Taking Control of Diabetes
35-YEAR-OLD CHRIS GAY had a dream job as a video game developer, but it meant long hours and sedentary work. One day in June 2014, he began to feel strange.

“The only real symptom I had was this intense pressure in my head,” he remembered.

Chris went to the emergency room, worried that he might be having a heart attack. But since he was stable and there were no signs of heart problems, he was sent home.

“I set up an appointment with my primary care provider a few days later. My doctor checked me out. I seemed to be fine, but he did a metabolic panel and my blood sugar level came back at 650. I was told to come in for a fasting blood sugar test. I did, and it was 363.”

A normal fasting blood sugar level is 70 to 99. Chris was diagnosed with Type 2 diabetes. Type 2 diabetes, which is the most common type of diabetes, means the body cannot properly use the insulin it produces. The body then has a hard time breaking down the glucose, or sugar, in food. This causes blood sugar levels to rise, which can eventually damage the eyes, kidneys, heart and nerves.

“It was a surprise. I do have a family history — my dad was diagnosed when he was in his 60s. I never thought I would get it so young.”

The husband and father of two decided to take charge of his health.

Chris’ primary care provider, Dr. Matthew Thompson of UW Neighborhood Northgate Clinic, referred him to the Northwest Hospital Diabetes Education Program. The program offers participants individual consultation with certified diabetes educators, including a nurse and dietitian, who work with patients to design a care plan just for them. Group education classes are offered twice every month in a four-class series, and cover meal planning, insulin efficiency and insulin resistance, how to count carbohydrates, what a food’s glycemic index means, stress management, how to coordinate insulin dosages with food and physical activity,

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and how to reduce the chance of diabetes complications. Northwest Hospital also offers a monthly diabetes support group that gives participants the chance to discuss a wide range of topics including circulation and foot health, diabetes and heart disease, meal planning and emotional support.

The clinical coordinator for diabetes services at Northwest Hospital, Cheryl Cummings, R.N., C.D.E., has found that many patients blame themselves for developing Type 2 diabetes. “They often say, ‘I should have known I was eating wrong,’ or ‘I got diabetes because I’m heavy and have no self-control.’ Unfortunately, this makes many people reluctant to seek treatment early on, because they are afraid they will hear a doctor say these negative things to them. As healthcare providers and diabetes educators, we feel it’s important not to echo our patients’ negative self-talk,” she said.

Instead, Northwest Hospital’s diabetes educators focus on finding concrete, practical ways for each patient to take control of his or her health. This includes collaborating with patients to come up with specific, achievable goals and teaching them how to reach those goals.

Chris started attending the Diabetes Education Program on July 15. His primary goal was to gain control of his blood sugar and reduce his need for insulin by losing weight. His insulin injections alone weren’t enough to reduce his blood sugar, even with the before-meal insulin his doctor had prescribed. Chris and Cheryl worked on incorporating the insulin into his eating schedule, factoring in exercise and stress management, and keeping track of his symptoms of high or low blood sugar.

“I learned more about my condition. I lost 20 pounds by September. I started walking a mile at lunchtime. And I seriously changed my eating habits,” said Chris.

Meal planning wasn’t as challenging for Chris as it is for some people with diabetes. “I do a lot of the cooking in our house. A lot of times, people don’t get a lot of say in what they eat if they’re not the ones preparing the meals,” he explained.

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By September, Chris had reduced his need for insulin injections and was taking only a single oral insulin medication each day.

“Chris gets credit for taking charge of his health and changing his lifestyle really quickly,” said Cheryl. “One of the most important steps Chris took was his initial visit to his primary care provider. In a lot of ways, Chris was a typical man in his 30s. They often don’t have primary care providers, or if they do, they might see them when they have a sports injury, but that’s it. Everybody needs a primary care provider. Even if you see them only once a year for an annual physical, you have at least established care.”

“It is really important for patients like Chris to know that they can find a medical home,” said Dr. Thompson. “Being diagnosed with an illness like diabetes is scary, so you need a primary care clinician to help you come to grips with the illness, and to coordinate and guide the care that you need.”

Chris has some advice for newly diagnosed diabetes patients.

“When it comes to medical issues, I try to keep up and be aware. I ask my doctor questions. The best knowledge you can access is right in front of you when you go see your doctor. The biggest thing is, don’t be afraid of it. You’ve caught it in time.”

