



Understanding Diabetes: A Growing Health Concern

Diabetes is a metabolic disorder characterized by elevated levels of blood glucose, commonly referred to as blood sugar. This condition occurs when the body either cannot produce enough insulin (a hormone responsible for regulating blood sugar) or cannot effectively use the insulin it produces.

There are two main types of diabetes: Type 1 diabetes, which typically develops in childhood or adolescence and is an autoimmune condition, and Type 2 diabetes, which is often associated with lifestyle factors and typically occurs in adults.

While anyone can develop diabetes, certain factors increase the risk. Family history, obesity, a sedentary lifestyle, poor dietary choices, and age are common risk factors for Type 2 diabetes. Type 1 diabetes is primarily genetically determined and is not preventable through lifestyle modifications.

The symptoms of diabetes can vary, but common signs include increased thirst, frequent urination, unexplained weight loss, fatigue, and slow wound healing. Regular monitoring of blood sugar levels and early detection are crucial for effective management.

The management of diabetes involves lifestyle changes, medication, and monitoring. For Type 1 diabetes, daily insulin injections or an insulin pump are necessary. Type 2 diabetes may be managed through diet, exercise, oral medications, or insulin therapy, depending on the severity of the condition. It's essential for individuals with diabetes to work closely with healthcare professionals to develop a personalized treatment plan.

Diabetes is a significant health concern affecting millions of people worldwide. Understanding the risk factors, symptoms, and available treatments is crucial for managing and preventing this condition.

While the growing number of diabetes diagnoses is concerning, increased awareness and proactive healthcare measures can help mitigate its impact on public health. It's essential to prioritize a healthy lifestyle, regular check-ups, and early intervention to effectively manage and reduce the prevalence of diabetes in our communities.

Hear more from LaNeir Johnson, NP about the growing concern surrounding diabetes:



[Click here!](#)

NRC Health recognizes Brown Medicine with Excellence in Patient Experience Award

NRC Health honored Brown Medicine with the 2023 Excellence in Patient Experience Award, recognizing the top-performing hospitals and health systems in the nation for excellence in delivering outstanding patient experiences across the continuum of care.

This award recognizes organizations for their commitment to enhancing care experiences for each patient. They selected health systems and hospitals based on their Net Promoter Score (NPS) for the “Would Recommend Facility” question during the time period of April 1, 2022-March 31, 2023.

“We are extraordinarily proud to receive this recognition, especially since it comes from our patients,” said Dr. Louis B. Rice, President and Physician-in-Chief of Brown Medicine. “It reflects the efforts of every member of our organization to provide top-notch health care in a welcoming, patient-centered environment.”



Employee of the Quarter

Brown Medicine has recognized Giovanna Mercurio, Project Manager – HR / Marketing, Special Projects and Events, as the Employee of the Quarter for April-June 2023. This prestigious accolade highlights Giovanna’s outstanding contributions, exceptional skills, and unwavering dedication to her role.

Congratulations, Giovanna!



Excellence in Innovation Award

Kelley Sanzen has achieved a remarkable feat by winning the prestigious National Alliance of State Pharmacy Associations Excellence in Innovation Award. Her outstanding contributions as a pharmacist within Brown Medicine’s Division of Kidney Disease and Hypertension have been recognized for their exceptional innovation in healthcare practices. Dr. Sanzen’s leadership has spearheaded numerous successful projects within the Rhode Island pharmacy community. This award not only acknowledges her dedication, but highlights the vital role pharmacists play in advancing patient care and healthcare innovation. Congratulations to Kelley Sanzen for this well-deserved honor!



Brown Medicine Celebrates Grand Reopening in Warwick



We will be celebrating the renovation of our Warwick office at the end of October. The expansion, which added a generous 3,376 square feet, took over the vacant space across the hall, previously occupied by RI Housing many years ago.

This expansion and remodel have been carefully designed to enhance the patient experience. We have updated the reception area to provide a more welcoming, comfortable space for patients to check in and relax before appointments. Additionally, a larger conference room and break room offer improved facilities for staff and patients alike.

One of the standout features of the expansion is the addition of five new offices, accommodating more healthcare providers to better serve the community. Patients can also benefit from a specialty exam room, which will enhance the practice's ability to provide specialized care.

Two more exam rooms have been added to the original office, ensuring shorter wait times and improved access to care.

The building also houses Lifespan Laboratories and Physical Therapist Professionals, Inc., making it a comprehensive healthcare hub for the area.

We have also welcomed three new providers and are currently accepting new patients. With this expansion, we are reaffirming our commitment to delivering high-quality healthcare to the people of Warwick and surrounding areas.

43 Jefferson Blvd, Warwick, RI 02888
To Schedule Appointments call **(401) 941-2830**.



Embracing Yourself As You Age

By Dr. Ashna Rajan
Division of Geriatrics and Palliative Medicine

The longevity on my maternal side inspired my journey into Geriatrics Medicine. I spent significant time with my grandparents in my formative years. My great-grandmother passed away at age 96. My grandfather passed away at age 86. What was similar about them? They were active until their very last day. Although they had to make some adjustments, such as using a walking cane, my grandmother never stopped living on her own (independent of all Instrumental Activities of Daily Living). My grandfather never closed shop on his metallurgical business (his books with his hand drawings and measurements are a treasure).

While most do not plan to live as long as my family did, they sure did! My grandfather was always confident about living past his mom's age; he said, "I will not be bowled (cricket reference for a batter's dismissal) before I get to 100; I decide when I die." We cherished every day we had with him.

Let me tell you how my grandfather lived. He was born to a teacher and a homemaker, the third of 12 children. Every day, he walked nine miles to school, passing my grandmother's house, unaware one day he would be married to her. He lost his father as a teenager, prompting him to begin to work. He married at 28 years and had two healthy daughters, three grandchildren, and one great grandchild. He taught himself how to work in the metallurgical business, eventually teaching several of his siblings. He even inspired one of his grandchildren to become a mechanical engineer. He drank one cup of tea and one cup of coffee every day of his adult life. He ate three healthy vegetarian meals, bathed every time he came home from work, and drank a cup of warm milk before going to bed (the best way to prevent constipation he would say). He never smoked, never drank alcohol, and certainly had no idea which street drugs were out there!

So, what did he do differently from everyone in his generation? He took care of HIMSELF. He treated his body like his temple. As my Palliative care mentor would say, "You can only give so much from an empty cup."

To build and maintain your body like a temple, it is essential to pay attention to every aspect of your life - morning routine, food, work environment, social circle, exercise, mindfulness, sleep hygiene. They all matter equally to age healthily. Once you recognize what you need to do differently, speaking to your loved ones and health-care provider about your intentions to age healthily can open many doors. Periodic screening for mental and physical illness by your healthcare provider is one of the best preventative measures. For guidelines on a healthy diet and adequate exercise, the references below are a great place to start. More importantly, don't forget to educate the younger generation looking up to you. It is important to set a good example and show them that age is just a number.

Helpful Tips:

- Try a Mediterranean-style diet
- Follow a regular sleep schedule
- Stay in touch with family and friends
- Look for opportunities to participate in activities
- Find an exercise program that is right for you

References:

- <https://www.nia.nih.gov/health/what-do-we-know-about-healthy-aging>
- <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>
- <https://www.nia.nih.gov/health/how-older-adults-can-get-started-exercise>
- <https://www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults>

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