

Diabetic Monthly

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Gunnison Valley Homecare. 45 North 100 East Gunnison, Utah 84634

A1C testing done at January support group

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Happy New Year!!! I sure hope 2009 has started out well for you. As you know, January is the month to have your A1C tested in Diabetic Support Group meeting. The A1C test is a simple lab test that reflects your average blood glucose level over the last 3 months. A small blood sample to check your A1C can be taken at any time of the day. I have included more information about A1C testing at the end of the newsletter. At support group, your A1C can be tested without a doctors order. The cost of the test is a reduced fee of \$15.00. If you have insurance, we will bill your insurance company to cover the cost of the test. Please have your insurance information with you. We have tried very hard to make this as affordable as possible. I encourage everyone to join our support groups in January and June for regular A1C testing.

Along with the testing, there will be a short presentation by Lincare on the relationship between Sleep Apnea and Diabetes. He will be able to answer your questions about Sleep Apnea as well as what can be done to help relieve it. There is a significant link between Diabetes and Sleep Apnea. Proper treatment of Sleep Apnea can dramatically improves glucose control in diabetic patients. There is an article on Page 2 detailing a recent study on Sleep Apnea and Diabetic control

Thanks to all who attended the December support group on Exercise. We had a lot of fun. I hope you are all still striving to reach your goals. Please bring your exercise logs to see who wins the Subway meal !!!!

Diabetic Support Group

January 20, 2009 at 3:00 – 4:00 p.m.

Gunnison Valley Homecare office

45 North 100 East Gunnison (Just across from Hospital)

For questions call: (435) 528-3955

Taking control of your diabetes can help you feel better and stay healthy.

Sleep Apnea Treatment Improves Glycemic Control

Continuous positive airway pressure (CPAP) therapy, primarily used as a treatment for obstructive sleep apnea, improves glycemic (blood sugar) control during sleep in patients who also have type 2 diabetes, according to a report in the Journal of Clinical Sleep Medicine.

The average decrease in nocturnal glucose levels in diabetic patients was about 20 mg/dl. “The decrease was small in those with good glycemic control and much greater in those whose control was poor,” says Dr. Arthur Dawson. This finding “suggests that treating obstructive sleep apnea could have a major impact on the management of those type 2 diabetics who, for whatever reason, cannot get their glucose levels down to the optimal range.”

Obstructive sleep apnea is one of the most common types of sleep disorders. It is characterized by loud snoring and the cessation of breathing during sleep. This is due to a blockage of the airways. This results in continuous arousals during the night, leading to sleep deprivation and daytime fatigue.

CPAP is a method of respiratory ventilation in which a gentle continuous stream of air is delivered through a pliable mask worn over the nose during sleep. This keeps the airways open and prevents the episodes of oxygen deprivation (apnea) and subsequent arousal at night.

Dawson and colleagues used a continuous glucose monitoring system to measure glucose levels during polysomnography recordings of sleep in 20 patients with type 2 diabetes and moderate to severe sleep apnea. This was conducted before and after 4 to 13 weeks of CPAP therapy.

After CPAP treatment, patients had an increase in total sleep time with less time awake after sleep onset, the authors report. Patients spent less time in stage 1 sleep, and more time in stage 3, stage 4, and REM sleep. They also had significantly fewer arousals with treatment.

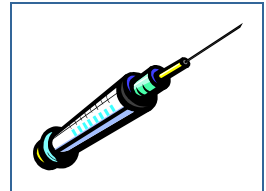
The average glucose levels during sleep were lower and less variable with the CPAP treatment than before CPAP, the researchers note. The average sleeping glucose levels decreased in 10 of 11 patients whose levels were greater than 100 mg/dl, but did not decrease in the 9 patients with levels less than 100 mg/dl. The average 24 hour glucose level also decreased significantly during CPAP treatment, but the change in average daytime glucose was not significant.

