

# DIABETIC MONTHLY

April 9, 2012

Volume 5  
Issue 3



## April Support Group - Importance of Exercise!

by Kristy Segó RN

I would like to thank Melissa Argyl, RD for teaching support group in March. Everyone in attendance learned about the importance of good nutrition - when to eat, what to eat, and how much to eat. This was a great reminder of the importance of being consistent in the timing and portions of meals and snacks in order to have better glucose control. Thank you Melissa!

Spring is a great time to begin an exercise program and enjoy the outdoors. Exercise is key to controlling blood sugars, maintaining proper weight, losing weight, and feeling good. I would like to invite everyone to support group this month. Come and learn: 1. What your personal Body Mass Index (BMI) number is. 2. What your weight should be (normal BMI range.) 3. What your optimal resting and Target Heart Rate during exercise should be. 4. What types of exercise/activity is needed to improve your blood sugars and overall health. 5. Precautions to take to prevent hypoglycemia during and after exercise. 6. Dangers of exercising when blood sugar is  $>250$ . 7. And most importantly, how to start an exercise program TODAY!!

Studies have proven that low muscle mass is associated with increased insulin resistance in both obese and normal-weight people. In people under age 60, low muscle mass is also linked to high blood glucose levels. To help you know how to get started, we will demonstrate exact exercises that can be done in the privacy of your own home, outside, or at a local gym. PLEASE JOIN US THIS MONTH AT SUPPORT GROUP... YOUR BODY WILL BE GLAD YOU DID!!! As always, support group is **free** of charge and **everyone** is welcome to attend so please bring your family and friends!

### Support Group Schedule

**Gunnison Support Group**  
Gunnison Homecare Building at 45 East  
100 North Gunnison, UT.  
**April 17, 2012 from 3:00 - 4:00 pm**

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# 10 tips

Nutrition  
Education Series

# focus on fruits

## 10 tips to help you eat more fruits



**Eating fruit provides health benefits.** People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

**1 keep visible reminders**  
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



**2 think about taste**  
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



**3 think about variety**  
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

**4 don't forget the fiber**  
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



**5 be a good role model**  
Set a good example for children by eating fruit every day with meals or as snacks.

**6 include fruit at breakfast**  
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



**7 try fruit at lunch**  
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

**8 experiment with fruit at dinner, too**  
At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

**9 snack on fruits**  
Dried fruits make great snacks. They are easy to carry and store well.



**10 keep fruits safe**  
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



## MU Study Links Inactivity with Risk Factors for Type 2 Diabetes

COLUMBIA, Mo. – 79 million American adults have prediabetes and will likely develop diabetes later in life, according to the Centers for Disease Control and Prevention. As the number of people diagnosed with diabetes continues to grow, researchers are focusing on discovering why the prevalence of the disease is increasing. [John Thyfault](#), an assistant professor in MU's departments of [Nutrition and Exercise Physiology](#) and [Internal Medicine](#), has found that **ceasing regular physical activity impairs glycemic control (control of blood sugar levels), suggesting that inactivity may play a key role in the development of type 2 diabetes.**

John Thyfault found that physical inactivity disrupts control of blood sugar levels and plays a key role in the development of type 2 diabetes.

“We now have evidence that physical activity is an important part of the daily maintenance of glucose levels,” Thyfault said. “Even in the short term, reducing daily activity and ceasing regular exercise causes acute changes in the body associated with diabetes that can occur before weight gain and the development of obesity.”

Thyfault studied the relationship between low levels of physical activity and elevated levels of postprandial glucose (PPG), or the spikes in blood sugar that occur after a meal. PPG is a risk factor for the development of type 2 diabetes and has been associated with increased incidences of cardiovascular disease and death. Thyfault found that when healthy individuals reduced their physical activity by about half for three days, their PPG responses to meals doubled.

“A single bout of moderate exercise can improve the way the body maintains glucose homeostasis (blood glucose regulation) and reduce PPG, but becoming inactive for a short period of time quickly disrupts glucose homeostasis,” Thyfault said. “This study shows that physical activity directly impacts health issues that are preventable.”

In the study, Thyfault monitored the activity levels and diets of healthy and moderately active young adults. Participants then reduced their physical activity by 50 percent for three days while replicating the diet they consumed when they were active. Continuous glucose monitors worn by the subjects during the period of inactivity revealed significantly increased levels of PPG. Spikes in blood glucose after meals can indicate increased risks for type 2 diabetes and cardiovascular disease.

“It is recommended that people take about 10,000 steps each day,” Thyfault said. “Recent evidence shows that most Americans are only taking about half of that, or 5,000 steps a day. This chronic inactivity leads to impaired glucose control and increases the risk of developing diabetes.”

The study, “Lowering Physical Activity Impairs Glycemic Control in Healthy Volunteers,” was funded by the University of Missouri Institute for Clinical and Translational Sciences, the MU Research Council and the National Institutes of Health (NIH). The Department of Nutrition and Exercise Physiology is jointly administered by [MU's College of Agriculture, Food and Natural Resources](#), [College of Human Environmental Sciences](#) and [School of Medicine](#). Thyfault has a joint appointment in the Department of Internal Medicine in the School of Medicine.



## Medicare Benefit Coverage Changes for Testing Strips!

### Maximum Testing Supplies

Non-Insulin Dependent - 1 time per day

Insulin Dependent - 3 times per day

\*Medicare will reconsider increasing test strips for **Insulin Dependent testers** only if the patient provides the necessary documentation:

1. Blood Glucose Log - a minimum of 30 consecutive days of testing results, every 6 months.
2. Physician Prescriber Notes - Notes detailing the patient's need to test more frequently than the allowable, provided every six months. Notes must include: date of last visit, diagnosis code, insulin status, MD narrative, and treatment times.

This documentation is required to be provided by any supplier dispensing diabetes testing supplies under Medicare benefits - including pharmacy and retail locations.

**\*\*If you are not on insulin please do not ask your doctor for orders for more test strips - Medicare will not cover these even with a doctors order and the above documentation. I have spoken to several Pharmacists and Drug reps. who have all been unsuccessful with appeals for non-insulin users.**

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