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# Diabetic Monthly

February 10, 2009  
Volume 2 Issue 2

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## What is Diabetes?

### INSIDE THIS ISSUE

- 1 Upcoming support group
- 1 Diabetes EXPO information
- 2 Relapse prevention
- 3 Continue relapse prevention
- 4 Tip of the Month and Recipe of the Month
- 5 Diabetes EXPO flyer and information sheet

Have you ever wondered, “What is Diabetes? What causes my blood sugars to rise? What complications does it cause? How does Diabetes cause these complications?” In support group this month you will find out these answers and more. By looking at the cellular level, we will explore what is really happening in your body. Understanding this will in turn help you to make better choices in your everyday life. Which will improve your diabetic control. This information is really quite simple, but can often be overlooked.

Support groups are always FREE of charge and open to everyone. They are held once a month at the Gunnison Homecare office located at 45 East 100 North Gunnison, Utah. Classes last about an hour from 3:00 to 4:00 pm. They include a learning session, treats, and an opportunity to connect with others that are struggling with the same challenges you are.

### Upcoming Support Group classes include

February 17, 2009 at 3:00 - 4:00 pm... What is Diabetes?

March 3 , 2009 at 3:00 to 4:00 pm... Proper Eye Care by Dr. Cummins

## Salt Lake City Diabetes EXPO

The Salt Lake City Diabetes EXPO will be held February 28, 2009 at the South Towne EXPO Center. Join thousands of others at the largest diabetes expo event in the state. Learn how to thrive with diabetes with tips and demonstrations on how to eat healthier, be more active, monitor your blood glucose, take care of your feet and eyes, and much more. There will be FREE health screenings, diabetic consultants to answer questions, ADA resources, fun fitness demonstrations, educational workshops, and lots of free samples. For more information and directions, see the flyer at the end of this

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*“Additional problems are  
the offspring of poor  
solutions.”*

*Mark Twain*

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## Relapse Prevention

By: Richard R. Rubin, PhD, CDE

Let's face it: it's just plain easier to eat what you want and to not exercise or check your blood glucose regularly, than to do all the hard work involved in taking the best possible care of yourself.

Even when you are doing your very best and working very hard to control your diabetes, the temptation to give up or take a break is always there. At times, the temptation can just be too strong.

When you are in a situation where you are tempted to lapse there's often a battle going on inside of you. If you are feeling strong and confident you can overcome the temptation. But if you aren't feeling strong and confident you may give in or lapse. A lapse can shake your confidence and may cause a full blown relapse. It is important to know what triggers your lapses and how to avoid lapses and prevent relapse.

### WHAT TRIGGERS YOUR LAPSES?

What puts you at risk for a lapse or a slip from your diabetes management efforts? For most people the answer is specific situations that involve one or more of the following:

1. Internal Urges: telling yourself that you deserve that big dessert; that you are too tired to exercise or to check your blood glucose; that you just feel like relaxing or that you feel like celebrating with extra food.
2. Negative emotions: feeling angry, lonely, bored, sad, tired, or frustrated.
3. Something bad happened: an accident, health problem, or money worries.
4. Stress with another person: arguments or tension.
5. Social pressure: people encouraging you to eat things you shouldn't or to eat more than you should; people encouraging you to relax and not exercise; seeing other people eating or relaxing.

It's very important to recognize the specific feelings and situations that lead you to slip or lapse. That gives you a "map" that shows you the locations of the temptations and danger spots that could throw you off course.

The next step of course is to avoid as many of those temptations and pitfalls as possible, and to get yourself back on course whenever you do slip.

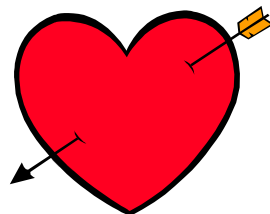


## How to avoid lapses and prevent relapse

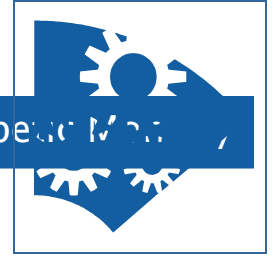
Some of the same things that will help you avoid lapses will also help protect you from relapses, if you do lapse. Here are some suggestions.

