

Guide to Diabetes Care

Treating Type 1, Type 2 and Gestational Diabetes



WHAT'S INSIDE

When Is It Time to See a Specialist?

Why Choose the University of Maryland Center for Diabetes and Endocrinology?

What is Diabetes?

Symptoms of Diabetes

Understanding the Effects of Diabetes on Your Body

Planning Your Diabetes Education

Advanced Diabetes Technology

Coordination of Care

Preparing for an Appointment

Take
the Self
Assessment
on the
Next Page

DIABETES: Is It Time to See a Specialist?

Many patients work with their primary care (or family practice) doctors to prevent or manage diabetes. But if you're having complications or trouble controlling your diabetes, diabetes specialists will work with you to find new ways to improve your health.

Use this checklist to know when it's time to schedule an appointment with the diabetes team.

Do you experience any of the following?

HEART

- Chest pain or tightness*
- Shortness of breath*
- Unusually slow or fast heartbeat

LEGS

- Leg cramps or swelling
- Changes in leg skin color
- Loss of sensation in legs

NERVES

- Pain or burning feeling in your feet
- Aching, burning or pain in your hip or thigh
- Dizziness or fainting

EYES

- Sudden vision loss
- Blurry vision
- Holes or black spots in your vision

MOUTH

- Dry mouth, excessive thirst
- Red, swollen or bleeding gums
- Burning mouth/tongue

OTHER

- Change in medication plan
- Pregnancy
- Stress, anxiety or depression related to your health

If you have any of the symptoms listed, it's time to see a specialist at the University of Maryland Center for Diabetes and Endocrinology.

CALL **443-682-6800** TO SCHEDULE AN APPOINTMENT WITH OUR TEAM, OR LEARN MORE AT ummidtown.org/diabetes.

*If you experience chest pain or shortness of breath, call 911 immediately.

Why Choose the University of Maryland Center for Diabetes and Endocrinology?

Diabetes is a condition that may impact several parts of your body. That's why the University of Maryland Center for Diabetes and Endocrinology (UMCDE) takes a collaborative approach to care.

Our board-certified physicians, nurse practitioners, diabetes educators, registered dietitians and social workers help adults and children with diabetes — Type 1, Type 2 and other forms, including gestational — take charge of their own health.



BROAD RANGE OF CARE

At UMCDE, you have an entire team working to improve your health and wellbeing. Located in the University of Maryland Medical Center Midtown Campus Outpatient Tower, the center and its providers address the physical, mental and emotional demands that come with diabetes. Our services include:

- Onsite A1c testing with results during visit
- Complication screening, prevention and treatment
- Diabetes medications management
- Management of insulin pump therapy and/or continuous glucose monitoring (CGM)
- Weight management and nutritional counseling
- Pre-pregnancy and gestational diabetes management

- Foot care
- Smoking cessation assistance
- Management of rare and atypical forms of diabetes
- Genetic counseling

Along with diabetes specialists, who are also known as endocrinologists, your team includes eye, foot, kidney and heart specialists. All of these doctors are conveniently located in the same building, making it easy for you to receive the care you need, when and where you need it.

DIABETES EDUCATION

We understand the best way to prevent and manage diabetes is through education.

UMCDE meets patients' educational needs through individual and/or small group sessions led by certified diabetes educators.

Most classes and support groups are open to anyone, including our free Diabetes Prevention Program. Led by trained lifestyle coaches, the program covers healthy eating, ways to manage stress and how to add physical activity to your life. It is proven to help people with prediabetes prevent or delay development of Type 2 diabetes.

The American Diabetes Association has recognized our comprehensive education program for meeting its national standards.

ACCESS TO RESEARCH

As part of the University of Maryland School of Medicine, UMCDE physicians conduct diabetes research to improve treatment and services for patients.

Clinical trials, which test how well new medical approaches work, are part of that research. As a patient at UMCDE, you have access to world-class academic medicine and clinical trials that help shape the future of care for fellow diabetes patients.

What is Diabetes?

Diabetes is a disease that occurs when the sugar in your blood, also called glucose, is too high. To understand why, we must first understand insulin.

Insulin is a hormone made by your pancreas, the long flat gland behind your stomach. Insulin helps the sugar in your food travel to your cells so your body can have energy. But sometimes, your body doesn't make enough insulin for the trip. Other times, your body may not use insulin well.

As a result, the sugar is stuck in traffic, staying in your blood instead of reaching your cells.

Too much of this stuck sugar can lead to diabetes.

Types and Causes of Diabetes

About one in 10 Americans have diabetes. There are three main types of the disease:

- **Type 1** - Can develop at any age but occurs more frequently in children and teens.
- **Type 2** - More common in adults. About 90 percent of all patients with diabetes have type 2.
- **Gestational diabetes** - Can develop during pregnancy in women who don't already have diabetes.



The cause of diabetes can vary with each type. But all three types have one thing in common: too much sugar in your blood.

Scientists think Type 1 diabetes could be caused by your genes, which help determine your traits like eye color or blood type. It could also be caused by things like viruses. The exact cause is still not known.

