

# Diabetic Monthly

April, 2014

Gunnison Valley Diabetes Self-Management Education Program  
45 East 100 North Gunnison, Utah 84634

## April Support Groups: Carbohydrates

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Thank you to all of you who attended last months support groups. I hope you all enjoyed my lesson on carbohydrates. I think it is a big eye opener when we start looking at the serving sizes and grams of carbs.

This months support groups will be taught by Dr. Embley in Gunnison and Jason Okerlund in Monroe. Please take note of the time change for the Gunnison support group.

I encourage you to bring your family and friends with you, as they can be a great support to you if they have a better understanding of diabetes. These support groups are free of charge and everyone is welcome to attend.

## Support Group Schedules

### Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

April 15, 2014 from 4:00 – 5:00 pm

### Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

April 22, 2014 from 1100-1200 pm

## Can Diabetes Pills Help Me?

Taken from diabetes.org

Only people with type 2 diabetes can use pills to manage their diabetes, people with type 1 diabetes must use insulin.

These pills work best when used with meal planning and exercise. This way you have three therapies working together to lower your blood glucose levels.

Diabetes pills don't work for everyone. Although most people find that their blood glucose levels go down when they begin taking pills, their blood glucose levels may not go near the normal range.

### Will They Help?

What are the chances that diabetes pills will work for you? Your chances are low if you have had diabetes for more than 10 years or already take more than 20 units of insulin each day. On the other hand, your chances are good if you developed diabetes recently or have needed little or no insulin to keep your blood glucose levels near normal.

Diabetes pills sometimes stop working after a few months or years. The cause is often unknown. This doesn't mean your diabetes is worse. When this happens, oral combination therapy can help.

Even if diabetes pills do bring your blood glucose levels near the normal range, you may still need to take insulin if you have a severe infection or need surgery. Pills may not be able to control blood glucose levels during these stressful times when blood glucose levels shoot up.

Also, if you plan to become pregnant, you will need to control your diabetes with diet and exercise or with insulin. It is not safe for pregnant women to take oral diabetes medications.

There is no "best" pill or treatment for type 2 diabetes. You may need to try more than one type of pill, combination of pills, or pills plus insulin.

## My Medicine Tracker

My Medicine Tracker is a free medication monitoring service for patients brought to you by the American Diabetes Association.

It allows you to: Track and print a list of all your medications, both prescription and over the counter. View safety information regarding side effects and when combining medications may not be advisable. Receive email alerts and updates on important safety information about medications. Interact with others to share experiences with medications

### Insulin Basics

Taken from diabetes.org

- There are different types of insulin depending on how quickly they work, when they peak, and how long they last.
- Insulin is available in different strengths; the most common is U-100.
- All insulin available in the United States is manufactured in a laboratory, but animal insulin can still be imported for personal use.

Inside the pancreas, beta cells make the hormone insulin. With each meal, beta cells release insulin to help the body use or store the blood glucose it gets from food.

In people with **type 1 diabetes**, the pancreas no longer makes insulin. The beta cells have been destroyed and they need insulin shots to use glucose from meals.

People with **type 2 diabetes** make insulin, but their bodies don't respond well to it. Some people with type 2 diabetes need diabetes pills or insulin shots to help their bodies use glucose for energy.

Insulin cannot be taken as a pill because it would be broken down during digestion just like the protein in food. It must be injected into the fat under your skin for it to get into your blood.

### Types of Insulin

- **Rapid-acting insulin**, begins to work about 15 minutes after injection, peaks in about 1 hour, and continues to work for 2 to 4 hours. *Types: Insulin glulisine (Apidra), insulin lispro (Humalog), and insulin aspart (NovoLog)*
- **Regular or Short-acting insulin** usually reaches the bloodstream within 30 minutes after injection, peaks anywhere from 2 to 3 hours after injection, and is effective for approximately 3 to 6 hours. *Types: Humulin R, Novolin R*
- **Intermediate-acting insulin** generally reaches the bloodstream about 2 to 4 hours after injection, peaks 4 to 12 hours later, and is effective for about 12 to 18 hours. *Types: NPH (Humulin N, Novolin N)*
- **Long-acting insulin** reaches the bloodstream several hours after injection and tends to lower glucose levels fairly evenly over a 24-hour period. *Types: Insulin detemir (Levemir) and insulin glargine (Lantus)*

Premixed insulin can be helpful for people who have trouble drawing up insulin out of two bottles and reading the correct directions and dosages. It is also useful for those who

have poor eyesight or dexterity and is convenient for people whose diabetes has been stabilized on this combination.

### **Characteristics of Insulin**

Insulin has 3 characteristics:

- **Onset** is the length of time before insulin reaches the bloodstream and begins lowering blood glucose.
- **Peak-time** is the time during which insulin is at maximum strength in terms of lowering blood glucose.
- **Duration** is how long insulin continues to lower blood glucose.

### **Insulin Strength**

All insulin come dissolved or suspended in liquids. The standard and most commonly used strength in the United States today is U-100, which means it has 100 units of insulin per milliliter of fluid, though U-500 insulin is available for patients who are extremely insulin resistant.

U-40, which has 40 units of insulin per milliliter of fluid, has generally been phased out around the world, but it is possible that it could still be found in some places (and U-40 insulin is still used in veterinary care).

If you're traveling outside of the U.S., be certain to match your insulin strength with the correct size syringe

### **Insulin Additives**

All insulin's have added ingredients. These prevent bacteria from growing and help maintain a neutral balance between acids and bases. In addition, intermediate and long-acting insulin's also contain ingredients that prolong their actions. In some rare cases, the additives can bring on an allergic reaction.

## SUMMER STACKED VEGETABLE SALAD

### Ingredients

3 medium yellow or green zucchini  
Kosher salt  
4 medium carrots  
1/2 small red onion  
1 - 2 cups torn leaf lettuce  
3 tablespoons lemon juice  
1/4 cup olive oil or canola oil  
2 tablespoons snipped fresh dill  
Freshly ground black pepper (optional)



### Directions

1. With a vegetable [peeler](#) or mandoline shave zucchini in thin strips. Salt lightly, then transfer to [colander](#) to drain, about 15 minutes. Meanwhile, shave carrots in strips and thinly slice onion.
2. Rinse zucchini and drain in colander. To assemble salad, in a 2-quart square dish layer one-third each of zucchini, lettuce carrots, and onion. For dressing, in a glass [measuring cup](#) whisk together lemon juice and [oil](#). Drizzle some of the dressing on layered [vegetables](#). Repeat layering and dressing twice. Cover and refridgerate 1 hour or up to 12 hours before serving.
3. To serve, sprinkle salad with fresh dill and pepper. Cut salad in rectangles with a sharp knife; lift out with a spatula.

### Nutrition information

Per Serving: cal. (kcal) 117, Fat, total (g) 9, chol. (mg) 0, sat. fat (g) 1, carb. (g) 8, Monosaturated fat (g) 7, Polyunsaturated fat (g) 1, Trans fatty acid (g) 0, fiber (g) 2, sugar (g) 5, pro. (g) 2, vit. A (IU) 7240, vit. C (mg) 24, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 1, Pyridoxine (Vit. B6) (mg) 0, Folate (µg) 36, Cobalamin (Vit. B12) (µg) 0, sodium (mg) 202, Potassium (mg) 411, calcium (mg) 30, iron (mg) 1, Percent Daily Values are based on a 2,000 calorie diet

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