at the Wilmer Eye Institute, a retina specialist and board certified ophthalmologist.



In Episode 26, we are delighted to welcome Dr. Ronnie Dinkes, who will discuss with us about [Diabetes and Hearing Loss](#). Dr. Dinkes is a licensed audiologist and the director of audiology at Johns Hopkins Bayview Medical Center. She earned her doctorate in audiology from the Arizona School of Health Sciences and holds a certificate of clinical competence from the American Speech Language Hearing Association. Dr. Dinkes specializes in diagnostic testing and evaluations and the latest in technology in hearing aids and devices. Her primary research interest is the impact of diabetes on audiology.



EPISODE 25

Diabetic Neuropathy

with **Gerard Limerick, MD, PhD**
Clinical Instructor in Interventions, MSW
Department of Physical Medicine and Rehabilitation
Johns Hopkins Medicine

In this first podcast of Season 3, we speak with Dr. Gerard Limerick about [Diabetic Neuropathy](#). Dr. Limerick completed his MD and PhD in cell and developmental biology Rutgers University, as well as a fellowship in pain medicine at Johns Hopkins. At Johns Hopkins he's developed a clinic for the treatment of painful peripheral neuropathy with a specific emphasis on peripheral diabetic neuropathy. His practice involves a patient centered multi modal approach which includes oral therapies specialized topical therapies and neuro modulation.

[EXPLORE PODCASTS](#)



Tips For Healthy Eating Over the Holidays

Check out posts from our [Nutrition & Lifestyle Blog](#) for tips on how to continue with healthy eating habits through the 2023 holiday season:



[Healthy Eating Tips for Holiday Survival](#)

by Asha Gullapalli, MS RD LDN CDE

Holiday season can be stressful even when everything goes according to plan. Traveling, eating out, parties, visitors, and baking at home make it very challenging to stay healthy during the holiday season.

Here are some health strategies for the holiday season that one can commit to and succeed most of the time if not all the time...

[Read more](#)



[Healthy Holiday Eating Using Mindfulness](#)

by Christine McKinney, RD LDN CDE

It's holiday time, and when we think of the holidays we think of food. Holidays may be spent with family or friends and what do you



[Planning for the Holidays](#)

by Christine McKinney, RD LDN CDE

The holidays are here! It's a busy time of the year and healthy habits can get pushed aside. Social events are on the calendar and that means food. There may be days or evenings that feel like they revolve around food. Holiday food is usually more of a splurge too. Sweets are abundant and even the good guys like vegetables have added calories- think butter, bacon cheese sauce.

So what are you going to do to control weight and glucose during the holidays?...

[Read more](#)



[Diabetes in the New Year](#)

by Asha Gullapalli, MS RD LDN CDE

Happy and healthy new year! I am sure a vast majority of you made new year resolutions. These may

usually do? That's right, you eat together. During the holidays you can and should still eat some of your favorite foods. Instead of more food rules during the holidays, try using your mind. Mindfulness simply stated is paying attention. Mindfulness can be a powerful tool to help you control weight and blood glucose. Try these 6 tips to create mindfulness during the holidays:...

[Read more](#)

have entailed a new "diet" or a new gym membership to lose weight. Weight loss is the second most common category of resolution after physical health. Study after study has found that diets don't work long term...

[Read more](#)

[READ MORE](#)



What Else is New?



We welcome [Alexis Thomas](#) to the Website Team as a Website Manager. Read more about [Alexis](#).

CONTRIBUTORS

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

Experts

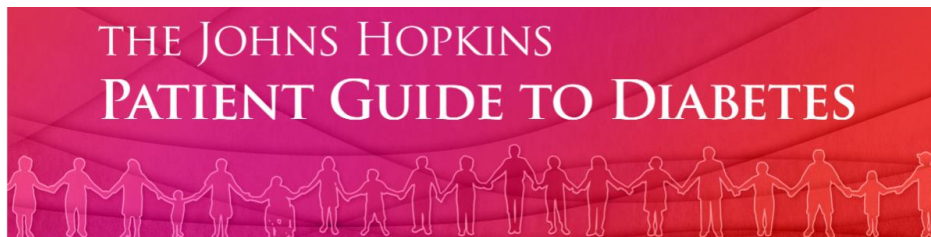
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- Stanley Chen Cardenas, MD
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- Alona Crowder, PharmD CDE
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- Raghav Tripathi, MD
- Kimberly Vaughn, CRNP
MSN
- Risa Wolf, MD

Real People with Diabetes

- Alan
- Antonio
- Carolyn
- Derrell
- Ellen
- Jenn
- Joanna
- Joe L.
- Joe T.
- Kellie

- Christine McKinney, RD LDN
CDE
- Lisa Miller, DPM
- Sananda Moctezuma Vega,
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- Connie Qiu, MD
- Leon
- Maggie



Newsletter Archives

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

Like what you see?

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and 500+ followers

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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, Joyous, Peaceful 2024

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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