

DIABETES SUPPORT GROUP NEWSLETTER



An Affiliate of  UnityPoint Health

SUMMER 2025

FROM THE DESK OF...

SEE WHAT IS HAPPENING
THIS MONTH

HEALTHY RECIPES

REFRESH YOUR TASTE BUDS
WITH THESE HEALTHY RECIPES

FROM THE DESK OF...

August, how did it get to be August already. It seems to me the year is passing too quickly, and summer is almost past. The Iowa State Fair parade is August 6th and the fair starts August 7th. School starts August 25th, and Labor Day is September 1st and just like that summer will be a memory. We also have Diabetes Support Group on August 21st at 7pm and I look forward to seeing you there.

So, what's the topic for this support group? We are going to talk about advances in treatment and what future treatment might look like. There is plenty of talk about the GLP-1 and their impact on lowering blood glucose in patients with Type 2 diabetes, weight loss, and cardiovascular benefits. There is research that suggests this may also help patients with type 1 diabetes.

There are continuous glucose monitors that can stay in longer, there is an implantable CGM device called Eversense 365. This is implanted under the skin and lasts for a year. You can now purchase CGM over the counter without a prescription. The drawback is insurance will not cover it without a prescription. The cost is about \$100 per month.

Insulin pumps now can be attached directly to your CGM and are becoming more user-friendly, including analyzing your blood glucose and adjusting insulin based on those levels. These are called closed loop systems. AI may play a role in helping patients manage their diabetes by helping to regulate insulin delivery through your insulin pump and CGM without having to worry about blood glucose levels and food intake.

Stem cell therapy, Islet transplantation, Immunotherapies, Ultra Long-acting insulins, smart pens, inhaled insulins, Beta cell encapsulation, and Gene therapy are all areas being researched.

It will be exciting to see what the future holds for diabetes. Hopefully one day there will be a cure.

Enjoy the rest of your summer and I look forward to seeing you August 21st at 7 pm for Diabetes Support Group.



Christine Drake BSN, RN

Guthrie County Hospital Diabetes Education Coordinator

FROM THE DESK OF..

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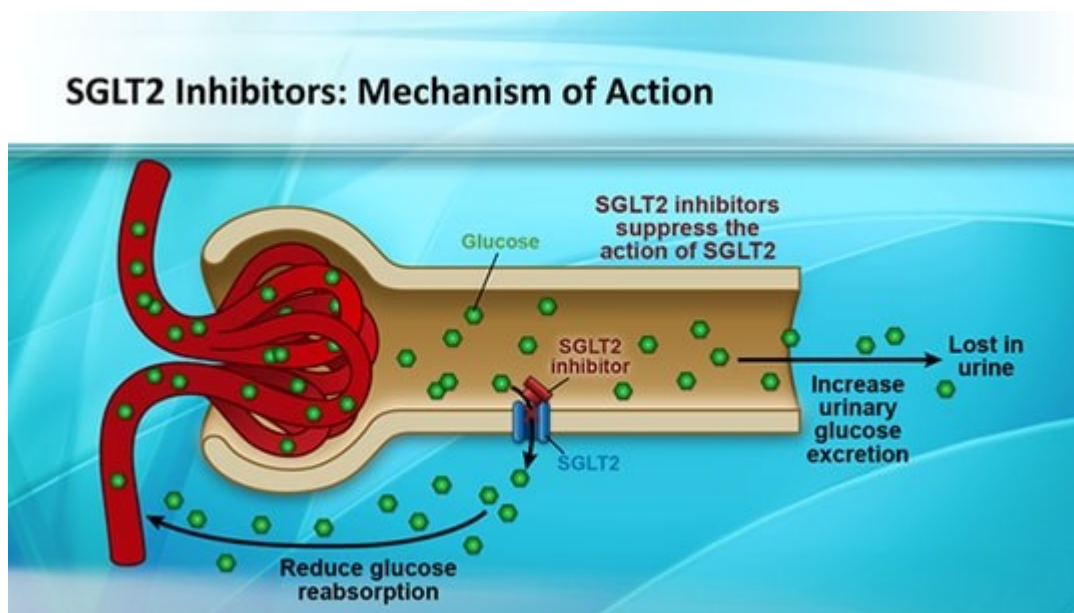
Medication Spotlight: SGLT-2 Inhibitors

The Sodium-Glucose Cotransporter 2 inhibitor or SGLT-2 inhibitor drug class consists of four medications:

Canagliflozin (Invokana)
Dapagliflozin (Farxiga)
Empagliflozin (Jardiance)
Ertugliflozin (Steglatro)

These medications are all FDA approved to treat type 2 diabetes. Farxiga and Jardiance are FDA approved to also treat chronic kidney disease and heart failure. If you have already had a heart event, have heart failure, or are at high risk of having a heart attack or other heart disease, your doctor should consider starting you on a SGLT-2 inhibitor to help lower your cardiovascular (heart) risk.

