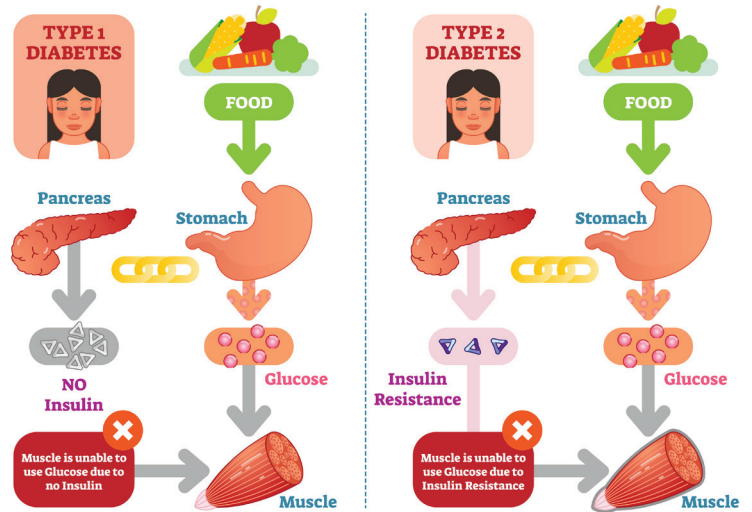


DIABETES AND ENDOCRINOLOGY DIGEST

QUARTER 1 • 2024

DID YOU KNOW? WHAT IS DIABETES?

According to the Centers for Disease Control and Prevention (CDC), Diabetes affects 11.3% of the U.S. population, and Prediabetes affects 38% of the U.S. adult population. Diabetes is a chronic health condition that occurs when your body does not make enough insulin or use it properly. When we eat food, specifically carbohydrates, our bodies break them down into glucose or sugar. Insulin is the “key” to unlocking the red blood cells so that our bodies can use the glucose or sugar for energy. If our bodies do not have enough insulin, the glucose or sugar cannot be used for energy, leading to high blood sugar and diabetes.



Signs & Symptoms of High Blood Sugar

- | | |
|--------------------|------------------------|
| Thirsty | Blurry Vision |
| Tired/Fatigued | Always Hungry |
| Frequent Urination | Poor Wound Healing |
| Headaches | Tingling in Hands/Feet |

Types of Diabetes

There are different types of diabetes; the three most common types of diabetes are Type 1 Diabetes, Type 2 Diabetes, and Gestational Diabetes.

Type 1 Diabetes occurs when the body’s immune system mistakes the cells in the pancreas that make the insulin as invaders and destroys the cells that make insulin. Therefore, the body is unable to make insulin or makes very little insulin.

Type 2 Diabetes occurs when the body does not use insulin properly, which is also called insulin resistance.

Gestational Diabetes occurs in pregnant women due to changes in how the body uses hormones. Blood glucose typically returns to normal after a mother delivers her baby, but having gestational diabetes does put both the mother and baby at greater risk for developing Type 2 Diabetes later in life.

Clinic History

Hamilton Diabetes and Endocrinology Center, formerly

known as Hamilton Diabetes Treatment Center, was established in 1993. The Hamilton Medical Center-based practice was founded by Dr. Carlton Lancaster, Jr., who started a diabetology clinic in conjunction with the Diabetes Treatment Center. The Diabetes treatment center has provided both inpatient and outpatient diabetes education and has been certified by the American Diabetes Association (ADA) since 1994.

Nurse Practitioner Brooke Green has been with our clinic since 1998, is Board Certified in Advanced Diabetes Management, and is a Certified Diabetes Care and Education Specialist. She was later joined by Nurse Practitioner Katie Wooten who now provides care for our patients in Dalton, Ringgold and Calhoun.

In 2018, the addition of Dr. Chantal Lewis to our team, further expanded our services to include Endocrinology. As such, the Diabetes Treatment Center became what is now known as Hamilton Diabetes and Endocrinology Center. Dr. Carlos Penaherrera who is bilingual (Spanish and English speaking), has been with us since 2021. He also works closely with Stephanie Mobley, Registered Dietitian, to facilitate medical weight management.

Our clinic is also proud to have two Certified Diabetes Care and Education Specialists (CDCES), Stephanie Mobley, (dietitian educator) and Dracey Adams (RN educator).

We are now located in 4 Northwest Georgia locations to serve you:

Calhoun

215 Curtis Pkwy NE
Calhoun, GA 30701
(weekly on Mondays)

Dalton

475 Reed Road
Dalton, GA 30720
(Mon-Thurs 7:00am-4:30pm
Fridays 8:00am-12:00pm)

Ringgold

45 College Park Drive
Ringgold, GA 30736
(alternating Thursdays only)

Murray

1422 Green Road, Suite D
Chatsworth, GA 30705
(weekly on Tuesdays 7:00am-5:00pm)

RECIPE ROUND UP!

Warm up this winter with this healthy Chicken Tortilla Soup! Soups also freeze well. Make an extra batch, place in freezer bags, and freeze for up to 3-6 months for a quick meal later on! Chicken Tortilla Soup

Recipe from: *The Real Food Dietitians*



Ingredients

- 1 ½ lb. boneless, skinless chicken breasts
- 1 Tbsp. butter
- 1 medium onion, diced
- 1 small red bell pepper, diced
- 8 cloves garlic, minced
- 1, 4-ounce can diced green chiles
- 1 small jalapeno, minced
- 2 Tbsp. taco seasoning
- 1 tsp. cumin
- 1 tsp. salt
- 4 cups low-sodium chicken broth
- 1, 28-ounce can fire roasted tomatoes
- ½ cup fresh cilantro, chopped
- Juice of 1 lime
- Diced avocado and lime wedges for serving

Directions

1. Place a large Dutch oven or large pot over medium heat. Add butter.
2. When butter is melted, place chicken breasts in the bottom of the Dutch oven in a single layer. Cook 5-7 minutes then flip and cook an additional 5-7 minutes.
3. Push chicken breasts to the side and add onions, red peppers, jalapenos, taco seasoning, cumin, and salt. Stir to combine and cook for 5 minutes or until onion and peppers start to soften. Add garlic and diced green chiles and cook an additional 30-60 seconds or until fragrant.
4. Add 3 cups broth and crushed tomatoes. Bring soup just to a boil then cover and reduce heat to simmer.
5. Cook 20 minutes until vegetables are tender and chicken breasts are cooked through.
6. Remove chicken to a cutting board and allow it to cool before shredding with two forks. Add additional broth, if needed, to reach desired consistency.
7. Return shredded chicken to pot and stir. Add cilantro and lime juice.
8. Serve with diced avocado and lime wedges.

Nutrition:

Serving Size: 2 cups (without toppings)

Calories: 223 Fat: 6g Sodium: 582mg Carbohydrate: 19g, Fiber 4g, Protein: 25g