To find a primary care provider, call 206.520.5000. To learn more about the Diabetes Education Program at Northwest Hospital, visit nwhospital.org/classes/classes_diabetes.asp or call 206.368.1564.
In the past 6 months, Northwest Hospital & Medical Center recycled:

- 19.7 tons of infectious waste/chemicals
- 6.27 tons of plastic
- 3356.1 cubic yards of mixed paper, glass, cans, milk cartons, plastics and shredded paper
- 74.32 tons of food waste and yard
- 237 tons of landfill garbage
- 19.66 tons of batteries, lamps, computer monitors, televisions and other electronic equipment
- 587 assorted printer cartridges
- 19.7 tons of infectious waste/chemicals

ACCESS YOUR HEALTH RECORDS ONLINE WITH eCARE

Sign up to view your medical records online from hospital stays or clinic visits at Northwest Hospital and throughout the UW Medicine system.

For more information, visit nwhospital.org/ecare.
MEET THE DOCTORS

ANNA PANIGHETTI, M.D.
Obstetrics and Gynecology
Dr. Panighetti is board eligible in obstetrics and gynecology and received her medical degree from the University of California, San Francisco. She completed her residency in obstetrics and gynecology at the University of Washington Medical Center. Her interests include low and high-risk obstetrics, normal labor and birth, vaginal birth after cesarean, contraception and family planning, management of menstrual disorders, abnormal pap tests, low tech infertility treatment, and gynecologic surgery.

“While living and working in Sub-Saharan Africa and South America, I was witness to the disproportionate burden of suffering on women and children. I was also witness to incredible acts of compassion by healthcare providers working there, and the impact that had on women’s lives. I love taking care of people and wanted to be a part of helping women take care of themselves. If I could give my patients just one piece of advice to help them lead a healthy life, it would be to keep moving, and be as good to yourself as you strive to be to others!”

Dr. Panighetti enjoys spending time with her husband and daughter, cooking, traveling and camping. She is fluent in Spanish. Dr. Panighetti practices at Meridian Women’s Health. To make an appointment, call 206.368-6644.

ELLEN G. HU, M.D., F.A.C.O.G.
Obstetrics and Gynecology
Dr. Hu is board certified in obstetrics and gynecology. She graduated from Shangdong Medical University in China and completed a residency at Monmouth Medical Center in Long Branch, New Jersey. She was a post-doctoral research fellow in the Department of Medicine at Columbia University in New York. Her clinical interests include normal and high risk pregnancy care, vaginal delivery, cesarean section, vaginal birth after cesarean, preventive medicine, abnormal menstrual bleeding, pelvic pain and prolapse, infertility, menopause care and minimally-invasive gynecologic surgery.

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MEET THE DOCTORS (continued)

“I decided to become a doctor because I have enjoyed providing care to people ever since I was very young. Also because of the encouragement of my family — my parents and both of my siblings are all physicians. I believe being a doctor is most suitable for me.”

Dr. Hu is married and enjoys reading, music, cooking, jogging, swimming and hiking. She is fluent in Mandarin Chinese. Dr. Hu practices at Northwest Obstetrics & Gynecology. To make an appointment, call 206.361.1300 or 206.362.5654.

ERIN O. LANGE, M.D., M.S.P.H.
Colorectal Surgery
Dr. Lange is board certified in general surgery and board eligible in colon and rectal surgery. She received her medical degree from the University of Washington School of Medicine and her master of science degree in population health from the University of Wisconsin School of Medicine & Public Health in Madison. She completed her surgical residency at University of Wisconsin Hospital & Clinics and a fellowship in colorectal surgery at the University of Minnesota.

Dr. Lange specializes in treating colon and rectal cancer, inflammatory bowel disease, diverticulitis, hemorrhoids, fistulas, fissures, fecal incontinence and pelvic floor disorders.

“Our health is really a combination of daily small commitments — finding time for exercise, going to bed on time, eating a fiber-rich diet rather than overly processed foods — and choices for the long term, including getting your colonoscopy and other preventive care on schedule, and developing a relationship with your physician. Every person, no matter how healthy, has to choose to live well every day, so don’t let past setbacks prevent you from starting new habits for the future.”