This class of medications works by blocking glucose from being reabsorbed back into your body by your kidneys (meaning you essentially urinate out the glucose which then decreases your blood sugars).



These medications are dosed once daily and can be taken with or without food. It is generally best to take these medications in the morning as they can lead to an increase in urination which could be bothersome when you are trying to sleep.

Common Dosing

Canagliflozin (Invokana) 100 - 300 mg once daily
Dapagliflozin (Farxiga) 5 - 10 mg once daily
Empagliflozin (Jardiance) 10 - 25 mg once daily
Ertugliflozin (Steglatro) 5 - 15 mg once daily

Medication Spotlight: SGLT-2 Inhibitors

The most common side effects of this class of medications include increased urine output, increased urinary tract and other genital infections, low blood pressure, high potassium levels, increased thirst, abdominal pain and constipation. More serious side effects to be aware of include increased risk of lower limb amputation[^], ketoacidosis^{*}, bone fractures[^], and acute kidney injury. To help monitor these potential side effects, your doctor will monitor the following at your checkups: blood glucose (A1c), renal function, blood pressure and blood potassium/other electrolyte levels. Your provider should also be asking you about genital infection symptoms and perform a diabetic foot exam on a regular basis.

All of these medications, except for Farxiga, are currently brand name only, so unfortunately these medications can be more expensive than other medications used to treat diabetes. More of these medications should become generic in the upcoming years, which will help lower their price.

The SGLT-2 inhibitor class is becoming much more common in the treatment of type 2 diabetes, a lot of this is because a few of these medications have shown to have beneficial impacts on not only your blood sugars, but your heart and kidneys as well. These medications are also convenient as you only have to take them once daily compared to other diabetic medications that are taken more frequently.



Jackie Willms, PharmD

Director of Pharmacy

[^] Data from current studies is conflicting. It is uncertain if SGLT-2 inhibitors actually increase your risk of lower limb amputation and bone fractures or not.

^{*} Ketoacidosis = body is unable to produce enough insulin which leads to a build up of ketones in your blood making your blood acidic

Here are some heart healthy diabetes friendly recipes to try.

Breakfast Pizza

INGREDIENTS

- 1 whole cauliflower pizza crust
- 3 slice turkey bacon, lower in sodium
- 2 tbsp olive oil
- 1 onion(s) (chopped)
- 1 med red bell pepper (chopped)
- 1/4 tsp med black pepper
- large bunch collard greens (stemmed, chopped, and cleaned)
- 1 cup spinach (chopped)
- 2 large eggs (beaten)
- 3 large egg whites (beaten)
- 2 stalks green onion (scallion)
- 1 cup cottage cheese (divided)



PREPARATION

1. Cook turkey bacon according to package instructions. Let cool then tear or chop into pieces. Set aside.
2. Preheat oven to 425 degrees F.
3. Meanwhile, sauté onions, peppers, and collard greens in olive oil over medium high heat until softened, 10 minutes. Add chopped spinach. Stir to incorporate and cook until wilted.
4. In a bowl, beat eggs and egg whites. Into the same sauté pan with the onions and peppers, add eggs and mix into the vegetables. Cook until they are softly scrambled, meaning they are not fully cooked. They will finish cooking in the oven.
5. Remove from heat and add turkey bacon pieces and ½ cup cottage cheese. Mix well.
6. Remove the CAULIPOWER Plain Pizza Crust from the freezer and spread the cottage cheese on like you would a pizza sauce. Spread to the edges for best flavor.
7. Spread the egg mixture on top of the cottage cheese. Sprinkle scallions evenly over the pizza.
8. Bake directly on the oven rack for 15 minutes, or until the crust is crispy.

