

DIABETIC MONTHLY

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February Support Group Complications of Diabetes

by Kristy Sego, RN

We had a great turn out for the A1c Support group in January - Thank you! It has been amazing to review the test results and see the correlation with low A1c in those who attend Support Group regularly - congratulations! It is proven that the more you educate yourself about diabetes, the better management you will have. For those who's results were a little on the high side - don't panic - this is a great opportunity to make some changes and get the help you need. Talk with your doctor, come to support group, and consider scheduling an apt. for one on one diabetic education.

February Support Group will cover some of the complications of Diabetes. We are lucky to have Dr. A. Jensen teaching this class.

Taking good care of yourself is very important! Uncontrolled diabetes can lead to serious health problems such as; heart and blood vessel disease, stroke, eye problems, kidney disease, nerve damage, and increased risk of infection.

Melissa Argyl, our Registered Dietician will be teaching support group in March. She will discuss proper nutrition.

Remember, you don't need to be diabetic to come to support group. It is very helpful for spouses and family members to be educated as well. Everyone is invited!

Support Group Schedule

Gunnison Support Group

Gunnison Home Care Building, 45 East 100 North, Gunnison

Tuesday, February 21, 2012

3:00 - 4:00 pm

No Support Group in Monroe this month

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Why Is My Blood Glucose So High in the Morning?

by: Christy Parkin, MSN, RN, CDE/Diabetes Forecast

In the early morning hours, hormonal changes in your body will naturally cause blood glucose to rise. For people who don't have diabetes, the increase in blood glucose is offset by increased insulin production. For people with diabetes, this can be a problem.

There are a couple of things going on that make your glucose rise in the morning. One of these is insulin resistance - a condition that means your body's muscle and fat cells are unable to use insulin effectively to lower blood glucose. However, insulin resistance also affects how your liver processes, stores, and releases sugar, particularly at night. The liver is supposed to release small amounts of glucose when you're not eating. But in type 2 diabetes, the liver dumps more glucose than is needed into the bloodstream, especially at night. So, while your hormones are causing a natural rise in blood glucose, your liver is releasing even more sugar into your system. And because your insulin resistance prevents your muscle and fat cells from using the sugar, your blood glucose level rises.

Unlike mealtime blood glucose, which can be somewhat controlled by diet and exercise, high fasting blood glucose usually needs to be treated with medication. You should talk to your doctor about medications that can help you obtain good control.

Rocky Morning Highs?

by: Terri D'Arrigo, Diabetic Forecast Writer/Diabetic Forecast, Sept.08

Sometimes diabetes doesn't make a whole lot of sense. Take those mornings when you wake up with blood glucose that's higher than it was when you went to sleep. You'd think that not eating for those seven or eight hrs. would give you lower blood glucose. But in fact, there are three reasons your blood glucose may be higher in the morning: the dawn phenomenon, the Somogyi effect, or waning insulin.

The Dawn Phenomenon

The dawn phenomenon is a natural rise in blood glucose between the hrs. of 4:00am and 8:00 am., and it occurs because of hormonal changes in the body. "The body does several things to get ready for the day," says David S. Schade, MD, professor of medicine and chief of the Division of Endocrinology at the University of New Mexico School of Medicine. "The body releases hormones like cortisol and growth hormone and the blood glucose rises. People without diabetes just secrete more insulin to handle the blood glucose, but for people with diabetes, the rise in blood glucose can be substantial."

Schade notes that the effects of dawn phenomenon vary in each person, and your blood glucose may be higher on some mornings than on others. "You can do the same exercise and eat the same thing every day and have different blood glucose (levels) on different mornings because of dawn phenomenon," he says. "That makes it a little problematic."

He adds that the scientific community is still figuring out the relationship between the release of these hormones and the rise in blood glucose. However, one thing scientists do know is that the liver produces glucose as part of the dawn phenomenon.

Treatment for D.P. depends on how you treat your diabetes, says Stuart T. Haines, PharmD, BCPS, professor and pharmacotherapy specialist at the Univ. of Maryland School of Pharm. If you take insulin, you may be able to adjust your dosing so that peak action occurs closer to the morning rise in your blood glucose. If you have type 2, diabetes pills provide options as well, he says. “You can add metformin to reduce the liver’s glucose production.”

The Somogyl Effect

The Somogyi effect, named for researcher Michael Somogyi, PhD, who studied and first described it, is your body’s response to a low that you had while you were sleeping. “This happens after low blood glucose induced by excess insulin, alcohol consumption, or not having had enough food,” says Haines. “You have a low, and to counter that, your body responds in a rigorous way and cranks out a bunch of hormones, like glucagon.” The body responds to those hormones by raising blood glucose - sometimes too much.

You would treat this the opposite way of how you would treat dawn phenomenon, says Schade. “You could have a snack before you go to sleep or reduce your insulin infusion at night. If you take NPH, you can switch to an insulin that won’t dip you down at 3:00 am.”

