



## 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](http://www.LMHealth.org)

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1998, 1999, 2000,  
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2005, 2006,  
2007, 2008



# Quality Report Card

## Licking Memorial Health Systems

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### Health Tips – Preventing complications from diabetes

Patients with diabetes are at risk of developing complications of the eyes, feet, kidneys and heart. In addition to controlling their blood sugar levels, patients with diabetes can lower their risk of complications by following the following guidelines:

- You should see your physician at least once a year.  
The visit should include:
  - An eye exam
  - A flu vaccine
  - Cholesterol blood test
  - Urine test for albumin (protein)
- You should see a dentist every six months for a checkup.
- You should have an HgA1c blood test every six months to monitor your average blood sugar levels.
- At every physician visit for diabetes care, your doctor should:
  - Check your blood pressure (It should be less than 130/80 for patients with diabetes.)
  - Check your weight and feet
  - Review your blood sugar levels
- Ask your doctor if you should:
  - Take aspirin every day
  - Take any other medications
- It is extremely important that you do not smoke. If you smoke, ask your physician about enrolling in a smoking cessation program.
- Check your feet daily:
  - See your doctor for any open areas or signs of infection (redness, swelling, hot feeling)
  - Do not cut corns or calluses
  - Do not apply heat to feet
  - Do not go barefoot

# Diabetes Care – How do we compare?

At Licking Memorial Health Systems (LMHS), 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.

Check out  
our Quality  
Report Cards online  
at [www.LMHealth.org](http://www.LMHealth.org).

- 1** Much of the care diabetes patients 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 2006	LMHP 2007	LMHP 2008	National <sup>(1)</sup>
LMHP diabetes patients receiving eye exam	73%	68%	72%	60%
LMHP diabetes patients having HbA1c test	90%	91%	92%	80% <sup>(2)</sup>
LMHP diabetes patients having lipid profile	94%	93%	95%	80% <sup>(2)</sup>
LMHP diabetes patients having microalbuminuria test	87%	90%	92%	80%
LMHP diabetes patients having foot exam	90%	90%	91%	80%

- 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. The 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 2006	LMHP 2007	LMHP 2008	National <sup>(1)</sup>
LMHP diabetes patients with HbA1c less than or equal to 7%	56%	58%	54%	Greater than or equal to 40%

- 3** People with diabetes are at high risk for heart disease. An elevated LDL (“bad”) cholesterol test reveals if an individual has unhealthy fat levels, which increases the risk for heart disease, a very serious complication of diabetes.

	LMHP 2006	LMHP 2007	LMHP 2008	National <sup>(1)</sup>
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	60%	63%	63%	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 2006	LMH 2007	LMH 2008	Goal
CCM diabetes patients who obtained an HbA1c	84%	87%	99%	80%

- 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 2006	LMH 2007	LMH 2008	Goal
% Goals met by diabetic education graduates – within six weeks	99%	96%	88%	Greater than or equal to 75%
% Goals met by diabetic education graduates – within six months	96%	92%	91%	Greater than or equal to 80%

# Patient Story – Dan Sander

Pastor Dan Sander of Pataskala recently completed a four-part series of Diabetes Self-Management classes at Licking Memorial Hospital (LMH). He was first diagnosed with type 2 diabetes around 1995, through routine blood work while living in Parma, Ohio, but received very little information about dietary guidelines. In 2009, Aaron Clark, D.O., Dan's family practice physician in Pataskala, recommended the Diabetes Self-Management classes to help Dan gain a better understanding of how to control his blood sugar levels.

Even though Dan had been managing his blood glucose levels through diet and oral medications for more than a decade, he quickly learned that many of his assumptions about food were mistaken. "The biggest revelation was that I did not have to monitor sugar intake as much as carbs," he said. "The class instructors taught us the proper portion sizes – the most striking example was the proper serving size of a potato (about the size of a tightly closed fist). What I used to think was a single serving was actually twice as big as it should have been. In addition, I now regulate carb intake by having just one slice of toast in the morning instead of two, and by eating a hot dog without a bun." Dan also had the common misconception that all sweet desserts were forbidden to him after his diabetes diagnosis. "Now I know that sugar needs to be counted as a carb, but I can enjoy small amounts. When I go to a restaurant, I inquire about their sugar-free dessert selection. They often offer sugar-free Jell-O or pie. If I do have a regular dessert, it is important to do so in moderation."

Diabetes has been just one of Dan's health challenges. In 1989, he was diagnosed with colon cancer and received one year of chemotherapy. Since then, he has also been treated for a fractured pelvis, received an artificial hip, and has undergone procedures for masses in his kidneys, a blocked heart valve and cancerous bladder tumors.

Dan announced his retirement in 1997, having served as a Lutheran pastor for 52 years. However, he has been called back into the ministry for interim pastor positions 11 times since. He recently ministered as an interim pastor in Waldo, Ohio, and plans to serve again in Cardington, Ohio.

