

A quarterly newsletter for Stamford Hospital's **PrimeTime** members.

Winter 2006



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## **Diabetes, An Overview**

Diabetes and its precursor, Metabolic Syndrome, have become a major public health issue in the United States, with an increasing number of people now affected. There are 20.8 million people in America who have diabetes (7% of the population) and although an estimated 14.6 million have been diagnosed with the condition, 6.2 million people are still unaware that they have it.

In Latin, roughly translated, the word "diabetes" means high blood sugar. A person diagnosed with diabetes is one whose body does not produce or use the hormone insulin properly. Insulin is required to utilize sugar, starches and other food as energy.

In order to determine whether or not someone has diabetes or pre-diabetes, a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT) must be conducted. With an FPG test, a fasting blood glucose level of between 100 and 125 mg/dl signals pre-diabetes and a fasting blood glucose level of 126 mg/dl or higher indicates that someone has diabetes.

With an OGTT test, a patient's glucose level is measured after fasting and two hours after drinking a glucose-rich drink. If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes. If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has diabetes.

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## **Stamford Hospital is Approved for Open Heart Surgery and Elective Angioplasty**

We are pleased to announce that the state approved Stamford Hospital's petition to provide open heart surgery and elective angioplasty. This approval enables Stamford Hospital to bring world-class cardiac care to lower Fairfield County in collaboration with the NewYork-Presbyterian Healthcare System.

Our heartfelt thanks goes out to the 12,000 community leaders and local area residents who supported our efforts. For more information about open heart surgery or elective angioplasty, call us toll-free at 1-877-233-WELL (9355).

**Our cardiac program  
is excellent.  
Soon it will be...**

**world class**

*"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."  
John Muir (1838-1914)*

## **Self-Management Education and Support for Diabetes and Pre-Diabetes at Stamford Hospital**

At Stamford Hospital, we know that good self-management for diabetes is key to health, well-being and prevention of complications associated with uncontrolled blood glucose levels. If you have a diagnosed condition of Type 1, 2 or Gestational Diabetes, our Diabetes Self-Management Education Program (recently awarded Continued Education Recognition from the American Diabetes Association through 2008) can help you by providing educational resources in individual sessions and/or groups.

Our diabetes team consists of two registered nurses who are Certified Diabetes Educators, and three Registered Dietitians, all CDE eligible. Services include an initial individual patient assessment visit; medical nutrition therapy; a monthly group class on basic diabetes education; individual basic diabetes education sessions (bilingual available); insulin pump preparation and training; and insulin injection technique and administration. These sessions are based on curriculum developed using the National Standards for Diabetes Self-Management Education and the Michigan Diabetes Research and Training Center.

### **Pre-diabetes and a healthier lifestyle**

For those who have pre-diabetes or who simply want to pursue a healthier lifestyle, Stamford Hospital offers outpatient individual sessions with Registered Dietitians at both Tully Health Center and Stamford Hospital. These sessions consist of an initial one-hour meeting where you and your dietician will review your diet history and create a tailored eating and exercise plan just for you. Follow-up appointments may include a weigh-in.

### **Insurance**

With the diagnosis of diabetes, Medicare and other insurance carriers have wonderful benefits for Diabetes Self-Management Training and for Medical Nutrition Therapy.

In the case of pre-diabetes or nutrition sessions for enhanced good health, some insurance policies offer coverage and some do not. Insurers are more likely to cover this type of Rx if you have a coexisting condition such as high blood pressure or high cholesterol. Please call your insurance company to inquire about insurance coverage.

### Type of Diabetes

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of Type 2 diabetes. There are 41 million Americans who have pre-diabetes.

There are three major types of diabetes — Type 1, Type 2 and Gestational Diabetes. With Type 1 Diabetes the body fails to produce insulin. Consequently, insulin in the body needs to be replaced. Type 2 Diabetes is prevalent among older people and is the type that most Americans are diagnosed with. With Type 2 Diabetes, there is typically insulin resistance, meaning the body does not use the insulin it is producing properly. Also with insulin resistance, the body may be producing some insulin but quite possibly not enough. The last type of diabetes is Gestational Diabetes, which affects about 7% of all pregnant women.

Treatment options for anyone diagnosed with diabetes includes: education, proper nutrition, exercise, medications (if prescribed) and monitoring blood glucose levels. The good news is that there is so much you can do to help keep blood glucose levels under control. The first step is learning as much as you can about diabetes care.

### Endocrinology Physicians at Stamford Hospital

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### Medicare Coverage for Diabetes Education and Support

In order for you to receive third-party coverage benefits from Medicare for diabetes education and support, a formal diagnosis of Diabetes Mellitus must be established by a physician using the criteria outlined in the previous article.

