



**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!

Visit us at www.LMHealth.org

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*1998, 1999, 2000, 2001,
2002, 2003, 2005, 2006*



Community Report Card

Licking Memorial Health Systems

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A Community Report on Diabetes Care

Health Tips – Exercise Regularly

Regular physical activity has a variety of health benefits for individuals with diabetes, including:

- Burning calories, which aids with weight loss
- Improving the body's response to the hormone insulin
- Making oral diabetes medications and insulin work better, which helps control blood glucose levels

Your physician can help you decide how much activity is safe and whether certain types of activities should be avoided.

Diabetes Care Statistics – 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. 2005 ⁽¹⁾	LMHP 2nd Qtr. 2006 ⁽¹⁾	LMHP 2007 ⁽²⁾	National ⁽³⁾
% LMHP diabetes patients receiving eye exam	N/A	N/A	71%	68%
% LMHP diabetes patients having HbA1c test	98%	99%	90%	85%
% LMHP diabetes patients having lipid profile	98%	98%	92%	88%
% LMHP diabetes patients having microalbuminuria test	92%	92%	90%	57%
% LMHP diabetes patients having foot exam	N/A	N/A	89%	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 ⁽²⁾	LMHP 2007 ⁽²⁾	Goal ⁽⁴⁾
% LMHP diabetes patients with HbA1c less than or equal to 7%	56%	54%	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 ⁽²⁾	LMHP 2007 ⁽²⁾	Goal ⁽⁴⁾
% LMHP diabetes patients with LDL less than or equal to 100 mg/dL	60%	60%	greater than or equal to 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 2005	LMH 2006	LMH 2007	Benchmark ⁽²⁾
% CCM diabetes patients who obtained an HbA1c	93%	84%	87%	85%

5 Licking Memorial Hospital 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 2005	LMH 2006	LMH 2007	Goal
% Goals met by diabetic education graduates – within six weeks	92%	99%	96%	greater than 75%
% Goals met by diabetic education graduates – within six months	92%	96%	92%	greater than 80%

Data Footnotes:

- (1) Data reflects only those patients seen during that quarter.
- (2) Data reflects the entire LMHP active patient population at year end 2006 and as of July 1, 2007. Active patient population is defined as patients seen within the last three years.
- (3) National Committee for Quality Assurance
- (4) Diabetic Physician Recognition Program (National Committee for Quality Assurance/American Diabetes Association)

Patient Feature – Linda Amore

Linda Amore cried after she was diagnosed with diabetes. She already had survived breast cancer. She wondered how she would cope with another major disease. “One disease was more than enough for a person to handle,” she explained.

The diagnosis of diabetes came after months of illness. “I was very sick for a long time – probably longer than I had realized,” Linda said. She had been treated for a bladder infection for nearly three months, but things were only getting worse. At least once an hour – day and night – she was using the rest room. She couldn’t sleep. She didn’t want to go out of the house. “I was continuing to eat my daily dose of chocolate and drink cranberry juice. Now, I realize I was only making things worse.”

Richard Walters, D.O., who recently retired from the Licking Memorial Hospital (LMH) Active Medical Staff, diagnosed Linda with diabetes in late 2006. Her HbA1c levels, as measured by the glycosylated hemoglobin test, were above 10.0. The test shows a person’s average blood sugar level over the past three months. The more sugar a person has in her blood, the higher the results of the test. Research has shown a direct link between high blood sugar levels and complications from diabetes. By reducing blood sugar levels to near normal, a person with diabetes can reduce the risk of eye problems, nerve damage and severe kidney problems.



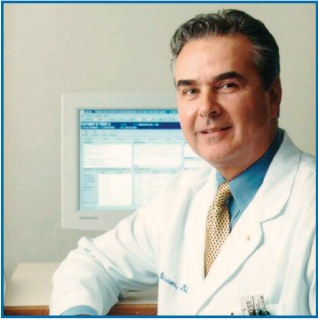
Linda Amore has learned how to live a healthy lifestyle after being diagnosed with diabetes.

“I was in shock. I really didn’t know the signs of diabetes even though I had all of the obvious symptoms,” Linda said. She was immediately prescribed medication and limited eating food with carbohydrates or sugar. “I cried the most when I thought that I couldn’t eat chocolate any more. Anything chocolate makes my eyes light up.” Her primary care physician quickly enrolled her in LMH Diabetes Self-Management classes. She had tears in her eyes the first time she went to the

self-management class when Teresa Knicely, R.N., a case manager in Community Case Management, and an old family friend, walked over to say hello. “Teresa told me I would be fine. She was right. In class, I’ve learned how to read labels, what to eat and how to manage this disease. They are just so upbeat,” Linda said.

Dealing with diabetes has been as difficult as raising two children, Linda said. Her persistence has paid off. She has learned how to read food labels, has dropped weight and reduced her HbA1c levels to 6.0 by June. “I appreciate everyone who works in the Diabetes Education Center,” Linda said. “They made me feel like a person again. They have shown me that I can go out to eat and have the sweets that I love. I really want to live a healthy life.”

Facts about Diabetes



Gerald Ehram, M.D.

Diabetes is the sixth leading cause of death in the United States. Nearly 21 million Americans have the disease, but an estimated one-third has not been diagnosed. “Oftentimes, individuals with diabetes are unaware of the illness because they ignore the symptoms,” said Gerald Ehram, M.D., of Licking Memorial Internal Medicine.

“While they may seem relatively harmless, symptoms of diabetes are a red alert to a serious, yet treatable, disease.”

Diabetes is a disease in which the body does not produce or properly use insulin – a hormone that is needed to convert sugar, starches and other food into energy. Although the cause is officially unknown, genetics, obesity and lack of exercise appear to be factors in its development, according to the American Diabetes Association.

Symptoms include: frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and/or blurry vision. If you have any of these symptoms, contact your physician immediately. “Early detection and treatment of diabetes can decrease the possibility of developing complications,” Dr. Ehram said. Complications can include: heart attack, stroke, poor circulation, kidney disease, vision problems/blindness, nerve damage, foot problems, skin disorders, gastroparesis – a disorder in which the stomach takes too long to empty its contents, and depression.

“When you are in doubt about any symptoms you may be experiencing, please contact your physician,” Dr. Ehram said. “Health care providers need your input to give you the best possible treatment. You know your body better than anyone.”

If you are in need of a primary care physician, please call the Licking Memorial Hospital Physician Referral Line at (740) 348-4014, or click on the “Find a Doctor at LMH” link on the Licking Memorial Web site, located at www.LMHealth.org.

John & Mary Alford Pavilion is NOW OPEN!

- The Pavilion is the new home of the Licking Memorial Hospital (LMH) Emergency and Surgery departments.
- The project includes surgery suites with the latest technology and has been designed to promote healing, to improve staff performance, to maximize efficiency and to respect patient privacy and dignity.
- The 100,000-square-foot Pavilion is the single largest expansion of LMH since the Hospital moved to our West Main Street location in 1966.

