

Diabetic Monthly

February 9, 2010
Volume 3 Issue 1

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

Gunnison Valley Diabetic Program now AADE Certified

The Gunnison Valley Diabetes Program is now certified federally by the American Association of Diabetic Educators (AADE). It is the goal of AADE and this program to provide quality diabetic self-management education. Education is the cornerstone for diabetes care. Accreditation of a program requires structure, process and outcomes that can be documented and tracked. Providers seek accreditation to demonstrate there is value in their educational programs and to increase reimbursement from insurance payors such as Medicare and Medicaid. Nearly all insurance companies can be billed for diabetic education now.

I would like each of you to feel like you can call for assistance at anytime. As you know, diabetes is an extremely difficult disease to deal with day in and day out. Know that you are not alone. I now have a Dietician available once a month for group and/or individual classes, in addition to the Nurse Diabetic Educator. I am currently working on getting a Social Worker/Counselor available to help with the depression/anxiety type problems that all too often go hand in hand with diabetes. Diabetes is a disease that requires the help of many disciplines to reach the most optimal outcomes. Please feel free to call or stop by at anytime. I would love to meet with you, and help you in anyway that I can.

Sincerely,
Angie Merchant, RN, Diabetic Educator

Depression and Anxiety

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Support groups for the month of February will focus on Depression and Anxiety. Carl Cox, LPC will provide the education. He has experience working with individuals with long-term and terminal illnesses. This time of year can be very depressing to many individuals. The goal of this meeting is to help you to understand why you are feeling the way that you are, and to explore ways to improve your over-all mood. This meeting should help everyone in some way, even if you don't feel depressed or anxious. Everyone is welcome to attend, and like always it is completely FREE of charge. I look forward to seeing you there!!!

Gunnison Support Group

February 16, 2010 at 3:00 to 4:00 pm

Located at 45 East 100 North, Gunnison. (Gunnison Homecare building)

Monroe Support Group

February 23, 2010 at 11:00am to 12:00pm

Located at 140 West 100 South, Monroe. (South Sevier Senior Center)



February is Heart Awareness Month

Healthy blood vessels help keep the beat... By Erika Gebel, PhD

Forget about Elvis, as far as heartbreakers go, diabetes is king. Adults with diabetes, whether type 1 or type 2, are two to four times as likely to die from heart disease as those without the disease. While diabetes is defined by too much glucose in the blood, this disease takes its greatest toll on the heart. More than two-thirds of diabetes-related deaths in people 65 and older are from heart disease, according to the Centers for Disease Control and Prevention. Heart disease is the No. 1 cause of death in the United States and has been for decades. Yet the connection between diabetes and heart disease is anything but obvious; researchers are still working out the details.

Worried about your heart? Here's a primer on this vital organ. Learning about what makes the heart tick can help it keep thumping along for many years to come.

Heart Stoppers: It may seem strange that heart disease doesn't usually start with the heart at all, but with blood vessels. This is why heart disease and stroke (caused by damaged blood vessels leading to the brain) are also referred to as *cardiovascular disease*.

Healthy blood vessels are flexible tubes that make an ideal thruway for the blood and its cargo of oxygen and nutrients; anything that stymies this flow is a serious problem. Enemy No. 1 is atherosclerosis, the stiffening and narrowing of arteries caused, in part by fatty plaques that build up along blood vessel walls.

These plaques are formed when the levels of fats in the blood diverge from their normal ranges. Triglycerides and LDL ("bad") cholesterol that are too high, coupled with HDL ("good") cholesterol that is too low- a trio of characteristics common in people with diabetes- are classic risk factors for developing atherosclerosis, as are smoking and high blood glucose. High blood pressure can also damage vessel walls, leading to accumulations of cell debris that form the core of atherosclerotic plaques.

Atherosclerosis can occur and cause disease in just about any blood vessel in the body. For example, atherosclerosis in the legs can cause peripheral arterial disease (PAD); in the vessels leading to the brain, it may lead to a stroke. Atherosclerosis in the coronaries, the arteries that supply the heart muscle with blood, can starve the heart of oxygen and cause the most common form of heart disease: coronary heart disease (also known as coronary artery disease). In milder forms, this blockage causes angina, pain, or discomfort associated with a shortage of blood to the heart. In severe cases, atherosclerosis can completely stop the flow of blood to the heart. This is what causes a heart attack, or myocardial infarction (MI).

