



DIABETES AND ENDOCRINOLOGY DIGEST

QUARTER 1 • 2025

CLINIC SERVICES

Did you know that Hamilton Diabetes & Endocrinology offers the following services?

Treatment & Investigations For:

- Type I, II, and Gestational Diabetes
- Thyroid Conditions: Hypothyroidism, Hyperthyroidism, Thyroid Nodules, Thyroid Cancer
- Parathyroid Disorders
- Adrenal Disorders
- Pituitary Disorders
- Polycystic Ovarian Syndrome
- Osteoporosis and Metabolic Bone Disease
- Obesity
- Point of Care Thyroid Ultrasounds

Diabetes Management Services:

- Insulin Pump Management
- Continuous Glucose Monitoring
- Eyenuk Non-dilated Retinopathy Screening

Diabetes Education Classes:

- Diabetes Nutrition Classes
- Comprehensive Diabetes Class
- Gestational Diabetes Class
- Carbohydrate Counting
- Insulin Pump Training
- Continuous Glucose Monitoring Training
- Pre-Diabetes Class
- Renal Nutrition Class

OUR TEAM



CARLOS PEÑAHERRERA
MD



BROOKE GREEN
NP-BC-ADM, CDCES



KATIE WOOTEN
NP



STEPHANIE MOBLEY
MS, RD, CDCES



DRACEY ADAMS
RN, CDCES

For more information regarding our services or how to schedule an appointment, please ask a member of our team today! Note, a referral is needed for all new patient appointments with providers and for classes.

OUR LOCATIONS

DALTON

475 Reed Road
Suite 104
Dalton, GA 30720
Phone: 706-278-1622
Fax: 706-272-6445

CALHOUN

215 Curtis Parkway NE
Calhoun, GA 30701
Phone: 706-278-1622
Fax: 706-272-6445

RINGGOLD

45 College Park Drive
Ringgold, GA 30736
Phone: 706-278-1622
Fax: 706-272-6445

CALHOUN

422 Green Road
Suite D
Chatsworth, GA 30705
Phone: 706-278-1622
Fax: 706-272-6445



NUTRITION CORNER

One common nutrition myth is that fruit is bad or has too much sugar. Yes, fruit has carbohydrates which do raise blood sugar but fruit also has many other nutrition benefits. Many fruits can provide Vitamin C as well as anti-oxidants.

To help stabilize blood sugars when eating fruit, pair fruit with a fiber and protein source. Fiber and protein can slow down digestion minimizing rise in blood sugar as well as allowing time for the body to sufficiently produce and use insulin.

Some fruits that are higher in fiber include oranges, berries, pears and apples.

Try pairing fruit with pumpkin seeds, nuts, cottage cheese or peanut butter for additional fiber and protein!

GINGERBREAD BAKED OATMEAL WITH PEARS & PECANS

Ingredients

- 2 $\frac{3}{4}$ cups old-fashioned rolled oats
- 1 $\frac{1}{4}$ teaspoons ground cinnamon
- 1 teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground nutmeg
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon fine salt
- 3 tablespoons pure maple syrup
- 2 tablespoons molasses
- $\frac{1}{2}$ cup unsweetened applesauce– may substitute plain or vanilla yogurt
- 2 large eggs
- 1 $\frac{1}{4}$ cups dairy or unsweetened non-dairy milk of choice
- $\frac{1}{4}$ cup melted butter or coconut oil
- 1 teaspoon pure vanilla extract
- 1 cup finely diced pear plus a few slices for topping (1-2 pears)
- $\frac{1}{3}$ cup chopped pecans, toasted, divided

Directions:

1. Preheat the oven to 375°. Mist a 9x9 or 8x8 baking dish with nonstick cooking spray.
2. In a bowl, combine the oats, cinnamon, ginger, nutmeg, baking powder, salt, maple syrup, molasses, applesauce, eggs, milk, melted butter, and vanilla. Stir until combined.
3. Fold in the diced pear and $\frac{1}{4}$ cup of the toasted pecans.
4. Transfer batter to the prepared dish. Top with a few pear slices and remaining toasted pecans.
5. Bake until the center is set, 30-35 minutes.
6. Remove from oven and let sit for 10 minutes before serving.
Top servings with yogurt, maple syrup, toasted pecans, and or ground cinnamon, as desired.

Nutrition Information

Serving Size: 1/9 of recipe

Calories: 273 Carbohydrate: 35 g (Fiber: 5 g Sugar: 12g) Protein: 7 g

Note: Recipe from Real Food Dietitians at therealfooddietitians.com.

HamiltonHealth.com/diabetes
706.278.1622