

Phone 401.736.4678 Fax 401.736.4212 www.kenthospital.org

DMC Center Activities

Diabetes Classes:

Sign up for one today.
Call: 736-4678

Free Support Group:

2nd Wednesday of each month 6-7 PM at Kent Hospital Building #3.

We're on the Web:

www.carenewengland.org

100% of our participants would recommend our services.

One patient writes: " I would recommend this program; I was completely in the dark regarding this condition. It wasn't until I came to these classes that I completely understood."

Staff

Editor:

Dr. M. Azam

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B. Haydon, RN, MBA



Dr. Azam

One of your partners in diabetes care.



INTRODUCING "SWEET TALKS" Newsletter Our First Edition from the Diabetes Management Center At Kent Hospital

Welcome to the Kent Hospital Diabetes Management Center.

The Kent Hospital Diabetes Management Center (DMC) is an ADA recognized site for diabetes education. The DMC vision is driven by nationally recognized standards of care and evidence based medicine. The Diabetes Management Center has been in operation for 25 years. We provide the Kent community with comprehensive individual

and group diabetes education that promotes the development of self management skills, medical nutrition management, self glucose monitoring, medication management, physical activity and diabetes prevention.

The Diabetes Management Center has a team of certified diabetes educators, which includes a medical director, nurses, nurse practitioners, registered dietitians and pharmacists to assist

patients in managing diabetes. The center offers a variety of day and evening classes at various locations throughout the state.

We can be contacted at 736-4678 to arrange an appointment. A physician prescription is required. We are Medicare providers and participate in most insurance plans.

MEET THE MEDICAL DIRECTOR

Doctor Azam is a graduate of the University of Karachi in Pakistan. He completed his internship and residency training in internal medicine at the State University of New York at Stonybrook and attained Fellowship in General Medicine at Brown University. Doctor Azam is a Clinical Instructor in Medicine at Brown University, a member of the American College of Physicians and a Diplomat, American Board of Internal Medicine. He is on the Executive Council of the Rhode Island chapter of the American College of Physicians and member of

the Primary Care Physicians Advisory Council that advises the director of health on pressing health issues in Rhode Island.

Doctor Azam was Medical Director of the Diabetes Resource Center at St. Joseph Hospital for the last seven years, leading an innovative program to take care of uninsured diabetics in the state set up through a Robert Wood Johnson Foundation grant. This model is now being emulated in many other states. He underwent a thirteen month training program through the

Rhode Island Chronic Care Collaborative that teaches state of the art techniques for putting in place systems to improve the care of diabetes.

Doctor Azam brings all this expertise to Kent Hospital as Medical Director of the Diabetes Management Center and will be editing Sweet Talks. He is also in private practice in East Greenwich.



Highlights

THINK POSITIVELY TO WIN AT YOUR MEAL PLAN

TIPS FOR WINNING

- Rework your attitude. Think “nutrition plan” rather than diet.
- One step at a time. Start with small goals and add new ones each week.
- Include foods that satisfy. Adjust recipes and/or try smaller portions of foods you enjoy.
- See a nutritionist or diabetes educator for support.

EXERCISE CHECKLIST FOR PEOPLE WITH DIABETES

- * Talk to your doctor about the right exercise program for you.
- * Check your blood sugar level before and after exercising.
- * Wear proper sneakers and socks.
- * Drink plenty of fluid before, during and after exercising.
- * Warm up before exercising and cool down afterward.
- * Have a snack handy in case your blood sugar drops too low.

THINK POSITIVELY TO WIN AT YOUR MEAL PLAN

Your attitude can play a big role in determining your success

What do you think of when you hear the word “diet”. Often I hear words like, boring, starving, restrictive. Never once have I heard anyone tell me that they were so excited about the diet that they couldn’t wait to start!

Nutritionists work hard to get individuals excited. One must change their attitude and think about all the foods they can eat. Success comes more easily from a positive attitude and understanding that a diet is really a nutrition plan for life. It is not something that you are on for a short period and then off again. This time in your life can be a great opportunity to establish sound eating practices that

will benefit you, your family and your diabetes management.

One step at a time can lead to great success. Try starting by establishing an eating schedule, three meals per day, or focus on portions or food selections. Trying to incorporate more whole grains and fiber can be an easy start or perhaps just cutting out soda or switching to low fat dairy products. Whatever you choose to work on first it is important that you enjoy your meal plan and incorporate foods that satisfy. No one can stick to a plan where they feel starved or deprived.

There are many ways to work in foods or alter recipes so that they may be enjoyed by people with diabetes and others within the family. Try this moderation of a cheesecake recipe and use your imagination when planning meals. A dietitian or diabetes educator can help a great deal if you need support during this time. So stop dieting and start eating for a healthier happier you.

Written By:
Linnea Turgeon, RD, LD,
CDE, C-DOE

RECIPE OF THE DAY

LEMON CHEESECAKE

- 1 whole graham cracker, crushed
- 1 package JELL-O™ lemon flavor, sugar free
- 2/3 cup boiling water
- 1 cup 1% low fat cottage cheese
- 1 container (8 ounces) cream cheese
- 2 cups COOL WHIP LITE™
- 1 cup lite cherry pie filling

Spray 8 or 9 inch springform pan or pie

plate with non-stick cooking spray. Sprinkle the sides and bottom with the graham cracker crumbs. Save some to garnish the top.

Completely dissolve the JELL-O™ in the boiling water. Place the cottage cheese, cream cheese and JELL-O™ into a blender and blend until smooth. Pour into a bowl and gently stir in the whip cream.

Pour the mix into the prepared pan. Chill until set, about 4 hours.

When ready to serve, top the cheesecake with the cherries. Makes 8 servings.

Nutrition Information per serving:
Exchanges= 1 Whole Milk, ½ Fruit
Calories 160
Fat 7 gm.
Cholesterol 15 mg.
Carbohydrate 16 gm.