Outside of her practice, Dr. Lange’s interests include running, biking, hiking, camping and reading. For more information or to make an appointment, call 206.368.1070.
DIABETES-FRIENDLY RECIPE: PUMPKIN PANNA COTTA

This creamy, custard-like dessert is perfect for the holidays. With a quick 15-minute prep time, it offers a no-fuss, elegant touch to your menu.

**Ingredients**

1 cup skim milk  
¼ cup Splenda Brown Sugar Blend  
½ cup low-fat buttermilk  
1 envelope unflavored gelatin  
½ cup non-fat, plain Greek yogurt  
1 15-oz can pumpkin puree  
2 teaspoons pumpkin pie spice  
½ cup fat free whipped topping

**Instructions**

Whisk together milk, Splenda Brown Sugar, low-fat buttermilk and unflavored gelatin in a medium saucepan. Let it sit for 5 minutes. In a medium bowl, whisk together Greek yogurt, pumpkin and pumpkin pie spice. Set aside. Place milk and gelatin mixture on the stovetop over medium heat. Stirring frequently, heat until milk just begins to bubble. Do not boil. Add hot milk mixture to pumpkin mixture and whisk until smooth. Divide pumpkin mixture evenly among 8 4-oz ramekins or dessert cups and refrigerate for at least 1 hour or overnight. To serve, top each panna cotta with 1 tablespoon of fat free whipped topping. Serves 8.

Calories: 75  
Carbohydrates: 14 g  
Protein: 4 g  
Fat: 0 g  
Saturated Fat: 0.2 g  
Dietary Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 40 mg

- Recipe courtesy of the American Diabetes Association
Northwest Hospital & Medical Center offers a variety of classes, support groups and other programs for members of our community. For more information about our programs, or to register for a class, please see the contact information and phone number under each program or e-mail us at nwhclasses@nwhsea.org. For more classes and events, visit us at nwhhospital.org/classes.

### Emergency Services Education

**CPR Training**
Learn life-saving skills from Medic II personnel. Third Tuesdays, 7–9 p.m. Call 206.368.1564.

### Wellness Classes

**Smart Driver**
For drivers 50 years and older (formerly known as AARP Driver Safety Program). Offered 9 a.m.–1 p.m. on consecutive Saturdays: Oct. 18 and 25 and Nov. 22 and 29. Participants must attend both sessions. Cost: $20 for general public, $15 for AARP members. To register, call 206.368.1564.

**Brain Health: Simple Tools for Clear Thinking**
Learn easy ways to improve your memory and reduce your risk of Alzheimer’s. Oct. 9, 1–2:30 p.m. and Nov. 6, 6–8:00 p.m. Cost: $20–$25. Call 206.368.1564.

**YMCA’s Diabetes Prevention Program**
The program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles. The program, led by a trained lifestyle coach in a classroom setting, is delivered over a 12-month period, beginning with 16 weekly sessions and followed by monthly maintenance. Call 206.223.1637 or visit ymca.net/diabetes-prevention.

**Living Well with Diabetes**
Gain information and skills to manage your diabetes. A physician referral is required. For more information, contact your doctor or call 206.368.1564.

**Nutrition Clinic**
Registered dietitians will help you design a meal plan to meet your individual requirements. Call 206.368.1919.

**Yoga For People With Parkinson’s**
Mondays and Fridays, 9:30–11:00 a.m., Medical Arts Building, Room 112. This yoga class can help people with Parkinson’s disease maintain strength, flexibility and balance. Cost: $5 per class. Call 206.719.8007.

### Early Stage Memory Loss Seminar

**Early Stage Memory Loss Seminar**
Oct. 20, 1:00–4:00 p.m. This program is for individuals with early stage dementia and their caregivers. The seminar will feature education and supportive discussion on topics such as medical causes and treatments, future planning, and strategies for enhanced communication and daily living. To register or to learn more, call 206.529.3868.

### Support Groups

**Better Breeders Club**
Second Mondays, 10:30 a.m. Rehab patient dining room. Call 206.368.1853.

**Young Adult Stroke Survivors Support Group**
Third Saturdays, Northwest Hospital Easy Street, Medical Rehabilitation Center, 2–4 p.m. Call 206.361.2696 or visit seattleYASS.weebly.com.

** UW Medicine Multiple Sclerosis Center Education Series**
All events are held at the UW Medicine Multiple Sclerosis Center in the McMurray Building on the Northwest Campus.

