



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this month's report on **Diabetes Care**.

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

Visit us at www.LMHealth.org.

The Quality Report Card is a publication of the LMHS Public Relations Department.

Please contact the Public Relations Department at (740) 348-1572 to receive future mailings.

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2011 Licking Memorial Health Systems. All rights reserved.



1998, 1999, 2000,
2001, 2002, 2003,
2005, 2006,
2007, 2008



Quality Report Card

Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



Volume 12, Issue 9

September 2011

Health Tips - How to Avoid Complications from Diabetes

Diabetes can lead to complications in many areas of the body. However, many of those complications can be avoided or minimized with vigilant care. Here are some guidelines for patients with diabetes:

Every 12 months

You should have an eye exam, flu vaccine, a urine test for albumin (protein), and a foot exam.

Every 6 months

You should see a dentist, and have an HbA1c blood test to monitor your long-range blood sugar levels.

At every office visit to monitor your diabetes

Your physician should check your weight and blood pressure, review your blood sugar levels, and examine your feet.

Foot-care

Check your feet daily. See your physician for any sores, signs of infection, or change in color or temperature. Do not cut corns or calluses. Do not apply heat to feet. Do not go barefoot. Wear clean, soft socks.

- Do not smoke.
- Ask your physician if you should take any medications, including a baby aspirin each day to reduce the risk of heart attack.

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 healthcare choices.

Check out
our Quality
Report Cards online
at 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 2008	LMHP 2009	LMHP 2010	National ⁽¹⁾
LMHP diabetes patients receiving eye exam	72%	71%	70%	60%
LMHP diabetes patients having HbA1c test	91%	87%	97%	86% ⁽²⁾
LMHP diabetes patients having lipid profile	95%	90%	94%	82% ⁽²⁾
LMHP diabetes patients having microalbuminuria test	92%	92%	90%	80%
LMHP diabetes patients having foot exam	91%	87%	90%	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 2008	LMHP 2009	LMHP 2010	National ⁽¹⁾
LMHP diabetes patients with HbA1c less than or equal to 7%	54%	48%	54%	40%
LMHP diabetes patients with HbA1c less than or equal to 8%	70%	67%	68%	60%

- 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 increase the risk for heart disease, a very serious complication of diabetes.

	LMHP 2008	LMHP 2009	LMHP 2010	National ⁽¹⁾
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	63%	61%	62%	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 that a person with diabetes should have an HbA1c blood test at least every six months to monitor glucose levels. The two most frequent reasons a person with diabetes may not get an HbA1c test are that the test was not ordered, or that the patient did not go to the laboratory for the test.

	LMH 2008	LMH 2009	LMH 2010	Goal
CCM diabetes patients who obtained an HbA1c test	99%	99%	98%	80%

- 5** Licking Memorial Hospital offers special classes and services for people with diabetes. Certified diabetes educators, registered nurses, dietitians and pharmacists teach classes and help participants set and meet personal goals.

	LMH 2008	LMH 2009	LMH 2010	Goal
Goals met by diabetes education graduates – within six months	91%	91%	94%	Greater than or equal to 80%

Data footnotes: (1) National Committee for Quality Assurance – Diabetic Recognition Program. (2) LMHP goal, determined by average of reported commercial, Medicare and Medicaid/Healthcare Effectiveness Data and Information Set measures.

Patient Story – Bill Dixon

When Bill Dixon of Newark was diagnosed with diabetes in 1997, he thought he would be able to manage the condition with little effort. After all, he had served in the U.S. Army for two years, another 10 ½ years in the Ohio National Guard, and had built a long-time career as an underwriting assistant at State Farm. However, his optimism was not reflected in his blood sugar levels, which remained high for 13 years, until he visited a new endocrinologist and got serious about managing his diabetes.

At the age of 50, Bill noticed that he had developed symptoms of diabetes. “My mother had diabetes, so I knew all the signs. I had the ‘big three’ symptoms, which are constant thirst, frequent urination and fatigue,” he said. “I was so thirsty all the time – I could not get enough liquids to quench my thirst.”

Bill visited his family physician, and was diagnosed with diabetes. He was placed on oral medications to boost his pancreas’ production of insulin and to help his body use insulin more efficiently. However, his blood sugar levels remained high. Bill said, “I was not doing a good job of controlling my diet. I had such a sweet tooth – pies, cakes, cookies, and candy. I ate it all.”

Several years later, Bill had triple heart bypass surgery following a stress test that revealed dangerous arterial blockage. During a cardiac rehabilitation exercise session after the surgery, a nurse reviewed his list of medications and suggested that it might be time to change his diabetes medications. Bill’s cardiologist agreed, and added insulin to Bill’s other prescriptions.

Even with three or four insulin injections each day, Bill’s blood sugar levels continued to be sabotaged by his poor diet. “I was still eating anything I wanted without regard to its effect on my body,” he admitted. “I thought I could control my diabetes with just the medications, but my blood sugar levels were telling a different story. My hemoglobin A1c (a 3-month average blood sugar level) was 9.5, and it is supposed to be lower than 7, ideally.” Around that time, Bill retired from State Farm after 40 years, and began working part-time at St. Albans Golf Course. He felt good and enjoyed life, but he knew that his high blood sugar levels put him at a high risk of developing serious complications.

Bill considered seeing an endocrinologist who specializes in glandular diseases, but quickly gave up on the idea. “The closest endocrinologists were in Columbus with long waiting lists for the first appointment. Plus, I did not want to have to drive back and forth to Columbus to see a physician,” he said.

In 2010, Bill visited Podiatrist Catherine A. Chiodo, D.P.M., for a foot problem. “She told me that there was a new endocrinologist at Licking Memorial Health Systems,” Bill recalled. “I asked Dr. Chiodo to refer me over to the new doctor right away.”

