

Diabetic Monthly

February 2013

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

February Support Groups: *Medications*

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We had a great turn out for the A1C support group in January. I would like to say thank you to everyone who attended. For February's support groups Dr. Steven Embley will teach in Gunnison and Jason Okerlund will teach in Monroe. They will focus on taking medications. Write down your questions and bring them with you to support group.

I am looking for ideas for support group. If there is a subject that you are interested in please let me know and I will try and arrange a class on that subject. I want this support group to be helpful to you.

Just a reminder this support group is free of charge, and we invite everyone to attend. When family and friends have a better understanding of diabetes they can offer more support and encouragement.

If you have any questions or concerns please feel free to call me at 1-435-528-3955.

Support Group Schedules

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

February 19, 2013 at 3:00 – 4:00 pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

February 26, 2013 at 11:00 am – 12:00 pm

*Mellissa Argyl our
Registered
Dietician will be
teaching our March
Support Group*

Tip of the Day

Diabetes.Org

Question:

Why is my A1C high when my average blood glucose is in my target range?

Answer:

Your average blood glucose is probably based on your pre-meal blood glucose. While this usually works well, it does not take into account the level of your blood glucose after you eat. It may be that your blood glucose is rising unexpectedly after your meal because you are either not taking enough insulin or not taking insulin far enough ahead of eating your meal. To see if this is the reason that your A1C is high, check your blood glucose 2 hours after breakfast, lunch, and dinner for several days (in addition to your pre-meal blood glucose). Blood glucose that is more than 200 mg/dl 2 hours after a meal is too high. In addition, your blood glucose may be high at night when you are asleep. To find out, wake yourself up at 4 a.m. several times during the week to check your blood glucose. At 4 a.m., blood glucose that is higher than 150 mg/dl is too high. Continue to check your blood glucose 2 hours after meals and in the middle of the night once a month to be certain that you are not having unexpected high blood glucoses at these times.

Being Active Throughout The Day

In addition to formal exercise, there are many opportunities to be active throughout the day. Any activity will burn calories. The more you move around, the more energy you'll have. Some ways that you can be more active throughout the day include:

- Walk instead of drive whenever possible
- Take the stairs instead of the elevator
- Work in the garden, rake leaves, or do some housecleaning every day
- Park at the far end of the shopping center lot and walk to the store
- Walk down every aisle of the grocery store
- Walk in place or stretch while you watch TV
- Walk around the house or up and down stairs while you talk on the phone
- Get up from your desk and take a lap around the office once each hour while you are at work

Your health. Your choice.



30 seconds
to the top

30 steps
to better health

Medications

American Diabetes Association

Although it is a common practice to try pills before insulin, you may start on insulin based on several factors, including the following:

- How long you have had diabetes
- How high your blood glucose level is
- What other medicines you take
- Your overall health

Because diabetes pills seem to help the body use insulin better, some people take them along with insulin shots. The idea behind this "combination" therapy is to try to help insulin work better.

In people with diabetes, blood glucose levels are too high. These high levels occur because glucose remains in the blood rather than entering cells, where it belongs. But for glucose to pass into a cell, insulin must be present and the cell must be "hungry" for glucose.

People with type 1 diabetes don't make insulin. For them, insulin shots are the only way to keep blood glucose levels down.

People with type 2 diabetes tend to have two problems: they don't make quite enough insulin and the cells of their bodies don't seem to take in glucose as eagerly as they should.

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.

**Diabetes pills don't work
for everyone.**

Honey Lemon Chicken

Serves 4; serving size: 1/4 recipe

Ingredients

2 Tbsp honey
 2 Tbsp freshly squeezed lemon juice
 4 cloves garlic, minced
 1/2 tsp black pepper
 8 boneless, skinless chicken thighs



Nutrition Information

Exchange/Choices
 1/2 Carbohydrate
 4 Lean Meat
 1 Fat

Calories: 255
 Calories from Fat: 100
 Total Fat: 11.0 g
 Saturated Fat: 3.2 g
 Polyunsaturated Fat:
 Monounsaturated Fat:
 Cholesterol: 100 mg
 Sodium: 95 mg
 Total Carbohydrate: 10 g
 Dietary Fiber: 0 g
 Sugars: 9 g
 Protein: 27 g

Preparation

1. Preheat oven to 375°F.
2. In a bowl, combine honey, lemon juice, garlic, and pepper.

Coat chicken with honey mixture, and arrange in a baking dish. Bake for 40 minutes, until juices run clear when chicken is pierced.

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