

# NEWSLETTER



**DATE August 2025**

Written By: [Digestion and Diabetes](#) | [Diabetes](#) | [CDC](#)

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## Digestion and Diabetes

### What is Gastroparesis

The delayed or slowing stomach emptying is Gastroparesis

A video providing more details on Gastroparesis can be found below:

<https://aboutgastroparesis.org/what-is-gastroparesis/>

Without stomach issues, the stomach will empty its contents in a controlled manner and move into the Small Intestine. Some of the symptoms of gastroparesis for diabetics is nausea, heartburn, poor appetite or bloating. If you are diabetic and are having any of these symptoms please do not ignore them. High blood sugar can be a leading factor to develop gastroparesis, which is a condition where your stomach doesn't empty properly.

This is different than pyloric stenosis where there is a blockage or obstruction that prevents food from going through the system.

Diabetes can destroy the nerves in the stomach and slow or stop digestion. This means, instead of your stomach muscles tightening to push food through these muscles either slow down or stop working altogether.

Gastroparesis causes additional concerns in that because of the slow digestion it becomes difficult to know how to adjust a person's insulin to match their production/sugar intake. The disease can also cause issues with malnutrition even when a person is eating since it becomes difficult for the person to absorb the food they eat.

Feeling stuffed, bloated, or even discomfort after a large meal is a normal feeling.

It is not normal when you have that same feeling after eating a small meal. This can occur as soon as you start eating or afterwards.

Unfortunately, there is no cure for Gastroparesis. We can only help manage the symptoms.

The following are some tips to help manage the symptoms:

1. Manage your blood sugar levels
2. Eat frequent, small meals that are low in fat and fiber.  
Fat, fiber, and large meals can delay stomach emptying and make symptoms worse.
3. Drink plenty of water.
4. Check with your doctor and pharmacist before taking any over-the-counter medicines or dietary supplements.
5. Limit or avoid alcohol
6. If you smoke, quit as soon as you can
7. Be physically active



Diet for Gastroparesis

<https://iffgd.org/resources/video-library/diet-for-gastroparesis/>

Resources:

[Digestion and Diabetes | Diabetes | CDC](#); retrieved August 7<sup>th</sup>, Article written May 15, 2024

[National Center for Chronic Disease Prevention and Health Promotion; Diabetes](#) (Content Source)

<https://aboutgastroparesis.org/what-is-gastroparesis/>, retrieved; August 7<sup>th</sup>, International Foundation for Gastrointestinal Disorders;

<https://iffgd.org/>; retrieved August 7<sup>th</sup>; Gastroparesis Awareness Month

<https://iffgd.org/resources/video-library/>



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Read More on our website: [QPICSA.com](http://QPICSA.com)  
210.920.9301 for Help finding an in network provider

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#### Digestive Health Resources


- Gut Talk: <https://podcasts.apple.com/us/podcast/gut-talk/id1464033404>
- The Gut Health Podcast: <https://podcasts.apple.com/us/podcast/the-gut-health-podcast/id1725647541>

**OSHI HEALTH**

## Fed up with digestive issues?

Find lasting relief with Oshi Health, a virtual digestive care program – in-network with Aetna® and many other health plans.

Visit [oshihealth.com/qpic](https://oshihealth.com/qpic)




## The Oshi Health difference

**Leading digestive health experts**  
GI-specialized providers and clinically-proven results

**A team approach**  
A multidisciplinary care team, working together for you

**Care when you need it**  
Visits within 2 days, including nights and weekends

To get started, scan the QR code or visit:  
[oshihealth.com/qpic](https://oshihealth.com/qpic)



In Network  
Primary Care  
Assistance:  
210.920.9301

Read More on our website:  
[QPICSA.com](https://QPICSA.com)

## What Can I do WHEN I AM Sick or have Health Concerns?

POWERED BY **aetna**

**QPIC** Quality Partners in Care

A healthcare partnership between  
**HEALTH TEXAS** and **BAPTIST HEALTH SYSTEM**



#### Urgent care

Save time and money when an ER is not necessary



#### Same Day Sick Appointments

Over 30 locations  
210-572-8890



#### 24-HOUR NURSE LINE

Save time, money, and a trip to the doctor  
800-556-1555



#### Telehealth Visit

- **Teladoc:**
  - 855-835-2362
  - [member.teladoc.com/aetna](https://member.teladoc.com/aetna)
- **RediMD:**
  - 866-989-2873
  - [Redimd.com](https://Redimd.com)
- **CVS Virtual Care:**
  - 1-877-993-4321
  - [CVS.com/minuteclinic/virtual-care](https://CVS.com/minuteclinic/virtual-care)

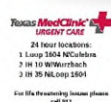


#### Walk-in services & open on weekends for minor injuries

Offering physical therapy, occupational therapy, and speech therapy to aid in recovery and rehabilitation.

Some common illnesses and injuries include sprains, urinary tract infections (UTI), the flu, allergies or asthma, ear infections, sore throats, stomach aches, and fever or headaches.

## In Network Urgent Care Facilities



# Healthy Recipe

## Baked Omelet Muffin

Recipe by: Digestive Care Center

### Ingredients:

- 3 whole eggs
- 6 egg whites
- Salt and pepper to taste
- 1 tsp oregano
- Mix-ins as desired:
  - 2 cups baby spinach
  - ½ cup chopped mushrooms
  - ½ cup diced red onion
  - ¼ cup part skim mozzarella



### Directions:

1. Preheat oven to 350 degrees.
2. Spray muffin pan with cooking spray.
3. Beat 3 eggs and 6 egg whites in a small bowl and season with salt and pepper and 1 tsp oregano.
4. Chop and prep all mix-ins of your choice
5. Fill bottom of muffin pan about 1/3<sup>rd</sup> of each individual tin with mix-ins
6. Fill the tin with the eggs
7. They will puff up a little so leave a tiny bit of space at the top
8. Slightly stir each mixture and top with 1 tbsp. cheese.
9. Bake for 18-20 minutes or until eggs are set and lightly golden brown on top

### Notes:

- Refrigerate covered up to 5 days
- Reheat for 15 seconds in the microwave
- Eat them as they are or try 1 of them between a whole wheat mini bagel or stuff 2 into a whole wheat pita to get more fiber

: [https://youtu.be/ohuc\\_gipwsg?si=xH9N4gUTBC9jo7Ss](https://youtu.be/ohuc_gipwsg?si=xH9N4gUTBC9jo7Ss)

### Nutritional Information:

1 serving: 2 Omelets | Calories: 165kcal | Carbohydrates: 2.5g | Protein: 14g | Saturated Fat: 4.5g | Cholesterol 289mg | Sodium 267 mg

Reference: Reference: <https://dccevv.com/nutrition/recipes/baked-omelet-muffins/>, retrieved August 5<sup>th</sup>, 2025

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