Bill visited Jaime T. Goodman, M.D., of Licking Memorial Endocrinology, for his first appointment soon thereafter. Dr. Goodman reviewed his list of medications and asked him to begin testing and recording his blood sugar levels four times daily to show the patterns of his high blood sugar. Bill dropped off the log sheets at her office every week, and Dr. Goodman reviewed them and altered his medications accordingly.



Bill and Ruthann Dixon of Newark have been learning how to make healthier food choices to control Bill’s diabetes.

“Bill has type 2 diabetes,” Dr. Goodman explained. “There are several different forms of diabetes, and type 2 is the most common for adults. In patients with type 2 diabetes, the pancreas (at least at the outset) produces insulin; however, the body is resistant to the insulin and cannot break down the sugar molecules so that they can enter the cells for fuel. The blood sugar builds up quickly in the blood stream and can cause a great deal of damage to the body’s organs.”

During one of Bill’s visits, Dr. Goodman suggested the option of using an insulin pump. Although many insulin pump users have found the technology to be of great benefit, Bill considered this a “wake-up” call. Instead of escalating the level of technology needed to control the disease, he decided it was time to get serious about his own role in the management of his health. Bill said, “I finally got it into my head that if I wanted to get it under control, I had to do something.”

Fortunately, Licking Memorial Health Systems (LMHS) had the tools in place that Bill needed. Dr. Goodman referred him to Annmarie Thacker, R.D., L.D., C.D.E., a registered dietitian in LMHS’ Community Case Management Department. Annmarie showed Bill food models to demonstrate proper portion sizes and taught him how to use the method of carbohydrate counting to make healthier meal selections.

Bill and his wife, Ruthann, attended a three-part seminar, Dining with Diabetes, that is co-sponsored by LMHS and the OSU Newark Extension Office. “That class was fun,” Bill said. “The food was delicious, and all three meals cost only \$20 for the two of us. That was a great deal!”

Patient Story – Bill Dixon (continued on next page)

Patient Story – Bill Dixon (continued from previous page)

Bill now visits the Licking Memorial Wellness Center three times a week. The Wellness staff checks his blood sugar, and he then begins a 55-minute exercise routine that includes a stationary bike, an arm bike, an elliptical machine and a treadmill. At the end of the session, the staff monitors his blood sugar again to ensure that it is at a safe level.

In just several months, Bill made great improvements in his blood sugar control. His hemoglobin A1c level dropped to an ideal 6.5, and he was able to reduce his medications to two insulin injections every morning along with his oral medications.

“I have talked to many patients who became discouraged after their attempts to control their blood sugar levels were unsuccessful,” Dr. Goodman said. “Endocrinologists can offer a fresh look at the patient with the understanding that underlying factors may be inhibiting good blood sugar control. We also keep abreast of the most current research and may be able to use new drug combinations for better results.”

Endocrinologist Specializes in Glandular Diseases, Such as Diabetes and Thyroid Conditions

Licking Memorial Health Systems (LMHS) proudly added a new practice to its wide range of services in 2010. With the arrival of board-certified Endocrinologist Jaime Goodman, M.D., patients in Licking County who have glandular conditions, such as diabetes or thyroid problems, no longer had to wait several months for a first appointment, or travel to Columbus to receive specialized care.

“Some patients have told me that their family physician wanted them to see an endocrinologist, but they did not want the inconvenience of traveling one hour each way to a Columbus office,” Dr. Goodman said. “There are many patients in Licking County who have been underserved for years. It is very fulfilling as a physician to be able to make such a positive impact in the community’s health.”

As an endocrinologist, Dr. Goodman received extended training to diagnose and treat endocrine (glandular) system disorders. Some common endocrine ailments include:

- Diabetes
- Metabolic disorders
- Thyroid diseases
- Menopause complications
- Osteoporosis
- Hypertension
- Cholesterol disorders
- Lack of growth

“I still choose to test my blood sugar four times each day even though Dr. Goodman said I could cut back to two times a day, because it keeps me from cheating on my diet,” Bill explained. “By eating right and exercising, I have also lost 32 pounds. I have discovered that I do not need as much food as I used to eat, yet I do not feel hungry. I eat a sugar-free cookie or a piece of cheese if I need a quick snack. People see me now and say that I look great. With Dr. Goodman’s help, I made these improvements just by changing medications and eating right. I had to get it in my head to change the way I ate.”

Bill continues to visit Dr. Goodman every three months for checkups. In addition to monitoring his hemoglobin A1c levels and blood pressure, she regularly examines his feet, orders blood work to check his cholesterol and kidney and liver functions, and verifies that he receives an annual eye exam. By following these recommended practices, Bill is increasing his chances of avoiding a long list of complications that can arise from uncontrolled diabetes.

“In general, family practice physicians provide excellent care in treating a wide range of diseases and disorders. However, an endocrinologist can often offer a new approach for patients who have not had good results. Research in the field of endocrinology is constantly changing. By focusing on a narrower range of disorders, I can stay up-to-date on the latest developments. In some cases, I may be able to recommend ‘off-label’ drug combinations that will greatly benefit the patient,” Dr. Goodman explained.



Jaime Goodman, M.D.

She added, “Diabetes, in particular, can be a complicated condition, and patients may become discouraged. With a methodical approach and careful review of blood sugar results, we can usually make significant improvements in the patient’s health.”

Dr. Goodman is board certified in endocrinology and internal medicine. She received her Doctor of Medicine degree from The Ohio State University (OSU) in Columbus. She also completed an internal medicine residency and endocrinology fellowship at OSU. To make an appointment at Licking Memorial Endocrinology, please call (740) 348-7950.