



Joslin Diabetes NEWS NOW

Volume 5, Number 7

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Dedicated to Living Well with Diabetes

Affiliate News

Welcome NEW Joslin Boston Team Member

Jenna Spataro officially joined our staff this month! She fills Megan's position, fulltime! (Megan is now in grad school and working with us part time only) Welcome Jenna! Jenna can be reached at jenna.spataro@joslin.harvard.edu or 617-226-5881

Reminder!

 Monthly Report Data is due on the 15th of every month. Please help us get these reports out to you in a timely matter by submitting your data on time.

Ramadan- Aug 22-Sept 21, 2009

Fasting during Ramadan, the holy month of Islam, is an obligatory duty for all healthy adult Muslims. This year, Ramadan falls between Aug 22 - Sept 21 in the USA. At our Joslin Affiliate in Dubai, the team is geared up to handle questions about how to handle fasting during the holiday.

No matter where your Joslin Affiliate is located, it is wise to be familiar with the dates and customs as it is likely that you may have some patients who observe this holiday.

The Sept 2005 issue of Diabetes Care has a useful article summarizing the recommendations from a task force on managing diabetes during Ramadan.

<http://care.diabetesjournals.org/content/28/9/2305.full.pdf+html>

Also, if you have specific questions or an interesting case, your colleagues in Dubai will be glad to answer them. Send your questions to Wendy Santis (Wendy.Santis@joslin.harvard.edu).

Available Resources

Updated Dietary Supplement Fact Sheets Now Available

ODS has developed fact sheets on a variety of nutrients and other dietary supplement ingredients. Directed at this point primarily to healthcare providers and researchers, the fact sheets provide detailed overviews of these ingredients, information on their associations with various health outcomes, and extensive lists of references. All ODS fact sheets are available for viewing and downloading at <http://ods.od.nih.gov/factsheets>

The Vitamin E fact sheet

(<http://ods.od.nih.gov/factsheets/VitaminE.asp>) is the most recent to be substantially revised and updated. Fact sheets are modified when substantial or important new information about a supplement ingredient is published.

Patient News

Prescription Assistance

If you have patients in need of prescription assistance, there is a new service to help the uninsured and underinsured –

www.access2wellness.com or toll free 866-317-2775. This

website allows patients to select the medications they are currently taking, enter their Medicare status, house hold income etc. to see what assistance programs they qualify for and ultimately help them to receive medications at little or no charge.



Walking for Diabetes

Support your American Diabetes Association STEP OUT – Fall walks- see www.diabetes.org/stepout for dates times. Locations or call 1-888- diabetes

Research Highlight



Is BROWN FAT -"Good" FAT?

A large-scale study published by Dr. C Ronald Kahn's team in the spring in the *New England Journal of Medicine* confirmed that it is. Scans of nearly 2,000 people identified brown fat in the neck and behind the collarbone of many in the

sample. This fat is more likely to be switched from passive into calorie-burning mode in people who were younger or thinner than in those who were older or heavier. Dr. Kahn's team is now trying to figure out how to direct the body to produce more and make it work harder. (C. Ronald Kahn, head of the Joslin Diabetes Center's section on Obesity and hormone action) *the article offers the following Conclusions:* " Defined regions of functionally active brown adipose tissue are present in adult humans, are more frequent in women than in men, and may be quantified noninvasively with the use of ¹⁸F-FDG PET-CT. Most important, the amount of brown adipose tissue is inversely correlated with body-mass index, especially in older people, suggesting a potential role of brown adipose tissue in adult human metabolism.

<http://health.usnews.com/articles/health/diabetes/2009/06/30/c-ronald-kahn-is-brown-fat-the-good-fat-that-can-erase-bad-fat.html>

Reference: NEJM: Vol 360:1509-1517: *Identification and Importance of Brown Adipose Tissue in Adult Humans*

Aaron M. Cypess, M.D., Ph.D., M.M.Sc., Sanaz Lehman, M.B., B.S., Gethin Williams, M.B., B.S., Ph.D., Ian Tal, Ph.D., Dean Rodman, M.D., Allison B. Goldfine, M.D., Frank C. Kuo, M.D., Ph.D., Edwin L. Palmer, M.D., Yu-Hua Tseng, Ph.D., Alessandro Doria, M.D., Ph.D., M.P.H., Gerald M. Kolodny, M.D., and C. Ronald Kahn, M.D

