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In each issue of **Diabetes Resources** we have provided specific information about management for diabetes, including important tests and resources to help reduce complications associated with the disease. Information is included about the ABCs of diabetes: **A1C testing 2-4 times per year, Blood pressure screening at every visit, and annual Cholesterol testing. Additional clinical information is also provided. A dilated eye exam, sensory foot exam and screening for kidney disease are each recommended annually. Attention to these risk factors reduces the chance for cardiac, renal, eye and vascular disease secondary to diabetes.**

In support of the **New Mexico Adult Diabetes Practice Guideline 2009**, please see the reverse side of **Diabetes Resources** for recommendations for care including resources and tools that can help in your efforts to provide education and support among your patients with diabetes.

Check [www.nmtod.com](http://www.nmtod.com) for organizations that have graciously provided funding for **Diabetes Resources**.

New Mexico Health Care Takes On Diabetes, a New Mexico non-profit corporation, is a broad coalition of New Mexico's diabetes care professionals, New Mexico Health Plans, the New Mexico Department of Health, and the New Mexico Medical Review Association, with technical and administrative support from the American Diabetes Association.

# Diabetes Resources

## Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 11 No. 5, 2009

## Low Carbs, No Carbs: What's Right?

### The Issue:

The current "low carb" trend has garnered a great deal of publicity and has many people, including some with diabetes mellitus, trying the most popular, trendy diets. Here are summaries of the two diets that seem to have the spotlight.

Similarities	
<p>Atkins by Robert Atkins, MD, and South Beach by Arthur Agatston, MD</p> <ul style="list-style-type: none"> <li>❖ Claim to impact body weight by stabilizing insulin levels</li> <li>❖ No long-term medical research on the efficacy of these diets, whether weight loss is maintained over time without harmful effects</li> </ul>	
Premise	
<p><b>Atkins</b></p> <ul style="list-style-type: none"> <li>❖ Promotes protein and fats from meat, oils, butter and cream, which are high in saturated fats</li> <li>❖ Limits carbohydrates to 25-90 gm/day from vegetables</li> <li>❖ Uses ketosis as weight loss strategy</li> </ul>	<p><b>South Beach</b></p> <ul style="list-style-type: none"> <li>❖ Promotes lean sources of protein like fish and chicken, avoids saturated fats</li> <li>❖ After introductory phase that restricts carbohydrates, slowly increases carbs from whole grains, most fruits and vegetables, using the glycemic index as its guide</li> </ul>
Concerns	
<p><b>Atkins</b></p> <ul style="list-style-type: none"> <li>❖ May result in poor energy level, muscle fatigue, nausea, headaches &amp; constipation</li> <li>❖ May exacerbate gout, CVD, calcium loss, kidney disease, arrhythmias, &amp; cancer risk</li> <li>❖ If patient is on a hypoglycemic agent, monitor blood glucose closely and adjust medication dose as needed.</li> </ul>	<p><b>South Beach</b></p> <ul style="list-style-type: none"> <li>❖ Same concerns as Atkins during phase one</li> <li>❖ Glycemic index of food has not been proven to have effect on weight or blood glucose control.</li> <li>❖ If patient is on a hypoglycemic agent, monitor blood glucose closely and adjust medication dose as needed.</li> </ul>

The American Diabetes Association rejects low carbohydrate diets and asserts the need for a low fat, low saturated fat diet, with moderate carbohydrate intake. Carbohydrate restriction below 130 gm per day is discouraged, but monitoring intake by exchanges or carbohydrate counting is advised. This recommendation is consensus based, and not proven by long-term double-blinded studies comparing it with other diets. A major dietary goal is the minimization of post-prandial hyperglycemia. Neither Atkins nor South Beach has any proof of effectiveness nor endorsement by professional organizations. Dietary Carbohydrates (Amount and Type) in the Prevention and Management of Diabetes: *Diabetes Care*, Volume 27, Number 9, September 2004.

*Note: the South Beach diet may be of less concern than the Atkins because of the lower fat content, although this is unproven.*

Refer all patients with poorly controlled or newly diagnosed diabetes to a registered dietitian and/or certified diabetes educator so they can learn the skills that will help them to control their diabetes.