At the age of 77, Dan finds relaxation on his small family farm. He and Nancy, his wife of 53 years, have three grown children, Sherrill, David and Angela, and eight grandchildren. Dan devotes many hours to keeping the acreage mowed and tending to the family



Pastor Dan Sander (seated) keeps busy at home with the family's alpaca business. He is surrounded by his wife, Nancy, and two of their eight grandchildren, Benjamin and Seth.

alpaca-breeding business. He is grateful that his strong constitution and excellent medical care have allowed him to recover quickly from each illness.

"The Lord told me I had to keep on preaching until I got it right," he joked. His faith, quick sense of humor, and positive outlook on life have helped him to cope with his many health challenges over the past two decades. Dan also uses his leadership role in the church to encourage and

inspire members of his congregations who are facing health concerns of their own.

"When I begin serving at a new church, I share my story with the congregation," he said. "That way they know that if they are going through something similar, they can talk to me about it, and I will understand." At various activities, he wears the Diabetes Self-Management t-shirt he received at the classes and finds that it serves as a conversation starter. "People will ask me about the shirt, and it gives me a chance to share a little about what I learned. I tell them the classes were very beneficial to me, and I encourage everyone with diabetes to take them. I wish I had taken the classes years ago."

The four-part Diabetes Self-Management classes at LMH are available to the public and take place on Tuesday mornings, Wednesday afternoons or Wednesday evenings. In addition, diabetes educators are available by appointment for one-on-one instruction on the use of glucometers and insulin therapy. To register, or for more information, please call Central Scheduling at (740) 348-4722. With a physician's referral, diabetes education fees are often covered by insurance. Financial assistance may be available to those who qualify; please call Patient Billing at (740) 348-4500 for an application.

# Healthy Diet for Diabetes Patients Includes Wide Range of Delicious Options

When patients first learn they have diabetes, they often worry that they will no longer be able to enjoy their favorite foods.

“That is the question that is on everyone’s mind when they come to our classes,” said Teresa Knicely, R.N., C.D.E., C.C.M., a certified diabetes educator at Licking Memorial Hospital. Teresa is one of the certified educators who conduct Diabetes Self-Management classes for patients with diabetes. Whether the patients have been newly diagnosed with the disease or have lived with the diagnosis for many years, they often have the same misconceptions about food selections. “Many people think they can never have anything with sugar again, but that is not the case. In the Diabetes Self-Management classes, we show them how they can incorporate all sorts of foods into their menus,” Teresa said.

Diabetes is a condition where the body either does not produce enough insulin or has become resistant to naturally produced insulin. Insulin is a hormone that is produced in the pancreas to break down glucose (sugar) in the blood stream to provide fuel for the body’s cells. With diabetes, the glucose builds up in the bloodstream.

There are three main types of diabetes. Type 1 diabetes is often called “childhood diabetes,” but it can be diagnosed at any age. The exact cause is unknown, although genetics and autoimmune conditions are believed to be contributing factors. Type 2 diabetes is often called “adult onset diabetes,” however, it is increasingly affecting children, as well. Type 2 diabetes is strongly linked to obesity and lack of exercise.

Gestational diabetes can develop in women during pregnancy. It is typically a temporary condition that resolves by itself after the baby is born. Women who are diagnosed with gestational diabetes need to be monitored carefully by their physicians to protect the health of their babies and themselves. In addition, women with gestational diabetes are at higher risk for developing type 2 diabetes later in life.

All three types of diabetes require regular check-ups with a physician to prevent the disease’s possible complications, such as coronary disease, circulation problems, blindness, numbness in the extremities, pain in the extremities, sexual problems and diabetic ketoacidosis (coma). Treatment usually includes a combination of diet



Registered Dietitian Annmarie Thacker, R.D., L.D., C.D.E., (right) explains to a patient how counting carbohydrates can be used to achieve good blood glucose control.

control, exercise, losing extra weight, oral medication and insulin injections.

Diet control is essential to successfully treating diabetes. With careful meal planning and exercise, some patients are able to achieve good blood glucose maintenance without any medications. Even patients who require insulin injections need to watch what they eat in order to maintain healthy blood glucose levels and to minimize any complications.

The diet for patients with diabetes closely resembles the U.S. Department of Agriculture’s balanced diet that is recommended for adults. It emphasizes vegetables, fruits, whole grains, lean meats, poultry, fish, beans, nuts and fat-free or low-fat milk products. It limits foods with saturated fat, cholesterol or added sugar. Most patients with diabetes are advised to monitor their intake of carbohydrates, which require insulin (either produced naturally by the body, or supplemented by injection) to be broken down in the body.

“We have had many people tell us how much the Diabetes Self-Management classes have helped them sort out their food issues,” Teresa said. “We discuss how different foods affect digestion, or how diabetes medications work. Our class participants learn a wealth of information to help them cope with their disease and enjoy better health.”

For more general information about diabetes education or individual nutritional counseling at LMHS, please call (740) 348-4910. To register for the Diabetes Self-Management classes, please call (740) 348-4722. There is a fee for some services, but the fees are often covered by insurance with a doctor’s order. For those who are unable to pay, financial assistance may be available by calling (740) 348-4500.