

# Diabetic Monthly

August 11, 2009  
Volume 2 Issue 8

Gunnison Valley Homecare, 45 East 100 North, Gunnison, Utah 84634  
View Online at [www.gvhomecare.org](http://www.gvhomecare.org)

## Diabetic Medications.. Focus for August Support Groups

*By Angie Merchant, RN*

Do you ever wonder why you take certain medications? Or why you must take insulin when a friend only needs pills? The fact is, there are thousands of questions about Diabetic Medications that come up everyday. The August Support Groups are designed to answer those questions for you. As questions arise, write them down. Bring them with you to support group. The Gunnison Support Group will have a guest speaker to teach the class. The speaker will be Bill Tucker, Registered Pharmacist. The Monroe Support Group will be taught by Angie Merchant, RN, Diabetic Educator. Both classes will strive to teach you about Diabetic Medications like: How they work, their duration of action, the usual routes, the usual directions, and how/why they sometimes vary. It is important for you to be as well informed about all aspects of your treatment as possible.

Everyone is welcome to attend one or both of the support groups. The groups are **FREE** of charge. This is an excellent opportunity to learn about diabetes, and to socialize with others who may be facing the same challenges you are. I look forward to seeing each one of you at the support groups each month. Please let me know if I can help you in anyway.

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## Gunnison Support Group

Gunnison Valley Homecare  
45 East 100 North Gunnison, Utah  
**August 18, 2009 at 3:00-4:00pm**

## Monroe Support Group

South Sevier Senior Citizens Center  
140 West 100 South Monroe, Utah  
**August 25, 2009 at 11:00am-12:00pm**

## Blood Test for Neuropathy

*Diabetes Health, Aug.-Sept.2009: pg 33*

Researchers at Wayne State University and the University of Michigan have found that a common blood test for triglycerides may allow doctors to predict which patients with diabetes are more likely to develop neuropathy.

The researchers looked at data from 427 people with diabetes who had already developed neuropathy, an inflammatory condition in which nerves in the limbs become damaged or even deadened. Its most common symptoms are tingling, numbness, and pain.

Tracking the group over a year, they found that patients with elevated levels of triglycerides were “significantly more likely” to develop further nerve fiber loss. In addition to discovering this valuable new diagnostic tool, the researchers found that levels of blood glucose and other fats in the bloodstream were not good predictors of deepening neuropathy.

Produced by the liver, triglycerides are a combination of fat and glycerol that is used as an energy reserve. The body stores most triglycerides in adipose tissue (fat) and circulates others in the bloodstream as a readily available energy source. Too many triglycerides in the bloodstream is a known risk factor for cardiovascular problems, such as high blood pressure and the blockage or deterioration of blood vessels.

Scientists increasingly see a close link between cardiovascular disease and diabetes- most of the deaths attributed to diabetes are from cardiovascular events. The Michigan research into triglycerides establishes progressive neuropathy as a significant new predictor of cardiovascular problems.

Fortunately, the same therapies that doctors apply to diabetes can work to lower triglycerides: Avoidance of certain fats (such as saturated) and participation in regular exercise.

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*“patients with elevated levels of triglycerides were significantly more likely to develop further nerve fiber loss.”*

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## Continuous Glucose Monitors - The Hope of the Future

Continuous Glucose Monitors are rapidly changing the world of those with diabetes. As insurance companies ease the restrictions and more patients are given the opportunity to monitor trends rather than isolated numbers, the burden diabetes places on individuals lightens. According to Steve Edelman, MD, founder of **Taking Control of Your Diabetes** and Professor of Medicine at the University of California, many factors influence blood glucose levels. Continuous Glucose Monitors are helping individuals figure out if their blood glucose is rising or dropping, limiting the amount of time someone stays in the hypo or hyperglycemia range - eliminating the roller coaster ride.

*This test is now available at Gunnison Valley Homecare by calling (435)528-3955 or (800)324-1801 (Ask for Angie). We will help you contact your physician and insurance company.*

## Quick tips for Being Active

By Accu-Check Healthy Habits

### Are you physically active?

You are probably more active than you realize. Yard work, housecleaning, climbing stairs or any other physical activity that you enjoy qualifies.

### When you're physically active, you:

- Increase your strength, endurance and flexibility
- Burn extra calories
- Raise your metabolism
- May lose weight
- Improve your cholesterol
- Improve your blood sugar
- Help your body use insulin better
- Feel Better!!!

### Finding the time:

Try to be physically active 5-7 days a week. The length of your activity session should depend on your fitness level. If you can't find a regular block of time, try several 10 - minute sessions.

If you have Type 1 diabetes, your fasting sugar level is above 250mg/dl, and you have ketones in your urine, **do not** exercise.

### How can you stay motivated?

One of the best ways to stay motivated is to set realistic goals, and then REWARD yourself when you meet them. Remember that physical activity doesn't have to be routine or dull - try a variety of activities. If you don't enjoy exercising alone, explore other options, such as exercising with a partner, participating in a sports team or joining a dance class.

### Tips for staying healthy and staying fit:

- Always carry some form of fast-acting carbohydrate during exercise to treat possible low blood sugar.
- Wear a medical identification tag to alert caregivers if you are injured.
- Wear comfortable shoes and cotton socks.
- Walk instead of drive, when possible.
- Take stairs instead of elevators.
- Do yard work and housecleaning every day.



*Help Yourself Feel Better !!!*

*You can do this.*



## Recipe of the Month... Sugar Free Strawberry Jam

“My husband has been diabetic for almost 20 years and is very careful about what he eats,” explains Rita Christ of Wauwatosa, Wisconsin. “He was tired of eating the flavorless jams and jellies for diabetics in the grocery store, so I came up with this recipe. With its fresh flavor, it makes a nice gift.”

### Ingredients:

- ¾ cup diet lemon-lime soda
- 1 package (.3 ounce) sugar-free strawberry- flavored gelatin.
- 1 cup mashed fresh or unsweetened frozen strawberries
- 1-½ teaspoons lemon juice

### Instructions:

In a saucepan, bring soda to a boil. Remove from the heat; stir in gelatin until dissolved. Stir in strawberries and lemon juice. Pour into jars or plastic containers, cover and refrigerate up to 3 weeks. Do not freeze. **Yield:** 1-3/4cups

**Diabetic Exchanges:** One serving= 1 Tablespoon

Calories: 4

Sodium: 9 grams

Cholesterol: 0

Carbohydrate: 1 gram

Protein and Fat: Trace of each.

## Tip of the Month... For all you travelers out there.

**Question:** Why does my blood glucose read lower on my glucose meter when I travel from Miami (sea level) to Albuquerque (5,000 foot elevation)?

**Answer:** Most blood glucose meters use a chemical reaction that requires oxygen from the air to measure your blood glucose. At high altitudes, there is less oxygen in the air, which causes the results to be lower. Thus, the results you get may be affected by altitude. You should read the instructions that came with your meter and also read the package insert in the strips. You may also call the toll-free 800 number given in your package insert, or write to the company that makes your meter to find out whether its readings are affected by altitude.

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