

Volume 9
Winter 2024

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 **2.3 million page views** over the last 8 years! Thanks to our visitors from more than 220 countries and territories around the world!



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

TOP 10 LIST:

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



**** Spotlight: ****

NEWLY UPDATED CGM TABLES!

The [Technology Corner](#) features our interactive [continuous glucose monitor \(CGM\) table](#), which now includes graphics! This allows you to compare different CGM models and their features.



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

EXPLORE HERE

**** Spotlight: ****

NEWLY UPLOADED TRANSCRIPTS!

All episodes of our podcast [Diabetes Deconstructed](#) now feature updated transcripts! All transcripts can be downloaded or toggled on screen while listening from [our website](#).

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

**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 41 SPECIAL EDITION

World Diabetes Day

with
Justin Echouffo Tcheugui, MD, PhD
Associate Director for Student & Resident Education
Associate Professor of Medicine
Division of Endocrinology, Diabetes & Metabolism
Johns Hopkins University School of Medicine

[Episode 41: World Diabetes Day 2024](#)

For this year's Special Edition Podcast for World Diabetes Day (Episode 41),

Dr. Rita Kalyani welcomes Dr. Justin Basile Echouffo Tcheugui, to discuss global epidemiology of diabetes. Dr. Echouffo is currently the Associate Director for Student and Resident Education in the Division of Endocrinology, Diabetes and Metabolism as well as an Associate Professor of Medicine at the Johns Hopkins University School of Medicine. He is a physician scientist with training in Endocrinology and Epidemiology. Dr. Echouffo's interests include the international epidemiology of diabetes and he previously trained in the UK and Africa.

LISTEN NOW



Diabetes Deconstructed

Podcast Library

Past Episodes From Season 4:



EPISODE 40

Diabetes in Children

with **Sheela Magge, MD**
Professor of Pediatrics
Lawson Wilkins Endowed Chair of
Pediatric Endocrinology
Johns Hopkins University SOM

and **Risa Wolf, MD**
Associate Professor of Pediatrics
Johns Hopkins University SOM
Division of Pediatric Endocrinology

In Episode 40, Dr. Kalyani welcomes two colleagues from Pediatric Endocrinology, Dr. Sheela Magge and Dr. Risa Wolf to discuss diabetes in children. Dr. Magge is a professor of pediatrics and Lawson Wilkins Endowed Chair of Pediatric Endocrinology at the Johns Hopkins University School of Medicine. She is the

director of the Division of Pediatric Endocrinology and Diabetes at Johns Hopkins and is dedicated to improving the lives of youth. Dr. Risa Wolf is an associate professor of pediatrics and the director of the Pediatric Diabetes Program at the Johns Hopkins University School of Medicine.



EPISODE 39

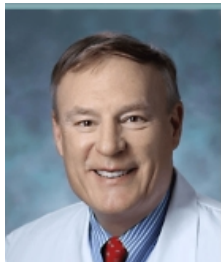
Cystic Fibrosis-Related Diabetes

with **Joanna**
a Real Diabetes Patient

and **Aniket Sidhaye, MD**
Associate Professor, Johns Hopkins SOM
Program Director, Endocrinology &
Metabolism Fellowship

In Episode 39, Dr. Kalyani welcomes Joanna, a person with diabetes, who will be sharing her journey, not only living with diabetes but also her journey focused on her experience living with cystic fibrosis, as well. Along with Joanna, we are pleased to welcome Dr. Aniket Sidhaye, an expert on cystic fibrosis-related

diabetes. Dr. Sidhaye is an associate professor of medicine and pediatrics at the Johns Hopkins University School of Medicine.



EPISODE 38

Dental Health & Diabetes

with

Karl Zeren, DDS
Periodontist & Former Clinical Associate
Department of Otolaryngology
Johns Hopkins School of Medicine

In Episode 38, Dr. Kalyani welcomes Karl Zeren, DDS. Dr. Zeren was raised in Towson, Maryland. He opened a practice limited to Periodontics in the Timonium area and has been actively involved in both private clinical practice and dental education since that time. Currently, Dr. Zeren assistant clinical professor of Periodontics and Periodontal

Implant Prosthetics residency program at University of Maryland School of Dentistry.



EPISODE 37

Diabetes Emergencies

with

Susan Renda, DNP, ASN, BSN, RN
ANP-BC, CDCES, ACPNP, PHAR, FAAN
Associate Professor, Johns Hopkins SDN
Associate Director DNP Advanced Practice Program

In this first podcast of Season 4, Episode 37, Dr. Kalyani welcomes Dr. Susan Renda to our podcast. Susan has been a nurse for over 43 years and 34 of those as a nurse practitioner. She's currently an associate professor and associate director of the DNP advanced practice program at the Johns Hopkins University School of Nursing. In all settings, she brings a

passion for education as every moment with patients and students is a teaching moment.