NUTRITION INFORMATION

4 servings per recipe

Serving Size: 1 slice

340 calories, 14g fat, 120mg cholesterol, 480mg sodium, 31g carbohydrate, 17g protein.

Grilled Veggie Wrap

INGREDIENTS

- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1/4 tsp black pepper
- 1 medium zucchini (sliced lengthwise into 8 slices)
- 1 medium yellow squash (sliced lengthwise into 8 slices)
- 1 red bell pepper (sliced into 4 slices)
- 4 large whole wheat tortillas (low carb, about 10 inch diameter)
- 1/2 cup hummus
- 8 fresh basil leaves



PREPARATION

1. Preheat an indoor or outdoor grill.
2. In a large bowl, whisk together olive oil, balsamic vinegar and ground black pepper.
3. Add sliced zucchini, squash and bell pepper to marinade and let sit for 5 minutes.
4. Grill the vegetables about 2-3 minutes on both sides.
5. Lay out the tortilla and spread with 2 Tbsp. hummus, then add two fresh basil leaves and top with 2 slices of zucchini, 2 slices of yellow squash and 1 slice bell pepper.
6. Fold in the two sides of the tortilla and roll like a burrito. You can serve these immediately or wrap tightly in plastic and refrigerate.

NUTRITION INFORMATION

4 servings per recipe

Serving Size: 1 wrap

110 calories, 7g fat, 0mg cholesterol, 120mg sodium, 11g carbohydrate, 4g protein.

Creamy Chicken Apple Salad

INGREDIENTS

- 2 cup cooked chicken breast (chopped)
- 2 stalks celery (diced)
- 2 green onions (chopped)
- 1 medium Jonagold apple (finely diced)
- 3 tbsp walnuts (chopped)
- 1/4 cup light mayonnaise
- 1/4 cup yogurt (plain, fat-free)
- 1/2 lemon (juiced)
- 1/8 tsp black pepper



PREPARATION

1. In a serving bowl, gently mix together fruit.
2. In a small bowl, combine lime juice and honey. Pour over fruit and toss to coat.

NUTRITION INFORMATION

8 servings per recipe **Serving Size: 1/2 cup**

Calories 100; Total Carbohydrate 5g; Total Sugars 3g; Protein 11g; Total Fat 5g; Saturated Fat 1g; Cholesterol 30mg; Sodium 190mg.

Basil Tomatoes

INGREDIENTS

- 1 tsp garlic (chopped)
- 1 tsp basil (dried)
- 2 medium tomatoes (diced or sliced (about 2 cups))
- 1/2 tsp salt (optional)
- 1/8 tsp black pepper



PREPARATION

1. Mix ingredients and let set at room temperature for at least 1 hour.
2. Serve plain or on a lettuce leaf

NUTRITION INFORMATION

4 servings per recipe

Serving Size: 1/2 cup

Calories 15; Total Carbohydrate 3g; Protein 1g; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 0mg.

Banana Chocolate “Ice Cream”

INGREDIENTS

- 2 medium bananas
- 1/3 cup skim milk
- 2 tbsp cocoa powder
- 1 cup whipped topping (fat-free)



PREPARATION

1. Peel bananas and slice into 1/4-inch coins. Place in a bowl and freeze for at least 2 hours.
2. Once bananas are frozen, add the bananas, milk and cocoa powder to blender. Blend until smooth.
3. Fold in the whipped topping.
4. Place mixture in a freezer-safe container and freeze for at least 30 minutes.
5. Scoop into 1/2-cup scoops to serve.

NUTRITION INFORMATION

5 servings per recipe

Serving Size: 1/2 cup

Calories 80; Total Carbohydrate 18g; Protein 1g; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 15mg.

DIABETES SUPPORT GROUP

• SAVE THE DATE •

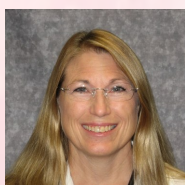
August 21st, 2025 @ 7:00 p.m.

November 20th, 2025 @ 7:00 p.m.

Facilitated by Christine Drake, RN, BSN

Join us at Sneakers Café located in Guthrie County Hospital for the diabetes support group. This is a great way to share your experiences and expand your knowledge about diabetes in a relaxed educational setting.

DIABETES EDUCATION TEAM



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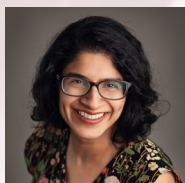
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