Type 2 diabetes is caused by genes and your lifestyle. For example, if you are not physically active and are overweight or obese, you are more likely to have type 2 diabetes.

Gestational diabetes is caused by changes that occur during pregnancy, as well as genes and lifestyle.

Prediabetes occurs when your blood sugar level is higher than normal but not high enough to be considered diabetes. People with type 2 diabetes often have prediabetes first.

Symptoms of Diabetes

In some cases, symptoms of diabetes can be hard to spot. More common symptoms include:

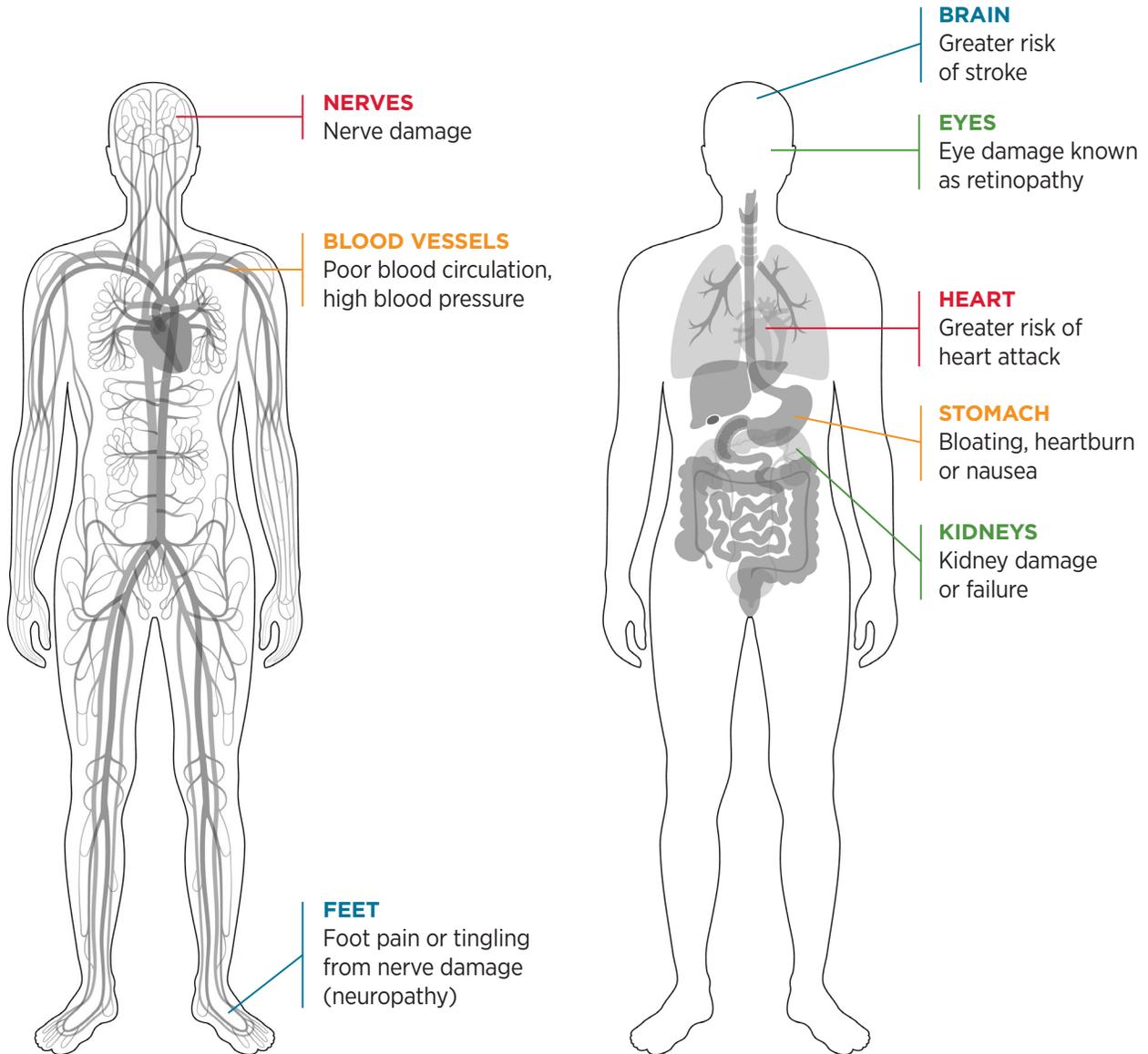
- Urinating a lot
- Feeling extra thirsty
- Feeling extra hungry
- Having numb or tingling hands or feet
- Feeling tired
- Having sores that heal slowly



Understanding the Effects of Diabetes on Your Body

Diabetes is a disease that affects how your body uses glucose. Glucose is a sugar found in your blood. It's also your body's main source of fuel.

Here's how diabetes can impact your body if it is not under control.



Planning Your Diabetes Education

UMCDE has the educational tools you need to prevent or manage diabetes.