“All of the diabetics in our study had at least moderate, and most of them severe, sleep apnea and so would have been treated with CPAP even if they were not diabetic, Dawson explained. New studies are now being done to see how diabetics with mild sleep apnea are being affected by CPAP treatment.

Tip of the Month

Question: How do I protect myself against low blood glucose while I am trying for tight diabetes management?

Answer: Keep Glucagon handy for emergency treatment of severe low blood glucose. If it is not an emergency, a food source of glucose is the way to go. Glucagon raises blood glucose. In many ways, it does the opposite of what insulin does. You get glucagons from the pharmacy with a prescription from your doctor. Someone in your household must know how to mix up the glucagons and inject it if you become severely hypoglycemic, confused, and unable to swallow food. This will need to be done quickly. Glucagon will raise your blood glucose within 10-15 minutes, but its effect doesn't last long. Eat some crackers after you become fully conscious again. Some people are nauseated after receiving glucagons. Most severe episodes of low blood glucose happen during your sleep, so to prevent your family from having to search for the glucagons, keep it in one place, such as the refrigerator door.



Keep Glucagon handy for emergency treatment.



“Sticking to an exercise plan is tough, but the key is simple: Stay active by making the most of the activities you already do.”

The Importance of Activity

Activity plays an important part in staying healthy and keeping blood glucose levels where you want them. In the past century, our lives have changed. We are less active every day, because many tasks are much easier for us than they were for our parents and grandparents. Washing machines are automatic and garage doors are remote-controlled. Also, as we grow older, each of us may become less active. As children, we ran and played. As teenagers, we danced and went out for sports. As adults, many of us sit at desks or in our cars.

The effects of less physical activity are:

1. Gradual weight gain
2. Less efficient use of insulin
3. Gradual increase in blood pressure
4. Greater risk for heart disease.

Since people no longer are plowing the fields or walking a long way to work or school, they need to find ways to plan activity into busy, but often inactive lives.

Activity lowers blood glucose levels by making the cells of the body more sensitive to insulin. That's a very good reason for a person with diabetes to be active.

Recipe of the Month...

Slow Cooker Swiss Steak

The slow cooker braises the meat to tender perfection in this traditional dish.

Number of Servings: 6

Serving Size: 3 oz steak, 1 cup noodles, and 2/3 cup sauce.

Ingredients:

- 2 Tbsp All-Purpose flour
- 1 tsp Dried Basil
- 1 tsp Dried Oregano
- ½ tsp Salt
- ½ tsp Pepper
- 1 ½ lb Boneless top round steak
- 1 ea large onion, sliced
- 3 med Clove garlic, thinly sliced
- 1 med Green bell pepper, cut in 1in. chunks
- 1 ½ cups Spaghetti sauce, low sodium and fat
- 8 oz Egg noodles
- 1 tsp Balsamic vinegar

Preparation Instructions:

1. In a small bowl, stir together the flour, dried basil, oregano, salt, and pepper.
2. Cut the beef into 6 pieces. Sprinkle half the flour mixture over one side of the beef. Using a meat tenderizer pound the flour into the meat. Turn over. Repeat with the remaining flour mixture pounding until all the flour is absorbed into the meat.
3. Put the onion in the slow cooker. Put the meat on the onion. Sprinkle with the garlic, then with the bell pepper. Spoon the spaghetti sauce over all. Cook on low for 8 hours or on high for 4 hours until the meat is fork tender.
4. About 15 minutes before serving time, prepare the noodles using the package directions omitting the salt and oil.
5. To serve, spoon the noodles onto a plate. Top with meat. Stir the vinegar into the sauce. Spoon the sauce over all. Sprinkle with fresh basil.

Nutrition Information
Amount Per Serving:

Calories.....	322
Calories from Fat.....	36
Total Fat.....	4 g
Saturated Fat.....	1 g
Cholesterol.....	60 mg
Sodium.....	256
Total Carbohydrate.....	38 g
Dietary Fiber.....	3 g
Sugars.....	8 g
Protein.....	31 g

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