#### Cancer Lifeline

Cancer Lifeline offers free programs and support groups for cancer patients and survivors, as well as their friends and family at Northwest Hospital in the Medical Arts Building, Room 112. Call 206.297.2500 for more information, or visit cancerlifeline.org.

**Living With Cancer Networking Group**
Nov. 5 and Dec. 3, 6–8 p.m.

**Breast Cancer Networking Group**
Nov. 12 and Dec. 10, 6–8 p.m.

**Gynecological Cancer Networking Group**
Oct. 22, 6–8 p.m.

**Gentle Yoga**
Tuesdays, Nov. 4–Dec. 16, 6:30–7:30 p.m. (No class Nov 11 or 25)

**The Lebed Method: Healthy–Steps, Moving You to Better Health**
Thursdays, Nov. 6–Dec. 18, 5:30–6:30 p.m. (No class Nov 27)

**Qigong to Maintain and Restore Energy and Balance**
Thursdays, Oct. 2–23, 7–8:30 p.m.

**Understanding Medicare and the Affordable Care Act**

**Understanding Medicare and the Affordable Care Act**
Wednesday, Oct. 15, 6–7 p.m.

**Small Steps to Taking Charge of Your Wellbeing**
Saturdays, Nov. 1–15, 10–12 p.m.

**A Picture is Worth a Thousand Words**
Wednesday, Nov. 5, 6–7 p.m.

**Neuropathy: How to Address it During and After Treatment**
Wednesday, Nov. 12, 6–7 p.m.

**Considering a Gluten-Free Diet**
Wednesday, Nov. 19, 6–8 p.m.

**Intro to Chi Walking for a Safe and Gentle Return to Wellness**
Wednesday, Dec. 10, 6–7 p.m.

**Healthy Sweets for the Holidays**
Wednesday, Oct. 22, 6–7 p.m.

Sugary treats seem to be everywhere during the holiday season. Explore tasty options for sweet treats that will satisfy your cravings without putting you into sugar overload. This session is led by DeeAnna Wales VanReken, M.S., R.D.N., and is open to anyone affected by any type of cancer.
Hospital campus. RSVP to msevents@uw.edu or call 206.598.3894. If you are unable to make it to the educational events, you are welcome to participate via webinar by logging onto uofw.adobeconnect.com/neurology.

Oct. 15, “Challenges of Employment with MS,” presented by Joe Stuckey, M.S., C.R.C., rehabilitation counselor at UW Medicine Multiple Sclerosis Center

Nov. 19, “Updates on Medical Marijuana,” presented by Hillary Lipe, A.R.N.P., nurse practitioner at UW Medicine Multiple Sclerosis Center

Dec. 17, “MS Drugs: What You Need to Know,” presented by Annette Wundes, M.D., neurologist at UW Medicine Multiple Sclerosis Center

**CHILDBIRTH, PARENTING AND NEW BABY CLASSES**

All childbirth, parenting and new baby classes at Northwest Hospital are offered by Great Starts. Pre-registration is required. For information on the following list of classes, details about class fees, or to register, visit nwhospital.org/classes or call Great Starts at 206.789.0883.

Childbirth Prep Classes • Hypno Birthing • Labor & Birth Miniseries • Lamaze • Newborn Care Class • Breastfeeding Basics • Life with Baby • Becoming Parents Program • Babysafe and CPR • Conscious Fathering • Sibling Preparation • Sibling Preparation for Parents

**SAVE THE DATE**

**CANCER PREVENTION & AWARENESS FAIR**
Saturday, Oct. 18, 10 a.m.–3 p.m.
Medical Office Building
Northwest Hospital Main Campus
Join us for this free community event to learn about cancer risks, prevention, treatments and services. Screenings, speakers, facility tours, activities and more will be featured.

**COMMUNITY DOCUMENT SHREDDING EVENT**
Saturday, Oct. 18, 10 a.m.–1 p.m.
Northwest Hospital will offer a secure document shredding service to the public in partnership with Shred-it. A $10 donation is suggested. The event will be held in the parking lot south of the parking garage on the main campus.

**Did You Get Your Flu Shot Yet?**

To protect yourself and your family from the flu, it is important to get vaccinated every flu season (October through May). Check with your primary care provider for your flu vaccination today.

To find a provider, call 206.520.5000 or visit nwhospital.org/physicians.

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