

# DIABETIC MONTHLY

Aug. 10, 2012



## August Support Groups - Taking Medications

by Kristy Sego RN, DE

This month's Diabetic Support Group will focus on "Taking Medications." There are 8 important things you should know about your diabetes medications: 1. The name of your medication. 2. The dose you should take. 3. The time you should take your meds. 4. The side effects that may occur. 5. If your medication can cause low blood glucose so that you can be prepared. 6. Instructions for a missed dose. 7. The best time to check your blood glucose, and 8. If you need to avoid any other medicines, food or drink with your medications. These questions will be answered in August's Support Group.

The Gunnison Support Group will be taught by **Bill Tucker, Registered Pharmacist**, and the Monroe Support Group will be taught by **Raelynn Christensen, RN, DE**. Write down any questions you can think of and bring them with you to support group. Even if you don't take medications to control your diabetes, these classes will be very educational. We want these support groups to be as helpful as possible!

I would like to thank everyone who attended the Diabetic Health Fair in July! It was a lot of fun, and a big success! A big **THANK YOU** to our presenters: Janette Kirkham RN, DE, Dr. J. Robison from the Eye Center of Ephraim, and Dr. Savage from Aspen Foot & Ankle. Next year we will make sure to have lots of help at the beginning of the fair - I apologize to those who had to wait for lab work but I'm thrilled so many were able to attend. I look forward to seeing you at Support Group.

### **Gunnison Support Group**

Homecare Building 45 East 100 North  
**Aug. 21, 2012 3-4 pm**

### **Monroe Support Group**

So. Sevier Senior Center 140 West 100 South  
**Aug. 28, 2012 11:00 - 12:00 pm**

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# How Much Food from the Dairy Group Is Needed Daily?

The amount of food from the Dairy Group you need to eat depends on age. Recommended daily amounts are shown in the chart below.

Daily recommendation		
<b>Children</b>	2-3 years old	2 cups
	4-8 years old	2 ½ cups
<b>Girls</b>	9-13 years old	3 cups
	14-18 years old	3 cups
<b>Boys</b>	9-13 years old	3 cups
	14-18 years old	3 cups
<b>Women</b>	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups
<b>Men</b>	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups



## Key Consumer Message

*Switch to fat-free or low-fat (1%) milk.*

*ChooseMyPlate.gov*

## Dairy Tips:

- Each 1 cup serving of milk or 2/3 cup serving of yogurt has about 12 grams of carbohydrate and 8 grams of protein.
- If you are trying to switch to lower fat dairy products, take the time to get used to the taste and texture difference. For example, first change from whole milk to 2%. Then to 1% or non-fat milk.
- Switching from whole to 1% milk will save you 70 calories and 4 grams of saturated fat in every serving!

## Can Diabetes Pills Help Me?

Only people with type 2 diabetes can use pills to manage their diabetes. 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.

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.



Ralph soon encountered one of the undocumented safety hazards of Ed's blood glucose testing.



"Ohh, everything looks so good!"

# Peach Smoothie



**Servings:** 2

**Prep time:** 6 minutes

**Total:** 6 minutes

## Ingredients

- 1 medium fresh peach, peeled, pitted, and chopped
- ½ cup skim milk
- 1 4-ounce carton non-fat vanilla yogurt
- 1 cup ice cubes
- ground cinnamon (to taste)

## Directions

1. Place the peach, milk, yogurt, and ice in a blender. Blend until smooth. Turn off machine and scrape down the sides of the blender with a rubber spatula. Blend again.
2. Pour the mixture into 2 glasses and sprinkle each with a little cinnamon. Serve at once. (You can garnish with strawberries, if you want to be fancy with this refreshing drink.)

## Nutrition Information

**Per serving:** 101 calories (0% calories from fat), 5 g protein, 0 total fat (0 saturated fat), 1 g dietary fiber, 3 mg cholesterol, 65 mg sodium

**Diabetic exchanges:** 1 1/2 carbohydrate (1/2 fruit, 1 skim milk)

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