



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 2013 Licking Memorial Health Systems. All rights reserved.



Quality Report Card

Licking Memorial Health Systems

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



Volume 14 , Issue 10

September 2013

Health Tips - Preventing Diabetes-related Vision Loss

Patients with diabetes are at elevated risk for eye complications that can cause loss of sight, ranging from blurred vision to total blindness. The risk increases the longer the patient has diabetes and in cases where the patient's blood glucose levels are not well controlled. Diabetes is the leading cause of vision loss in adults, age 20 to 74, mostly due to the three following types of eye disorders:

- Cataracts – which is characterized by a buildup of protein on the lens, causing cloudiness
- Glaucoma – which is characterized by damage to the optic nerve and a buildup of pressure inside the eye
- Diabetic retinopathy – which is characterized by weakening of the retina's blood vessels, causing them to leak fluid

Fortunately, the risk of vision loss can be reduced with careful diabetes management and early detection/treatment of developing complications. The following actions are strongly recommended for diabetes patients to prevent vision loss:

- Controlling blood sugar
- Controlling high blood pressure
- Annual eye exam for early detection of complications
- Prompt treatment of developing complications

There may be no symptoms of eye disease until the condition is advanced and has caused permanent damage. An annual eye exam for patients with diabetes will enable the ophthalmologist to discover abnormalities at an early stage when they are the most treatable and may even be reversed to some extent. Medicare and many medical insurance carriers cover the cost of an annual eye exam for patients with diabetes to support their efforts to protect their vision.

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 2010	LMHP 2011	LMHP 2012	National
LMHP diabetes patients receiving eye exam	70%	71%	67%	58% ⁽¹⁾
LMHP diabetes patients having HbA1c test	97%	97%	96%	88% ⁽¹⁾
LMHP diabetes patients having lipid profile	94%	95%	94%	83% ⁽¹⁾
LMHP diabetes patients having microalbuminuria test	90%	92%	90%	84% ⁽¹⁾
LMHP diabetes patients having foot exam	90%	92%	92%	80% ⁽²⁾

- 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 2010	LMHP 2011	LMHP 2012	National ⁽¹⁾
LMHP diabetes patients with HbA1c less than or equal to 7%	54%	57%	58%	38%
LMHP diabetes patients with HbA1c less than or equal to 8%	68%	79%	78%	59%

- 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 2010	LMHP 2011	LMHP 2012	National ⁽¹⁾
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	62%	64%	65%	48%

- 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. LMH staff members work closely with patients and their doctors to ensure that this test is performed as recommended in order to manage each patient's condition better.

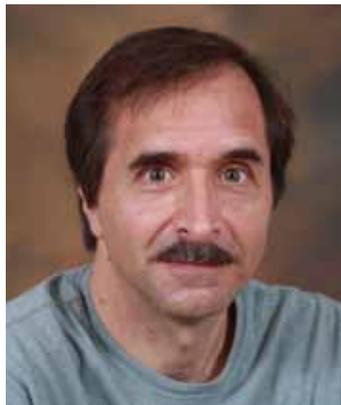
	LMH 2010	LMH 2011	LMH 2012	Goal
CCM diabetes patients who obtained an HbA1c test	98%	100%	99%	Greater than 80%

- 5** Licking Memorial Hospital offers special classes and services for people with diabetes. Certified diabetes educators, registered nurses, dietitians and pharmacists provide one-on-one education to patients and work closely with them to set their own meaningful personal goals for improving their health and well-being.

	LMH 2010	LMH 2011	LMH 2012	Goal
Goals met by diabetes education graduates – within six months	90%	93%	93%	Greater than or equal to 80%

Data footnotes: (1) Average of reported Commercial Medicare and Medicaid/HEDIS measures. (2) National Committee for Quality Assurance – NCQA Diabetic Recognition Program.

Patient Story – Michael Petrella



Michael Petrella

Not long after Michael Petrella began seeing his new physician, Talya Greathouse, M.D., at Licking Memorial Family Practice, the then-48-year-old husband and father was diagnosed with diabetes. As a new patient, Michael was given a routine blood test, and it was in November 2010 that he received a call from Dr. Greathouse informing him of his high blood glucose levels.

Following the diagnosis, Dr. Greathouse educated Michael on diabetes and the lifestyle changes that can help control the disease. “After she called me and told me what the levels were, she instructed me how to test my own blood levels and gave me literature about diet and exercise, outlining all the various things that would help me along the way,” Michael said. Following Dr. Greathouse’s advice, he also attended three evening classes dedicated to educating those who have been newly diagnosed with diabetes.

For Michael, the diagnosis came as a surprise. He is the first person in his family to develop the disease, which has led him to believe his diet could be to blame. However, Michael has lost 35 pounds and has become very diligent about portion size and what he eats since his diagnosis. “I have started to become a carb-counter,” said Michael. “It is hard when I go to a restaurant and cannot be certain of the nutrition, so I will stick to a salad because I know it is low-carb.”

According to Michael, Dr. Greathouse has helped him control his blood sugar levels by emphasizing moderation and portion control. Michael said his family has not necessarily changed their diet, and he can eat what they have, just less of it. “I have come to realize that I have a really bad sweet tooth,” admitted Michael. “But I have learned that you do not need a large portion of dessert – just a little bit will satisfy your craving.” The self-proclaimed chocolate lover said that the exercise portion of managing diabetes is particularly beneficial for blood glucose levels. “If you have too many sweets and cause a spike in your blood sugar, you can exercise to burn it off and get the levels to dissipate a little,” he said.