Physician involvement is key and a signed physician referral is required to access the Diabetes Self-Management Program at Stamford Hospital. After admittance to the program, your physician will receive written communication on your progress and completion of educational sessions. The program performs ongoing patient data collection on weight, behavioral/lifestyle changes, doctor appointments, and glycemic and metabolic control parameters.

All follow-up exams after completing the program will take place in your physician's office. Please call 276-7286 for more information on our Diabetes Self-Management Program.

### Prevent and control diabetes through exercise and diet

by Debbie Milne, RN, CDE

Program Coordinator

Specific causes of diabetes are still unknown. Genetics seems to play some role though, and there seems to be some correlation with environmental factors such as obesity and lack of exercise.

- **Did you know that when you exercise, your body naturally uses glucose, which is its major form of fuel?** Yes, increasing activity levels has the effect of lowering blood glucose levels.
- **Did you know that carbohydrate foods convert into blood glucose, including starches, fruits and milk?** There are many healthy carbohydrates that are an essential part of a healthy meal plan when used in the appropriate serving sizes.

#### Changing Your Diet

Even a small weight loss can make a big difference in reducing your risk of developing diabetes. Weight loss helps to reduce and control blood glucose levels. Losing weight and keeping it off is a challenge for most people, but is extremely important for someone who has diabetes. If you do have diabetes, being your ideal weight helps to control it.

Though there are many weight loss programs out there, it is advisable if you have pre-diabetes or diabetes to lose weight under the direction of your dietician. Your health care advisor will teach you how to eat to control your diabetes as well as to lose weight.

#### Getting Enough Exercise

Anything that gets you moving is considered exercise. Walking, dancing, cleaning the house, chair yoga, bowling and aerobics are just a few forms of exercise that burn calories and help you lose weight. Exercise or physical activity can be done at home, on a school track or in a ballroom, but if you choose to exercise in a gym, you should check to make sure that there is staff on hand to help you avoid injury and ensure that you are exercising effectively.

Stamford Hospital's Health & Fitness Institute is an innovative wellness facility that focuses on reducing health risks, their symptoms and effects. Its medically oriented, personal improvement programs are crafted for individual needs and interests. Programs include fitness and nutritional education, and special programs for weight management, diabetes, stress reduction, cholesterol control, osteoporosis and many other health risks. Please consult your physician before starting any type of exercise regimen. To contact the Health & Fitness Institute, please call 203-276-4567.

# PrimeTime Calendar

Please visit our website at  
[www.stamfordhospital.org](http://www.stamfordhospital.org) for more information

## Orthopedic Lecture Series

Various topics related to orthopedic conditions and injuries.

Dates: February 8, March 8

Time: 12 - 1 p.m.

Place: Brace Auditorium at the Tully Health Center

Lite lunch. Please call 877-747-4640 to register.

## Heart Smart Living for Women

Dr. Steven Horowitz will moderate a panel of experts on how diet and exercise can reduce your risk factors and how being overweight and having diabetes increases your risk of heart disease and stroke. Cooking demonstration with acclaimed chef Michel Nischan, winner of 2004 James Beard Foundation Cookbook Award: *Taste Pure and Simple: Irresistible Recipes for Good Food and Good Health*. Tasting samples will be offered.

Date: February 15, 2006

Time: 6 p.m.

Place: : Brace Auditorium at the Tully Health Center

## Golf Lecture and Demonstration

Stamford Hospital's Human Motion Institute will present a free lecture, discussion and demonstration on prevention and treatment of common injuries and conditions related to golf.

### Featured Speakers:

- Russell Cavallo, MD – Orthopedic Surgeon, "Common Conditions & Injuries"
- Sterling Farms, Golf Pro – "Improving Your Swing"
- Personal Trainer from Health & Fitness Institute – "Conditioning for Golf"

A light snack will be served.

Date: Thursday, March 9

Time: 6 p.m.

Place: Brace Auditorium at the Tully Health Center

For information and registration please call toll-free: 1-877-747-4640

## Golf Pre-Conditioning

This 8-week exercise program, designed for the avid golfer as well as the novice will focus on strength and conditioning as it relates to the game of golf. Injury prevention will also be stressed.

Date: March 14

Time: 6 p.m.

Place: Conference Room B at the Tully Health Center

Speaker: Cecilia Harrigan

Fee: \$129 (HFI members)

\$169 (non-members)

## No Ifs, Ands or Buts, What You Can Do to Prevent Colon Cancer

Discussion on screening genetics and high risk.

Date: March 15

Time: 6 p.m.

Place: Brace Auditorium at the Tully Health Center

Instructor: Richard Sheinbaum, M.D.

If not otherwise indicated, please call toll free, 1-877-233-9355 to register.