But wouldn’t a low wake you up? Not necessarily, says Mindy Saenz, RD,LDN,CDE, clinical dietician and diabetic educator in the Division of Endocrinology at the Brody School of Medicine at East Carolina University in Greenville, N.C. “You can sleep right through them,” she says. “Nighttime lows are the most dangerous.” She adds that it’s a good idea to check your blood glucose if you wake up sweating or with headaches, as those are

Waning Insulin

The dawn phenomenon and the Somogyi effect are pretty complicated hormonal stuff, but sometimes the simplest explanation is the correct one, Saenz says. Sometimes your insulin just runs out or wears off. Then it’s a matter of you and your doctor adjusting your insulin regimen accordingly. “If it’s insulin waning, you could look at splitting your basal insulin or taking it at a different time of the day,” she says. “If you take NPH at supper, you could move it closer to bedtime.”

Before you and your doctor can adjust your diet or medications to handle high morning blood glucose, you have to know which of the three potential causes is the culprit. Experts agree that there’s one simple, if somewhat inconvenient, way of figuring out what that might be: Check your blood glucose at 3:00 am for several nights in a row. “You need to see where your blood glucose is at bedtime, at 3:00 am, and in the morning,” says Saenz. She explains it this way:

- * If your blood glucose is fairly even between bedtime and 3:00 am, but then rises between 3:00 am and morning, chances are you're experiencing dawn phenomenon.
- * If your blood glucose is low at 3:00 am, you're most likely experiencing the Somogyi effect.
- * If your blood glucose is higher at 3:00 am than at bedtime and higher still in the morning, your insulin is probably waning.

If you have diabetes, chances are you'll experience the occasional high morning blood glucose. That's not something to fret about too much. But if it happens regularly, then it's time to call your doctor. "You should also suspect a problem when your morning blood glucose is the highest of the day, and when it is consistently high for the rest of the day after that," says Haines. Schade agrees. "If it's significant, it should be dealt with because those who have high blood glucose in the morning tend to have high blood glucose all day," he says. "It's important to recognize that and adopt a strategy to control it."

AMERICAN DIABETES ASSOCIATION EXPO

Saturday, February 25, 2012

South Towne Expo Center

9:00 AM - 4:00 PM

Sandy, UT

It's FREE!!

Health Screenings, Professional Educators/classes,
Cooking Demos, Product and Service Exhibits!

Spice-Rubbed Salmon with Tropical Rice

For this fast dinner, the seasoned salmon is baked and served on a quick-to-fix brown rice pilaf flavored with mango. It's a complete meal in minutes.

MAKES: 4 servings

SERVING SIZE: 1 portion salmon and 1/2 cup rice

CARB GRAMS PER SERVING: 35

Nutrition Facts Per Serving:

- Servings Per Recipe: 4
 - Calories: 366
 - Protein(gm): 26
 - Carbohydrate(gm): 35
 - Fat, total(gm): 13
 - Cholesterol(mg): 66
 - Saturated fat(gm): 3
 - Dietary Fiber, total(gm): 3
 - Sodium(mg): 155
 - **Diabetic Exchanges**
 - Fruit(d.e): 1
 - Starch(d.e): 2
 - Lean Meat(d.e): 3
- 1 pound fresh or frozen skinless salmon fillet
 1 tablespoon coriander seeds, coarsely crushed*
 1 tablespoon packed brown sugar or brown sugar substitute** equivalent to 1 tablespoon brown sugar
 1 teaspoon lemon-pepper seasoning
 2 cups hot cooked brown rice
 1 medium mango, seeded, peeled, and chopped
 1 tablespoon snipped fresh cilantro
 1 teaspoon finely shredded lemon peel
 Lemon wedges (optional)
 Fresh cilantro sprigs (optional)

1. **Thaw salmon, if frozen. Preheat oven to 450 degrees F. Rinse fish; pat dry with paper towels. Measure thickness of fish. Place fish in a greased shallow baking pan.**
2. **In a small bowl, stir together coriander seeds, brown sugar, and lemon-pepper seasoning. Sprinkle fish evenly with coriander seeds mixture; use your fingers to press in slightly. Bake for 4 to 6 minutes per 1/2-inch thickness of fish or until fish flakes easily when tested with a fork.**
3. **Meanwhile, in a medium bowl, stir together cooked rice, mango, the snipped cilantro, and the lemon peel. Serve fish on top of rice mixture. If desired, garnish with lemon wedges and/or cilantro sprigs. Makes 4 (1 portion salmon and 1/2 cup rice) servings.**

Note

****Sugar Substitutes:** Choose from Sweet 'N Low® Brown or Sugar Twin® Granulated Brown. Follow package directions to use product amount equivalent to 1 tablespoon brown sugar.
 PER SERVING WITH SUBSTITUTE: same as above, except 353 cal., 154 mg sodium, 32 g carbo.

Tip *Test Kitchen Tip: You can substitute 1 tablespoon sesame seeds (toasted if desired) and 1/4 teaspoon ground cumin for the crushed coriander seeds.

Nutritional Facts: * Servings Per Recipe: 4

* Calories: 366

* Protein (gm): 26