

## USC Westside Center for Diabetes

### Dear Friends,

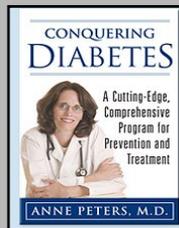
Everyone at USC Westside Center for Diabetes (WCD) hopes this newsletter finds you well. I feel fortunate to have such wonderful patients and donors. Your contributions help keep our doors open and I thank you for your support and continued faith in us.

We have been keeping busy in 2012. We have many goals for the Beverly Hills office as well as for diabetes research. The diabetes population continues to expand and so does our workload.

I've been treating, researching and managing this disease for over 25 years. Diabetes is not particular, it hits young and old, rich and poor, and lean and overweight. I ask that you continue to support my dream to improve the lives of all people with diabetes. With hard work, dedication, continued research and pure passion, this dream is achievable.

For over a decade, the Westside Center for Diabetes has worked at creating a space that is warm and inviting. We strive for nothing more than to see our patients conquer this disease. Let's celebrate our successes thus far and keep moving forward.

Sincerely,  
Anne



Keck School of  
Medicine of USC

### Office Update

For those of you I have not had the pleasure of meeting, I'm Angel Jones. I began working here in April of 2011 and I love it. When I joined the team we faced many challenges. I've been working closely with Dr. Peters, Donna Miller NP/CDE, Meg Moreta RD/CDE, and Judith Ortega-Munoz our assistant, to achieve greater goals as our practice grows.



In the last year you may have noticed a neater, cleaner, more organized WCD. We updated some equipment, spruced up our offices, put new systems in place and began reaching out to our community. Still challenged with an overload of calls and emails, we do our best to respond timely. Thank you for your loyalty and patience with us on the busy days.

In January, Dr. Pejman Cohan (Endocrinologist) added Melissa Cortez to the team as the new Medical Assistant. Melissa is a pleasure to work with and we are happy to have her. Judith, Yvette Nazarian and Melissa make a wonderful team and we are grateful to have their assistance.

Best Wishes,  
Angel Jones  
Office Manager

### WCD Goals for 2012

**Communication:** We plan to reach out with a bi-annual newsletter, emails, in-office communication and through Facebook. We want to keep you up to date with our goals and research. Start following us today so we can share our status updates with you.

<http://www.facebook.com/WCDandSECC>

**Service:** Our mission is to give the best possible service to each and every one of you. Assisting in your care and creating a good experience is what we strive for. If you have feedback to share, feel free to email me.

**Fundraising:** In a tough economy raising funds for research is on the decline. ***Our goal this year is to raise ONE MILLION DOLLARS, a first for USC Diabetes Research.*** This amount of funding would open many doors for Dr. Peters and our team. If you would like to make a difference in our mission to ***improve the lives of all who live with diabetes***, please utilize the enclosed donor envelope, visit our website, or contact me directly to discuss how you can help.

**Website:** <http://keck.usc.edu/DonateWCD>

**Contact:** [angel.jones@med.usc.edu](mailto:angel.jones@med.usc.edu)

**Phone:** 310-601-3352

#### Update on Dr. Peters:

In June the new ***International Treatment guidelines for Type 2 Diabetes*** will be released. Dr. Peters was one of five committee members that were chosen from the US and Europe. It's essentially the world-wide guide to the treatment of diabetes. It will be simultaneously published in ***Diabetes Care*** and ***Diabetologia*** this June. Check it out!

## Diabetes... It just Won't Go Away

By: Donna J Miller, MSN, FNP-C, CDE

Working at the Westside Center for Diabetes, I see diabetes in all shapes, sizes, and ages. My youngest patient is a beautiful 11 year old and my most senior patient turned 100 in February. I see parents, teenagers, doctors, lawyers, writers, racers, teachers, mechanics, plumbers, preachers, artists, the retired, and, you name it, many more. Diabetes does not discriminate! It is an equal opportunity challenge.

So if it won't go away, how do we best manage it? My best advice: remember that diabetes is a journey, not a destination. It is a team sport that no one should go at alone. That is the beauty of working with the team at the Westside Diabetes Center.

### My goals, as part of the team, include:

- \* Helping individuals find the best tools (meter, pump, sensor, pen, lancet, needles) to manage their glucose.
- \* Having good communication – one on one appointments, after appointment follow up communication, tools for tracking information.
- \* Staying up to date on the latest research, medications, treatments, etc.
- \* And most importantly, walking the journey **with** each person.



No one has to travel this journey alone. Include family, friends, coworkers, others with diabetes, and a great health care team. Diabetes doesn't have to be hidden. Stay informed. Have a plan – the trip will be easier with a good map! *And we will journey on...*

## Summer Diet Tips

By: Meg Moreta, RD, CDE

When attending summer events use these tips to manage your blood sugars, weight and nutrition.

**Eat Smart Daily:** Every bite counts! Just 100 calories extra a day equals a ten pound gain per year. Make your plan for day and stay on track.

**Avoid Skipping Meals:** Always eat breakfast! Try and eat every 3-4 hours to maintain metabolism, control blood sugar and weight.

**Eat Balanced, Portioned Meals and Snacks:** Fifty percent of your plate should be non-starchy vegetables and/ or leafy green salad plus lean protein and a healthy carbohydrate.

**Slow Down:** It takes 20 minutes for your brain to register being full. Stop eating when you are comfortable not stuffed.

**Move Daily:** Exercise helps improve insulin resistance, bone health and weight management.

*"A special thanks to our Head Administrator **Adam Feldman** who has guided us and continues to support us in our process of change and growth. We appreciate all you do for us!"*



## Tips so we can better serve you...

- 1) Schedule your follow up appointment when leaving our office as we are often booked 3-4 months in advance.
- 2) Our preferred form of communication is email for non-urgent matters. Call hold times are often 10-15 minutes. Press 8 when the voicemail picks up and leave a very detailed message.
- 3) Plan ahead regarding prescription refills. We suggest you get them at every visit. A health care provider (HCP) is not in the office every day so the turnaround can take 5-7 business days. If you need a Prior Authorization, you must supply us with that from your insurance company and allow 10-14 for completion.
- 4) Regarding lab work, you will be notified immediately of urgent lab values. Other results will be reviewed at the earliest convenience of your HCP. We will not call, email or send lab results until an HCP has reviewed them. If after 10 business days you want to inquire about labs please email.
- 5) Please be on time the day of visit with your pump, sensor, meter, records, diet details and updated insurance information as well as ID. **Thank you!!!!**