



**Licking Memorial
Health Systems**

1320 West Main Street
Newark, OH 43055

Please take a few minutes to read this month's

Report on **Diabetes Care.**

You'll soon discover why
Licking Memorial Hospital is
measurably different ... for your health!

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Community Report Card
Licking Memorial Health Systems
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Volume 7, Number 9 September 2006

Diabetes Care ...

a community report on patient care quality.

Health Tips – Rate Your Plate

A quick way to make sure you are eating a variety of healthful foods at each meal is to “Rate Your Plate,” according to the American Diabetes Association. This is a great way to practice portion control if you are trying to lose weight.

When you sit down for a meal, draw an imaginary line through the center of your plate. Draw another line to divide one section into two.

- About one-fourth of your plate should be filled with grains or starchy foods such as rice, pasta, potatoes, corn or peas.
- Another fourth should be protein – foods like meat, fish, poultry or tofu.
- Fill the last half of your plate with non-starchy vegetables like broccoli, carrots, cucumbers, salad, tomatoes and cauliflower.
- Then, add a glass of non-fat milk and a small roll or piece of fruit and you are ready to eat!

You may need to count the carbohydrates or exchanges in your meal so you can be sure your insulin and exercise are on target. But, rating your plate will get you started.

Diabetes Care – How Do We Compare?

At Licking Memorial Hospital (LMH), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

1 Much of the care diabetics receive takes place in the outpatient or physician office setting. The physician offices of Licking Memorial Health Professionals (LMHP) measure the most critical indicators for diabetes.

	LMHP 2nd Qtr. 2004	LMHP 2nd Qtr. 2005	LMHP 2nd Qtr. 2006	Benchmark ⁽¹⁾
% LMHP diabetics receiving eye exam	64% ⁽²⁾	93%	84%	68%
% LMHP diabetics having HbA1c test	97%	98%	99%	85%
% LMHP diabetics having lipid profile	97%	98%	98%	88%
% LMHP diabetics having microalbuminuria test	95%	96%	92%	57%
% LMHP diabetics having foot exam	79% ⁽²⁾	97%	97%	65%

2 While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the diabetes. Hemoglobin A1c (HbA1c) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person's blood over an extended period of time.

	LMHP 2nd Qtr. 2006	Goal ⁽¹⁾
% LMHP diabetics with HbA1C less than or equal to 7%	42%	greater than or equal to 40%

3 People with diabetes are at high risk for heart disease. Elevated LDL (“bad”) cholesterol is an important test for telling whether someone has unhealthy fat levels which increases the risk for heart disease, a very serious complication of diabetes.

	LMHP 2nd Qtr. 2006	Goal ⁽⁴⁾
% LMHP diabetics with LDL less than or equal to 100 mg/dL	63%	greater than or equal 36%

4 The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people in the community with diabetes. The American Diabetes Association recommends a person with diabetes have a blood test called a Hemoglobin A1C (HbA1C) at least every six months to monitor glucose levels. The two most frequent reasons a person with diabetes may not get an HbA1C are that the test is not ordered or that he/she did not go to the laboratory for the test.

	LMH 2004	LMH 2005	LMH 2006	Benchmark ⁽¹⁾
% CCM diabetics who obtained an HbA1C	92%	93%	84%	85%

5 Licking Memorial diabetes patients are encouraged to exercise regularly to help improve their health. With assistance from our professional staff, participants in the Licking Memorial Wellness Exercise program set personal exercise goals. In addition to exercising through the Wellness program, each participant is given the goal of working out elsewhere twice weekly.

	LMH 2004(3)	LMH 2005	LMH 2006	Goal
% Exercise goals met by Wellness diabetics	99%	99%	98%	greater than 95%

6 Licking Memorial Health Systems offers special classes and services for people with diabetes. Certified diabetic educators, registered nurses, dietitians and pharmacists teach classes and help participants set and meet personal goals.

	LMH 2004 ⁽³⁾	LMH 2005	LMH 2006	Goal
% Goals met by diabetic education graduates – within six weeks	95%	92%	99%	greater than 75%
% Goals met by diabetic education graduates – within three months	96%	93%	100%	greater than 80%

Data Footnotes:

- (1) NCQA
- (2) Measure definition changed in 2004.
- (3) Measurement reflects patients in the program as of June 2004, and measurement began in 2004.
- (4) The American Diabetes Association

Patient Feature: Herman Counts



Herman Counts

Herman Counts is a North Carolina native who loves to travel. “Coming home from a trip, I began having trouble reading the road signs,” said Herman. “That really bothered me, because I had a feeling I knew what the problem was.” Herman suspected that he had diabetes. “I felt for sure ... because I had most of the same symptoms that my brother had when he was diagnosed with diabetes,”

stated Herman. Some of his symptoms included the blurry vision and frequent urination. Lawrence Dils, M.D., a physician with Licking Memorial Family Practice, confirmed in 1993 that Herman had diabetes.

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes. Some diabetes symptoms include: frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision.