Another type of heart disease is heart failure, a weakening of the heart's pumping ability due to structural changes in the heart muscle. Causes include coronary artery disease, high blood pressure, diabetes, or some combination of these factors. Structural changes or damage to the heart can alter the electrical messages that keep the heart beating, causing arrhythmia, an abnormal beating pattern. Arrhythmias can contribute to heart failure and stroke, and severe arrhythmias can cause sudden death due to cardiac arrest.

Hearty Living: Taking care of your heart means showing some TLC to your blood vessels. In the early stages of heart disease, you can feel perfectly fine, so it's essential to visit your doctor regularly to spot mild problems before they get worse. Not smoking, eating a veggie-rich diet that's low in saturated fat, salt, and cholesterol, and exercising at least 30 minutes a day five days a week will help stave off heart disease in part by keeping blood fats and blood pressure in their optimal ranges (see next page). People with diabetes should follow all of these guidelines while also practicing good blood glucose control to avoid cardiovascular disease, as well as other complications.

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Should the risk factors for damage to the blood vessels start to worsen, medications to lower blood pressure and LDL cholesterol can supplement a good diet and plenty of exercise. Adding a blood-thinning medication, such as aspirin, to the mix may also thwart heart disease by keeping blood circulating smoothly. Medications that regulate heart rhythm may be beneficial in cases of arrhythmia. Of course, you should always discuss medications and the reasons for taking them with your doctor.

When meds aren't enough, there are a number of surgical procedures that can be done to help the heart and blood vessels function better. These can range from angioplasty (stent), to pacemakers, to Cardiac bypass surgery, to several other surgical procedures. We are very fortunate to live in a time when these procedures can be done, but prevention is always better than the surgery to correct the problem.

As numerous as heart problems can be, lifestyle changes, medication, and surgery offer just as many possible solutions. **PREVENTION IS IDEAL**, but even if you're faced with heart disease, it's rarely too late to make a change for the better.



Heart Health by the Numbers

Here are some recommended goals for people with diabetes to help prevent or slow cardiovascular disease.

<u>Risk Factors</u>	<u>Targets</u>	
HDL ("Good") Cholesterol	For men: greater than	40 mg/dl
	For women: Greater than	50 mg/dl
LDL ("Bad") Cholesterol	Less than	100 mg/dl
	Less than	70 mg/dl (if you have cardiovascular Or an additional risk factor.)
Triglycerides (Bad Fats)	Less than	150 mg/dl
Blood Pressure	Less than	130/80 mmHg

Recipe of the Month... Double-Quick Rice Pudding

Serves 6/ Serving Size: ½ cup

Prep Time: 4 minutes

Cook Time: 14 minutes

Stand Time: 5 minutes

Ingredients:

1 ½ cups water

½ cup instant brown rice

¾ cup golden raisins or other dried fruit

1 tsp. Ground cinnamon

1/8 tsp salt

(4) 3.5 ounce containers fat-free, ready-to-eat vanilla pudding

Exchanges: 2 ½ Carbohydrate.

Calories: 166

Calories from fat: 5

Total Fat: 1 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 149 mg

Total Carbohydrate: 38 g

Dietary Fiber: 2 g

Sugars: 21 g

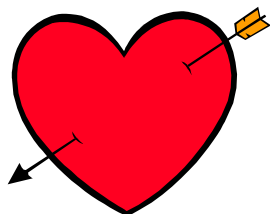
Protein: 3 g

Directions:

1. Bring the water to boil in a medium saucepan over high heat. Add the rice and return to a boil. Reduce the heat, cover tightly, and simmer 12 minutes. (The rice will not have absorbed all the water at this point).
2. Remove the saucepan from the heat and stir in the dried fruit, cinnamon, and salt. Cover tightly and let stand 5 minutes.
3. Add the pudding and stir until well blended.

Cooks Tip: Don't omit the small amount of salt in this recipe—it blends the flavors together.

Educators Tip: The serving size contains more carbs than a snack should contain. Decrease the amount of carbs in your meal to allow you to have this dessert without causing your blood sugar to spike.



Happy Valentines Day!!!

Gunnison Valley Homecare DSME

45 East 100 North
PO Box 759
Gunnison, Utah 84634

Phone:
(435) 528-3955

Fax:
(435) 528-2188

E-mail:
angiem@gvhomecare.org

Thought for the Month:

***Appreciate every single thing you have, especially your friends!
Life is too short and friends are too few! Have a Great Day!***