The four most common times patients receive diabetes education are at diagnosis, when therapy changes, a transition of care (i.e., moving from a pediatric to an adult diabetes specialist) and if complications occur.

Led by a diabetes educator, the center's diabetes self-management program is open to all patients. Topics discussed include meal planning, how to prevent high and low blood sugar and how to prevent complications. Sessions run between one to two hours each.



One-on-one appointments with diabetes educators are also available. Educators assess patients' health and then help set strategies and goals to improve how patients manage their disease.

If you're looking for more specialized classes, the center offers exercise classes and diabetes and weight management classes that teach patients how to be active, eat healthy and become mindful.

Advanced Diabetes Technology

Technology has made managing diabetes easier than ever. Today, patients can use wearable devices and smart phones to check their blood sugar levels and even receive insulin. UMCDE educators host educational programs on all the latest, high-tech options available, including:

Pump Program – This set of programs is for people interested in insulin pump therapy. Insulin pumps are small, computer-like devices that deliver insulin under your skin.

Glucose Sensor Program – For patients who want to learn more about glucose trends. Participants will need to keep detailed records while wearing a glucose sensor. These sensors sit under your skin and can measure glucose levels 24 hours a day.



Coordination of Care

Patients who have diabetes may also see a primary care physician and other specialists to maintain their health. At UMCDE, providers are happy to communicate regularly with your entire healthcare team. This coordination ensures you receive safe, effective care every step of the way.

The University of Maryland Midtown Campus makes it easy for you to see additional specialists if needed. Here are some of the other medical services conveniently located on the same campus as UMCDE:

Heart care – Diabetes specialists work with heart care experts to diagnose and treat heart disease. Heart tests include stress testing and echocardiograms. Treatments and therapies offered include pacemaker placement, heart valve repairs and cardiac rehabilitation.

Kidney care – Specialists treat a range of kidney disorders such as chronic kidney disease and kidney failure (end-stage renal disease). Patients also have access to a dialysis clinic and kidney transplant services.

Ophthalmology (eye) care – The Friedenwald Eye Institute provides comprehensive evaluation, diagnosis and treatment of eye disorders such as mild vision loss, diabetic eye disease and glaucoma.

Vascular care – The UMMC Midtown Vascular Center evaluates, diagnoses and treats vascular conditions such as aortic aneurysms (bulging in the aortic artery) and renal artery disease, which affects blood supply to the kidneys.

Wound care – The Wound Healing Center specialists treat wounds such as skin ulcers, diabetic ulcers and surgical wounds. They also work to prevent additional nonhealing wounds.

Preparing for an Appointment

To make the most of your appointment with The University of Maryland Center for Diabetes and Endocrinology, you should come prepared with the following:

- A physician referral if one is required by your insurance provider
- Knowledge of your medical history, including a list of your current medications, past surgeries and chronic conditions
- Blood sugar meter and/or log book
- A list of questions you have regarding your symptoms or treatment options
- Specific concerns if you're seeking a second opinion

On the day of your appointment, wear clothing that can be easily removed. That includes your socks, as your doctor may want to examine your feet.



The University of Maryland Center
for Diabetes and Endocrinology
UMMC Midtown Campus
800 Linden Avenue
Baltimore, MD 21201
443-682-6800

OUR PHYSICIANS



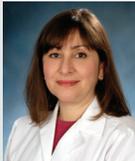
Emily A. Japp, MD
Assistant Professor of Medicine
at the University of Maryland
School of Medicine



Elizabeth Mary Lamos, MD
Associate Professor of Medicine
at the University of Maryland
School of Medicine



Rana Malek, MD
Associate Professor of Medicine
at the University of Maryland
School of Medicine



Lina Yakub Melhem, MD
Clinical Assistant Professor of
Medicine at the University of
Maryland School of Medicine



Ryan Scott Miller, MD
Assistant Professor of Pediatrics
at the University of Maryland
School of Medicine



Kashif M. Munir, MD
Medical Director of UM Center
for Diabetes and Endocrinology,
Associate Professor of Medicine
at the University of Maryland
School of Medicine



Paula G. Newton, MD
Assistant Professor of Pediatrics
at the University of Maryland
School of Medicine



Maria Eleni Nikita, MD
Assistant Professor of Pediatrics
at the University of Maryland
School of Medicine



Marjorie A. Pennant, MD
Assistant Professor of Medicine
at the University of Maryland
School of Medicine



Ava Michelle Port, MD
Assistant Professor of Medicine
at the University of Maryland
School of Medicine



Kristi D. Silver, MD
Associate Professor of Medicine
at the University of Maryland
School of Medicine



Nanette Steinle, MD, RDN
Associate Professor of Medicine
at the University of Maryland
School of Medicine



Hilary Brooke Whitlatch, MD
Assistant Professor of Medicine
at the University of Maryland
School of Medicine

OUR ADVANCED PRACTICE PROVIDERS

Jennifer Sumbilla Anisko, CRNP

Clifton Dawson, CRNP

Malinda Duke, CRNP

Michelle M. Ghabranious, CRNP