Continuing Education

Joslin Diabetes Center is conducting several certified CME activities providing AMA PRA Category 1 Credit™ in Affiliate cities at the end of summer. To register for one of the following symposia, visit www.ProfessionalEd.joslin.org

Office Systems for Type 2 Diabetes: Pathophysiology, Culture, Treatment, Adherence

Your introduction to a comprehensive educational activity to help you implement more efficient systems for better care of your diabetes patients. This Joslin Virtual Clinic Workshop uses an innovative, highly interactive, simulated clinical experience to integrate skills directly into day-to-day clinical practice. This unique approach builds provider competence in developing office-based systems to support the design, implementation, and timely advancement of nonpharmacologic and pharmacologic therapies for the optimal treatment of patients with type 2 diabetes.

September 15 – Southfield, MI

September 15 – Washington, DC

September 16 – Los Angeles, CA



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Continuing Education-Continued

AADE September Webinar

Date: Wednesday, Sept 16th.

Feature Topic: *Celiac Disease*

Faculty: *Diane Stuber, RD, CDE (from SUNY)*

The prevalence of developing gastrointestinal (GI) tract complications is higher in people with diabetes than the general population. The duration of diabetes and the degree of glycemic control are major determinants in the incidence and severity of GI problems. The entire GI tract can be affected, including the mouth, esophagus, stomach, small intestine, colon, liver, and pancreas, leading to a variable symptom complex. The diabetes educator needs to be able to identify the signs and symptoms to issues such as GERD, ulcers, celiac disease, sprue, and gastroparesis.

Objectives

- Describe the signs and symptoms of various GI complications associated with diabetes
- Identify methods used to diagnose GI complications
- Discuss medical treatment options/strategies for patients with GI complications
- Review nutrition therapy recommendations for GI complications

To register:

<https://www.diabeteseducator.org/ProfessionalResources/products/>

Meeting Review



AADE Annual Meeting- Atlanta:

This meeting was as always, an educator's delight- Several Joslin staff spoke- Karen Kemmis (SUNY) on exercise; Melinda Maryniuk (Boston) on Diabetes Education around the World; Amanda Kirpitch (Boston) summarizing One Years results of the Weight Management Program; Carole' Mensing (Boston) describing a comprehensive Model for Diabetes and Disease program assessment, implementation and evaluation. The General Sessions were well attended and each day offered excellent information. These and many sessions might be worth purchasing tapes from AADE. Class information, slides went "green" this year, and were posted on the web site instead of handed out!

General Session Speakers included:

- Dr. Nesta (Boston) on *Prediabetes, Diabetes, and CV Risk Factors*;
- *Beyond GLP-1, the future of Peptide Hormone Replacement Therapy*, Dr. Kendall (Mpls, IDC; and new CMO of ADA);
- Beta Cell Replacement, Regeneration and Cellular Strategies*, Dr. Skyler (Miami);
- Dr. Bailey- *Releasing Your Brilliance*, and Ian Duncan, on *Financial Outcomes*.

And , of course, many , many informational and skill building sessions, from Eating a More Plant Based Diet, to Finances and of course Educational Options to Engage Our Patients in the Process of Learning!!

If any attendees have notes, wish to share program hi-lights, are willing to present on a conference call, please email me!-Carole' Mensing, RN, MA, CDE carole.mensing@joslin.harvard.edu

Save the Date

Upcoming Conference Calls

Conference call in: 1-800- 351- 4871,

Participant passcode 90978204.

Date/Time	Topic	Facilitator
Sept 23, noon	Center Administrator Discussion	Janice Murphy
Sept 29, noon	Getting Patients Connected to Mental Health Services	Ann Goebel-Fabbri, PhD & Melinda Maryniuk
Oct 21, noon	Pump Management: Making Insulin Adjustments	Joyce Lekarczyk

Upcoming Events



- Sept 12, 13-14, New Physician and Nurse Practitioner Orientation**
- Sept 12-15, New Educator Orientation**
- Oct 25-27, Annual Meeting for Center Administrators and Medical Directors** Events will begin with Sunday evening dinner. Physicians will be able to leave after 5 PM on Monday.
- Oct 28, New Center Administrator Orientation** Following Annual Meeting
- October 28 - 30, 9th annual *Bridging the Gap with Education: Diabetes Symposium and Workshop*** - Charleston, WV. Joslin Affiliate at St. Mary's, Huntington, WV contributes to this meeting.