Another main component that Dr. Greathouse introduced to him was daily blood sugar checks. Michael monitors his levels at home to help him determine what foods he can or cannot eat in a given day. Beyond daily checks, he visits Dr. Greathouse’s office at 150 McMillen Drive in Newark twice a year for checkups and for his routine hemoglobin A1c test, which averages his blood sugar levels over the past three months. For Michael’s past two checkups, his A1c level has been 6.2. Dr. Greathouse explained that while an A1c value of 7.0 is certainly acceptable, she emphasizes the importance of achieving the best diabetic control possible, and strives for her patients to

obtain values even lower than 7.0. Michael said that Dr. Greathouse has been more than helpful over the past few years. “She always maintains a positive attitude even if she detects a problem,” he said. “She is really easy to talk to and answers all of my questions with clarity. It has been very nice.”

Licking Memorial Hospital’s Diabetes Learning Center offers education classes for those who wish to learn more about the lifestyle changes associated with diabetes management. Classes are offered Tuesday morning (9:00 to 11:00 a.m.), Wednesday afternoon (1:00 to 3:00 p.m.) and Wednesday evening (7:00 to 9:00 p.m.) during a four-week course. For general information about the Diabetes Self-Management classes, please call (740) 348-4915.

Routine Health Care Recommendations to Prevent Complications from Diabetes

Yearly exam – you should have:

- An eye exam
- A flu vaccine
- Urine test for albumin (protein)
- Foot exam

Twice yearly – you should:

- See a dentist
- Have an HgA1c blood test (This gives the physician an overall average of your blood sugar levels.)

Every diabetes visit, your physician will:

- Check your blood pressure (under 130/80 for patients with diabetes)
- Check your weight and feet
- Review your blood sugar level logs

Ask your physician if you should:

- Take aspirin every day
- Take any other medications

• **See your physician for any open areas, signs of infection (redness, swelling, hot feeling), change in color or temperature**

• **Do not smoke**

• **Check your feet daily**

• **Do not cut corns or calluses**

• **Do not apply heat to feet**

• **Do not go barefoot**

• **Wear clean, soft socks**

Exercise Plays an Important Role in the Treatment of Diabetes

Many patients are dismayed to learn that they have been diagnosed with type 1 or type 2 diabetes. Oftentimes, they have heard that a diabetes diagnosis can lead to life-altering complications, such as leg amputations, vision loss, and heart attacks. Fortunately, serious diabetes-related complications can often be avoided, or significantly delayed, through diligent blood sugar control and exercise.

Both type 1 (often called “juvenile onset”) diabetes and type 2 (often called “adult onset”) diabetes are the result of the body’s inability to produce enough insulin or to utilize insulin efficiently enough to break down the sugars that are converted from digested food. As a result, the sugar level quickly builds up in the blood. A normal blood sugar level is less than 100 mg/dl after fasting for eight hours, and less than 140 mg/dl two hours after eating a meal. Blood sugar levels can be determined by a laboratory blood test, or a portable glucometer blood test that requires only a small drop of blood.



Jaime T. Goodman, M.D.

According to a Centers for Disease Control and Prevention estimate in 2010, diabetes affects 25.8 million Americans (8.3 percent of the population), including nearly 11 million adults aged 65 and older, 2 million adults between the ages of 20 and 64, and 215,000 children and teens under the age of 20.

“There is no doubt that diabetes is a devastating disease in the U.S.,” commented Jaime T. Goodman, M.D., of Licking Memorial

Endocrinology. “However, I encourage patients that there is a lot they can do to avoid or delay the development of diabetes complications, such as eating a healthy diet, taking their medications, exercising and avoiding smoking. With diabetes, patients have the ability to influence their own health by the lifestyle choices they make.”

Although the body’s cells need sugar for fuel, excess sugar damages the pancreas’ ability to produce insulin. Consistently high blood sugar levels cause the blood vessels to lose their elasticity, which can result in damage in every organ in the body. The hardened blood vessels can inhibit proper circulation, leading to amputation of the extremities. In addition, high blood sugar levels can cause nerve cell damage, a condition called



Moderate exercise plays a key role in controlling blood sugar levels. Through regular exercise, patients with diabetes can lower their risk of developing serious complications that are attributed to high blood sugar levels, and some are able to decrease the amount of medications they require.

neuropathy, which can cause numbness, pain, or tingling in the extremities, as well as digestive problems and urinary problems.

Diabetes is the leading cause of new cases of blindness, kidney failure, and non-traumatic lower-extremity amputations among American adults. It is also a major cause of heart disease and stroke, and is the seventh leading cause of death in the U.S.

“Unfortunately, some patients with diabetes become very discouraged after hearing about the possible complications from the disease,” Dr. Goodman said. “However, no patient is ‘doomed’ to develop those complications. For patients

who do already have complications or are at high risk of developing them in the future, we evaluate the patient’s current status and work to minimize and delay further progression of the complications. Patients should be aware of the possible consequences of poor blood sugar control, but be motivated by the good news that they can be empowered to enjoy longer, healthier lives by making healthy lifestyle changes and working with their physician to manage their diabetes. There are many examples of individuals with diabetes in our community who lead completely normal lives through careful diabetes management.”

Dr. Goodman added, “Most patients with diabetes know that their medications and a healthy diet are essential to controlling their blood sugar levels, but many do not realize the role of exercise, as well. Weight loss is important, but even if the patient’s weight stays the same, exercise is still a key component to treatment. Exercising decreases insulin resistance and makes it easier to treat diabetes. Patients who exercise typically feel better. Exercise also helps with blood pressure and lipid control and is great for the cardiovascular and respiratory systems.”

Dr. Goodman is accepting new patients at Licking Memorial Endocrinology, located at 1272 W. Main Street, Building 2, in Newark. Patients should check with their insurance provider to learn if they need a referral from their primary care physician to visit Licking Memorial Endocrinology. Appointments can be made by calling (740) 348-7950.