- ❖ Carbohydrate intake affects blood glucose levels of people with diabetes. Learning to control carbohydrate intake tailored to individual needs is essential for good blood glucose control.
- ❖ Diabetes education and treatment plans should consider the medical, emotional, and cultural needs of the individual.

## Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at [www.nmtod.com](http://www.nmtod.com). For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

**Kitchen Creations: A Patient Resource**—A meal plan comprised of healthy foods is one of the cornerstones of diabetes self-management. Research has clearly proven that the risk for complications caused by diabetes can be decreased when glucose blood levels are maintained at levels that mimic “normal” values. Kitchen Creations, a cooking school for people with diabetes and their families, is conducted at the County Extension Offices. These FREE classes provide information and training for developing and following a meal plan, and a cookbook containing New Mexican traditional food recipes prepared in healthy ways. Kitchen Creations is jointly sponsored by the New Mexico Department of Health Diabetes Prevention and Control Program (DPCP) and the New Mexico State University Cooperative Extension Service. For more information on cooking classes and locations in your area, contact your local County Extension Service Agent or log on to [www.diabetesnm.org](http://www.diabetesnm.org), select programs, then select Kitchen Creations.

**New Mexico Library Resources**—New Mexico State Library and the Diabetes Prevention and Control Program have collaborated to provide collections of books about diabetes, available in 56 libraries around the state, 4 Bookmobiles, and the Books by Mail Program. Books can be obtained anywhere in New Mexico through Inter-Library Loan. The books address a variety of topics including finding diabetic supplies, planning meals, fitness and exercise, children and diabetes, stress and mental health and special concerns of men and women. For a list of libraries participating check [www.diabetesnm.org](http://www.diabetesnm.org).

**Where Can I Find Medical Nutrition Therapy Services? A Patient Resource**—Health care providers should refer patients to a nutrition professional in the area who can provide medical nutrition therapy services. The American Dietetic Association (ADA) provides a national reference service of local dietitians across the country. Contact the National Center for Nutrition and Dietetics at 800-366-1655 or visit their website at [www.eatright.org](http://www.eatright.org).

**Summaries of Two Popular, Trendy Diets**—The current “low carb” trend has garnered a great deal of publicity and many people, including some with diabetes mellitus, are trying the most popular, trendy diets. The American Diabetes Association rejects a low carbohydrate diet and recommends a diet that includes a variety of all foods, with a moderate carbohydrate intake and a low saturated fat and total fat intake.

**Websites**—The editorial committee has identified a select number of websites about nutrition that you may find important:

- ❖ [www.diet-i.com/diets/atkins-diet.htm](http://www.diet-i.com/diets/atkins-diet.htm)
- ❖ [www.diet-i.com/south-beach-diet.htm](http://www.diet-i.com/south-beach-diet.htm)
- ❖ Information about diets and nutrition: What I Need To Know about Eating and Diabetes - [diabetes.niddk.nih.gov/dm/pubs/eating\\_ez/index.htm](http://diabetes.niddk.nih.gov/dm/pubs/eating_ez/index.htm)
- ❖ Find a dietitian near you through the American Dietetic Association - [www.eatright.com](http://www.eatright.com)
- ❖ To locate members of the American Association of Diabetes Educators in New Mexico - [www.aadenet.org](http://www.aadenet.org) then select “Find an Educator” (There are many other qualified certified diabetes educators in New Mexico—check with the New Mexico Department of Health 1-800-523-2966)
- ❖ National Diabetes Education Program: [www.ndep.nih.gov](http://www.ndep.nih.gov)
- ❖ American Diabetes Association: [www.diabetes.org](http://www.diabetes.org) Look for cook books favorably reviewed by the ADA on their website. The ADA also provides the brochure 2004 Nutrition Recommendations for Diabetes. For more information call Diabetes Information: 1-800-DIABETES or for a free catalog of ADA BOOKS at 1-800 232-6733
- ❖ National Institutes of Health: [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)
- ❖ American Heart Association, Heart of Diabetes Program: [www.americanheart.org/diabetes](http://www.americanheart.org/diabetes)
- ❖ NM Department of Health, Diabetes Prevention and Control Program: [www.diabetesnm.org](http://www.diabetesnm.org)

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website\* [www.nmtod.com](http://www.nmtod.com)

\*Please note that these websites do not necessarily represent the views of New Mexico Health Care Takes On Diabetes. They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.

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