Dr. Naureen Zafar with some children in Pakistan

## Stamford Hospital Doctor Joins Team in Pakistan to Help Victims of Earthquake

On October 17, nine days after a horrendous earthquake devastated Pakistan, Dr. Naureen Zafar, a family practice physician at Stamford Hospital, was making her way to Kashmir to join a team of doctors who were helping victims in the affected area. Aply named **Operation Heartbeat**, their group included 20 doctors (mostly surgeons) from all over the United

States. They worked in a mobile surgical hospital in the mountains of Kashmir near the epicenter of the earthquake.

Dr. Zafar, the only female doctor in the group and the only one with pediatric experience, said that the cases that she saw were horrific. "Many women's legs had to be amputated because gangrene had set in," said Dr. Zafar. (All of the homes in the area were destroyed and many fell on the victims.) "I treated many children with devastating injuries and infections. All the children in the schools and colleges were killed," remembers the doctor.

Operation Heartbeat's surgical camps (now five) are still working. This incredible group of doctors have committed to the government that before they leave the area, they will sponsor the town of Garhi Dupatta and build a state of the art hospital, schools and houses. They are committed to bringing investment and jobs into the area so that the town can have a self-sustainable infrastructure.

To date, the death toll in Pakistan stands at more than 73,000 with about three million people homeless. Another 1,400 people died in Indian-administered Kashmir. Anyone wanting to help can contact Dr. Naureen Zafar at 914-234-6100.

## The Pleasure of Healthy Eating

brought to you by Stamford Hospital Department of Nutrition

### Cranberry Pear Crisp

Calories: 120 per serving

#### Topping:

1/4 Cup Splenda  
3 Graham Crackers  
1/4 Cup – Light Butter  
1 Tsp Cinnamon  
2 Tbsp Flour

#### Filling:

3 Cups Pears – peeled, sliced  
2 Tbsp Flour  
1/4 Cup Splenda  
1 Tbsp Lemon Juice  
3 Tbsp Water  
1/2 Tsp Cinnamon  
1/2 Cup Dried Cranberries

Preheat oven to 350°. Spray an 8x8-inch pan with cooking spray. Place all the topping ingredients in bowl of food processor. Blend until crumbly. Toss together all filling ingredients and place in pan. Cover with topping. Bake for 40-45 minutes or until bubbling around the edges.

Top with non-fat vanilla yogurt.

## Let us help you quit

One in three smokers dies early from heart disease, stroke, cancer and emphysema because of smoking. Research tells us that secondhand smoke can hurt the health of non-smokers including children and adults. In Connecticut and surrounding areas, public and work places are smoke-free.

At Stamford Hospital, we want to help you quit. By changing the patterns that you associate with smoking and having the support of a group and trained leader, you too can kick the habit. Our *Freedom from Smoking - Quit for Good* smoking cessation program is affiliated with the American Lung Association. Sign up now and change your life and the lives of your loved ones forever.

## Freedom from Smoking® -

### Quit for Good - Smoking Cessation

This winter, we offer two intensive, 7-week programs:

Date: February 6 - March 20

Date: April 4 - May 16

Time: 6 - 7 pm

Place: Conference Room B at Tully Health Center

Fee: \$150

## ***How are you sleeping lately?***

Sleep disorders affect more than a third of the population. Many of these disorders have a significant impact on job performance, personal relationships, mood and sex drive. In addition, they can increase the risk of motor vehicle accidents, stroke, heart attacks and high blood pressure.

The Connecticut Center for Sleep Medicine at Stamford Hospital is accredited by the American Academy of Sleep Medicine. It has board certified physicians who are experts in diagnosing and treating any sleep disorder including snoring, sleep apnea, insomnia, narcolepsy and Restless Legs Syndrome. In addition, the sleep center has one of the few board certified specialists trained in pediatric sleep medicine in Fairfield County. In order to provide optimal care for its patients, the Sleep Center works very closely with highly trained specialists in the fields of neurology, psychiatry, psychology and otolaryngology (ear, nose and throat). After an initial consultation, a sleep physician may decide that a sleep study is needed. Effective treatment is available for most sleep disorders. As a result, most of our patients achieve better sleep and greater daytime alertness following treatment at the center.

The center is located on the third floor of Stamford Hospital. It is one of the largest in Connecticut with six beds. Each room is furnished like a hotel room with private bathroom, a large recliner chair, TV and VCR to make your rest as comfortable as possible. In addition, the rooms are large enough to accommodate another person if a caregiver wishes to spend the night with a patient. Please call 203-276-2300 for more information.

**MANAGING EDITOR:** CORDIA L. MURPHY

For more information visit our web site at <http://www.stamfordhospital.org> *PaceSetter*

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# *Pace*Setter

A quarterly newsletter from Stamford Hospital's *PrimeTime* Program **Winter 2006**

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