

Diabetic Monthly

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

Merry Christmas and Happy New Year!!!

I want to wish each of you a wonderful holiday season and briefly introduce myself. My name is Kristy Segó, I have been a nurse since 1987 and for the past 5 years have been working for Gunnison Home Health and Hospice. Starting in January 2012, I will be helping with the Diabetic program as a Diabetic Educator. I am very excited to have this opportunity and look forward to getting to know each of you.

Although new to this position, I am not new to diabetes. I was diagnosed with type 2 diabetes about 6 years ago. My father has had diabetes for as long as I can remember, one brother has type 2 and my sister had gestational diabetes. I have seen the complications and devastating effects of poor glucose control.

I know however that it is possible to live a healthy, active lifestyle with diabetes. These are exciting times, with so many wonderful resources available to help make managing our diabetes so much easier.

Studies such as the Diabetes Control and Complications Trial (DCCT) have demonstrated convincingly that blood glucose control significantly affects the development of complications in individuals with either type 1 or type 2 diabetes. The studies also show that any improvement in glucose control has the effect of slowing both the development and the progression of complications.

In our monthly Support Groups we will have a lot of fun as well as learn a lot. The focus will be on education and teaching how to develop healthy habits so you can be effective in managing your diabetes and preventing complications. I hope to be a part of your health care team by providing you the necessary tools and motivation to become successful.

Now is a great time to let me know of any suggestions you may have for Support Group topics for next year. Just give me a call, write a short note, or stop by the office if you're in the area. My cell number is 435-979-3642. Have a Merry Christmas and Happy New Year!

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Sincerely,
Kristy Segó RN



Support Group Information

The month of December is such a busy time that we aren't going to have Diabetic Support Group this month. We want you to have all the time you need with your families and enjoy this special season.

January Support Group will be the reduced cost A1C tests. The tests only cost \$5.00, which is an amazing price. We will meet in Gunnison Valley Home Care building located at 45 East 100 North in Gunnison, Tuesday January 17th from 3:00 to 5:00 pm. You can come any time. I would also like to meet briefly with each one of you to get a little history and review your diabetic care plan. I will send out more information in January regarding this Support Group as well as details for the Monroe Support Group.

Remember that **EVERYONE** is invited to attend and it's **FREE**. Those that have never been diagnosed with diabetes can benefit. Most people have diabetes for months or years before they are diagnosed, so feel free to bring your family and friends.

Next Support Group - A1C Testing!

January 17, 2012 at 3:00 - 5:00 pm

At

Gunnison Valley Homecare

45 East 100 North

Gunnison, Ut. 84634

*"You can't escape the
responsibility of
tomorrow by evading it
today."*

Abraham Lincoln

Tip of the Month

Question:

I have noticed an increase in “The Winter Blues” since I was diagnosed with Type II diabetes about 5 years ago. My friends tell me that exercise will help. Can exercise really help with the winter blues?

Answer:

The answer is **YES!! Physical activity can help chase away the winter blues!** Exercise benefits people with diabetes by improving the body’s sensitivity to insulin, whether it is produced by the pancreas or injected. Numerous studies confirm what runners have long maintained: that vigorous exercise makes you feel better. Even if you never work out long or hard enough to get that “runners high,” moderate physical activity is likely to leave you feeling more energetic and content. Good exercise choices may include fast walking or jogging, bicycling, aerobics, or vigorous yoga. For some people, making exercise a social activity by doing it with a partner or attending a class may lead to an even greater mood-lifting benefit.

Researchers have found that exercise is as effective as medication in relieving depression. Exercise triggers the release of the energizing hormones norepinephrine and epinephrine (also called adrenaline) and the mood-enhancing chemicals serotonin and endorphins. Regular exercise also improves blood circulation and stimulates the growth of nerve cells in brain regions responsible for mood regulation.

It’s best to start exercising before you’ve fallen into a wintertime slump. If you’re currently physically inactive, see a doctor first to see if there are any precautions you may need to take to exercise safely. Check your blood glucose before, during (at least at first,) and after exercise, and make any necessary adjustments to exercises to accommodate your fitness level - for example, simplify aerobics moves or alternate jogging and walking as needed. Consult your doctor if you have any concerns about starting or intensifying your exercise regimen.

(Diabetes Self-Management Nov./Dex. 2011, Lynne Spevacj, LCSW)



"Jim was diagnosed with diabetes, and his doctor says he needs to keep active, so I hide his TV remote three times a week."

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****Do Not Exercise if your blood glucose is 70 mg/dl or less or 250 mg/dl or greater.**

****For some people, chasing away the winter blues is as simple as spending more time outdoors!**

Recipe of the Month... Easy Pumpkin Pie Snack Cake

Pumpkin is a wonderful source of Vitamin A. Be sure to include this nutritious vegetable in desserts throughout the year, not just during the holidays. (Great alternative to Pumpkin pie.)

Ingredients:

- 9 oz. box white cake mix
- ½ cup water
- 1 egg white
- 2 tsp ground cinnamon
- ½ of a 15 - oz solid pumpkin (about 1 cup)

Exchanges: 2 Carbohydrate

Calories: 144

Calories from fat: 26g

Total Fat: 3g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 221 mg

Total Carbohydrate: 28 g

Dietary Fiber: 1 g

Sugars: 15 g

Protein: 2 g

Directions:

Preheat oven to 350° F. Coat an 8-inch square baking pan with nonstick cooking spray. Add the cake mix, water, egg white and cinnamon to a medium bowl. Using an electric mixer beat according to package directions. Add the pumpkin and stir until well blended. Pour the batter into the pan and bake 20 minutes or until a wooden toothpick comes out clean. Place the pan on a wire rack to cool completely. Enjoy!

Thought of the Month:

“You give but little when you give of your possessions. It is when you give of yourself that you truly give.” Kahlil Gibran

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