Herman’s diabetes is controlled with diet, exercise and medication. He attended a one-day diabetes education session in 1995. At the suggestion of Dr. Dils, Herman attended the Diabetes Self-Management classes last summer. “It was a four-day session and really helped with the nutrition aspect,” said Herman. Herman also exercises at the Licking Memorial Wellness Center. “After my hip surgery, I was receiving physical therapy and saw a flyer for the Wellness Center and was interested,” continued Herman. After hearing about the program and what is has to offer, Herman now exercises at the Wellness Center regularly. “The Wellness Center is fantastic, it is really an asset to our community!” said Herman.

Herman takes an active approach in living with diabetes. “I had the advantage, if you want to call it that, of watching a relative die of complications from diabetes. I have

always said that was the classic example of what not to do when you have diabetes,” said Herman. Through his relative’s example, he was able to see some of the results of improper care of diabetes – poor circulation, amputations, dialysis and wounds. “Every time a new complication was diagnosed, I read everything and learned as much as I could to prevent something like this from happening to me,” said Herman. Educating yourself – whether it is by reading information, attending a class or talking to your physician – is one of the best tools in living with diabetes.

Herman feels that his relative was a great inspiration for him. “Whenever I don’t feel like exercising, I just think of him,” said Herman. He hopes that his story will inspire someone who is living with diabetes to take care of his/her health. “My advice is to keep your sugar under control – it takes work, but it will help,” stated Herman.

The Importance of Diabetes Awareness

By: Andrew C. Seipel, M.D., Licking Memorial Family Practice



Andrew C. Seipel,
M.D.

It would be hard to exaggerate the importance of diabetes awareness in our country. It is the leading cause of blindness and the leading cause of kidney failure. Diabetics are four times more likely to have a heart attack or stroke than someone without diabetes.

Diabetes is a condition that affects an estimated 21 million Americans. Are you one of them? The simplest definition of diabetes is an abnormally high level of sugar (glucose) in the blood. Type 1 Diabetes, which usually affects children and adolescents, results from the body's failure to produce insulin. Type 2 Diabetes is much more common. This problem usually occurs in adults and is caused by the body's failure to use insulin properly. The term we use to describe this is "insulin resistance."

Type 2 diabetes is more common in adults who are overweight and do not exercise. It is likely (though not certain) that being overweight is the actual "cause" of insulin resistance. Genetics (family history) seems to play a large role, also. Type 2 diabetes tends to run strongly in some families. Diabetes gets more common as we age. While diabetes affects 7 percent of the total United States population, it affects 1 out of 5 persons over the age of 60. Official estimates from the Centers for Disease Control and Prevention state that one third of us who have diabetes are undiagnosed and don't know that we have it!

While diabetes-related statistics may sound very frightening, there is good news. Diabetes can easily be

diagnosed by your doctor. It is also very treatable. The first treatment for diabetes is diet. Exercise is important. Sometimes, just losing weight will correct the high blood sugar. There are a number of medications, including pills and injections that can be used to control the blood sugar levels. It is critical that persons with diabetes control their blood pressure and cholesterol. There is an enormous amount of research that shows that lowering LDL levels (the "bad cholesterol") to below 100 dramatically reduces heart attack risk. The newest reports tell us that lowering LDL to 70 is even better. It also is absolutely essential that diabetics do not smoke.

If you are over 50 and do not see a doctor regularly, you should do so. Diabetes screening should be a routine part of a medical checkup. If you have symptoms of diabetes, visit your doctor right away. These include unusual thirst, urinating frequently, blurred vision, tiredness and unexpected weight loss.

The first step in fighting diabetes in this country is to prevent it, by eating healthy, exercising and not becoming overweight. The second step is finding diabetes early. The third step is treating it effectively.

If you think you may have diabetes, or if you think you are at risk for diabetes, see your doctor – it could save your life.

Living with Diabetes and Staying Active

For anyone with diabetes, exercise is especially important for both short-term management of the disease and long-term survival (i.e., reducing the risk of heart attack, stroke and other causes of death). With small lifestyle changes taken in gradual steps, the lifestyle of a diabetic can be as active and healthy as any non-diabetic person. It is possible to live a healthier life with diabetes. Follow a diabetes care plan you develop with your health care professional and make lifestyle improvements to help keep your blood sugar under control and potentially reduce your risk of diabetes complications in the future.

It's no secret that exercise and regular physical activity are important to good health. This is especially true for people with diabetes. For anyone, exercise will:

- help you manage your weight,
- improve your blood pressure,
- strengthen your heart,
- improve blood circulation,
- manage stress,

- give you more energy, and
- improve cholesterol and other blood-fat levels.

Additionally, exercise can lower blood sugar levels and may reduce the risk of heart disease and stroke. There are two other very important reasons for people with diabetes to exercise:

- It can lower blood sugar levels during and after the workout.
- It increases your body's sensitivity to insulin, a hormone that regulates blood sugar.

Don't forget that all of the medications prescribed by doctors for people with diabetes work best when accompanied by proper diet and exercise. Without the commitment to a healthy diet and daily exercise, you are unlikely to get the blood sugar control that you need.

Diabetics interested in learning more about what's new in diabetes care are advised to contact their health care professional.