EXPLORE PODCASTS



Tips For New Years Resolutions

Check out posts from our [Nutrition & Lifestyle Blog](#) for tips on how to continue with healthy habits through 2025:



[Diabetes in the New Year](#)



[Exercise and Diabetes](#)

by Eugene Arnold, MS LD RD CDCES

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 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](#)



[Carbohydrate Goals](#)

by Christine McKinney, RD LDN CDE

One of the most common questions I get asked as a dietitian working with people who have diabetes is “how many carbs should I be eating?” My answer isn’t a set range of carbs for everyone. Other factors need to be considered including glycemic control, usual diet intake, body weight and goals for weight, physical activity, and personal preferences. Goals for carbohydrates...[Read more](#)

Who could deny that physical activity is a critical aspect of maintaining good health? A simple cost-benefit analysis paints a clear picture – exercise can be quite a bargain because it lowers blood glucose, cholesterol, and blood pressure; improves heart health and sleep quality; boosts your mood; helps to control weight; and more. All for a little time and effort, right?... [Read more](#)

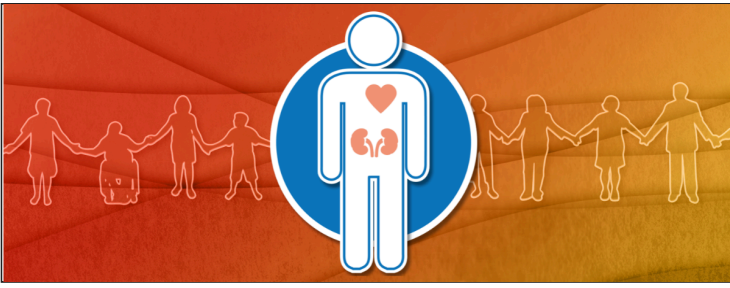


[5 Ways to Eat More Vegetables](#)

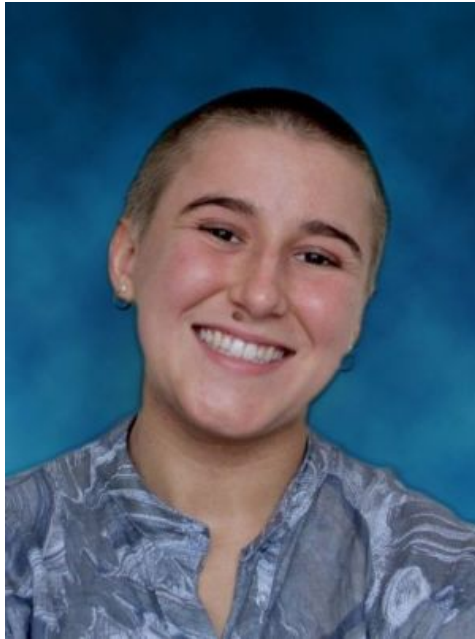
by Christine McKinney, RD LDN CDCES

As we enter a new year we may want to rethink what we eat. No matter if you consider your eating pattern low-carb, paleo, flexitarian, or Mediterranean-style, there is one thing we can all agree on – we need to eat more vegetables. Vegetables are loaded with nutrients that help to prevent disease. When you eat more vegetables you also replace other foods that may not be as healthy. Check out these tips for eating more vegetables...[Read more](#)

[READ MORE](#)



What Else is New?



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

CONTRIBUTORS

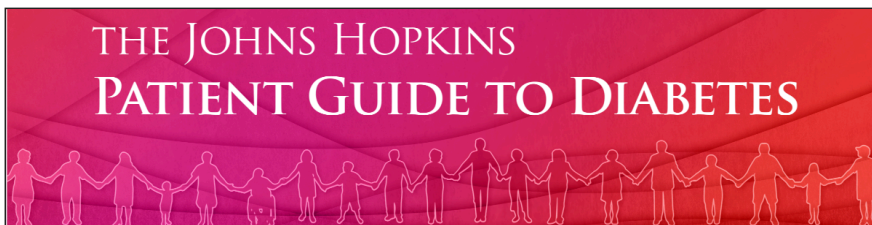
Thanks to all of our guest authors and content contributors to this website:

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- Raghav Tripathi, MD
- Kimberly Vaughn, CRNP MSN
- Risa Wolf, MD
- Karl Zeren, DDS

Real People with Diabetes

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- Antonio
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- Derrell
- Ellen
- Jenn
- Joanna
- Joe L.
- Joe T.
- Kellie
- Leon
- Maggie



Newsletter Archives

Make sure to see previous

See Us on Social Media

newsletter issues
in the [website archives](#)

We've joined [Bluesky!](#)
Join our 3,200+ likes
on [Facebook](#)
and 500+ followers
on [Twitter!](#)

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 2025

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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