1. Avoid situations that trigger a lapse: Think about ways to manage situations that might cause you to lapse. If negative emotions trigger a lapse, what have you done in the past that helps you feel better and avoid a lapse? If social situations are a problem, what has helped you better cope with the temptations these situations pose for you?
2. Recognize the tricks your mind can play: Stop and listen to what you say to yourself when you are in danger of lapsing. Do you tell yourself things like: “I missed a couple of days of exercise this week, so this week is shot - I’ll just try to start again next week”? Or, “I’ve had a really rough day; I deserve that big dessert”? Or, “I know my glucose level is high so there’s no reason to check”? Thoughts like these are an early warning sign that you might slip. Do thoughts like this really make sense? For example, isn’t exercise always a good thing, even if you have missed a couple of days?
3. Remember, a lapse is not a relapse: If you lapse, keep calm and don’t beat yourself up; that will only make things worse and could trigger a full-blown relapse. A lapse is not a sign that you are weak or that you have failed. No one ever manages diabetes perfectly. In fact, a lapse can be a learning experience. Think about what led to the lapse and how you can protect yourself in the future if you are in the same situation. Think about what helped you get back on track the last time you lapsed. The lapses you learn from increase your chances of minimizing future lapses and avoiding a relapse.
4. Stay Strong: Staying strong and confident is the key to avoiding lapses and preventing full-blown relapses. So it’s important to do things that help you feel strong and confident. They include having **FUN**, changing your thinking, laughing, and relaxing. And don’t forget about the strength and confidence you can get from spending time with people who love and care about you. They can remind you what a good, capable person you are.
5. Keep your personal motivator in mind: Never forget your personal motivator - the reason you are working hard to manage your diabetes. Is your personal motivator being able to play with your grandchildren, or being able to keep doing other things you love to do? Keep that personal motivator in mind. It can help you stay strong when you face temptations and pitfalls that can lead to a lapse.
6. Don’t forget what you are doing right: Lapses are inevitable, but when people lapse they often start thinking they can’t do anything right. They may start telling themselves that they will never be able to manage their diabetes. That’s why it is important to take a realistic view of what you really have accomplished. Don’t forget what you are doing right. Just as no one does everything right when it comes to managing diabetes, everyone does something right. Keeping what you do right in mind can help you stay confident and protect you from a full-blown relapse.
7. Lapses are inevitable, but relapse is not: I hope that some of the tips in this column will make it easier for you to keep your lapses to a minimum and to avoid relapse altogether.

Article taken from Diabetes Wellness News. February 2009, vol15, Number2, pages1, 5.



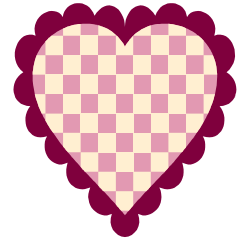
Happy Valentines Day !!!



## Tip of the month:

**Question:** Why should I work so hard to improve my blood glucose level?

**Answer:** Because you'll feel more energy and a greater sense of well being when your blood glucose enters the normal range. In addition, you'll delay or prevent problems with your eyes, kidneys, and nerves as your blood glucose improves. It's also likely that any problems with heart disease, strokes, and hardening of the arteries will be delayed by good blood glucose management. If you do not develop any diabetes complications, you'll live a longer, healthier life.



## Recipe of the Month...Banana Bars

Number of servings:24    Serving Size: 1 Bar

### Ingredients:

½ cup            Fiber One Cereal  
 2/3 cup          sugar  
 ½ cup            low-fat sour cream  
 2 Tbsp          margarine or butter, softened  
 2 each          egg whites  
 ¾ cup            mashed very ripe bananas  
 1 tsp            vanilla  
 1 cup            Gold Medal all-purpose flour  
 ½ tsp            baking soda  
 ¼ tsp            salt

1. Heat oven to 375 degrees.
2. Spray square pan, 9x9x2 inches, with cooking spray.
3. Crush cereal. (Place cereal in plastic bag or between sheets of waxed paper; crush with a rolling pin. Or crush in blender or food processor.
4. Beat sugar, sour cream, margarine and egg whites in large bowl on low speed 1 minute, scraping bowl occasionally.
5. Beat in bananas and vanilla 30 seconds. Beat in flour, baking soda and salt on medium speed 1 minute, scraping bowl occasionally.
6. Stir in cereal. Spread in pan.
7. Bake 20 to 25 minutes or until light brown; cool. Sprinkle with powdered sugar if desired. For bars, cut into 6 rows by 4 rows.

### Nutritional Information

#### Amount per serving:

Calories	65
Calories from fat	15
Total fat	1 g
Saturated fat	0 g
Cholesterol	2 mg
Sodium	80 mg
Total Carbohydrates	13 g
Dietary Fiber	1 g

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