

Diabetic Monthly

January, 2014

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

January Support Groups: A1C Clinic

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I want to wish everyone a Happy New year! As we start out the New Year most of us think about making a new years resolution. I want to encourage all of you to make one centered on improving your health. This month's support group is our annual A1C clinic. The American Diabetic Association recommends you check your A1C at least every six months. Getting your A1C checked in January and June would make a great new years resolution.

I am again offering the reduced cost A1C for \$10, and also a lipid profile for a reduced cost of \$10. I will have free foot exam's, blood pressure, BMI, and glucose checks available at this clinic as well.

Remember if you want to have your lipid profile done you need to fast for eight hours. I hope to see you all there.

Support Group Schedules

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

January 21, 2014 at 2:00 – 4:00 pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

January 28, 2014 at 1100-1200

A1C and eAG

The A1C test gives you a picture of your average blood glucose (blood sugar) control for the past 2 to 3 months. The results give you a good idea of how well your diabetes treatment plan is working.

In some ways, the A1C test is like a baseball player's season batting average; it tells you about a person's overall success. Neither a single day's blood test results nor a single game's batting record gives the same big picture.

These are some ways the A1C test can help you manage your diabetes:

- Confirm self-testing results or blood test results by the doctor.
- Judge whether a treatment plan is working.
- Show you how healthy choices can make a difference in diabetes control.

How does it Work?

Hemoglobin, a protein that links up with sugars such as glucose, is found inside red blood cells. Its job is to carry oxygen from the lungs to all the cells of the body. Glucose enters your red blood cells and links up (or glycates) with molecules of hemoglobin. The more glucose in your blood, the more hemoglobin gets glycated. By measuring the percentage of A1C in the blood, you get an overview of your average blood glucose control for the past few months. Your doctor should measure your A1C level at least twice a year.

What is eAG?

Your health care provider may report your A1C test result as eAG, or "average glucose," which directly correlates to your A1C. eAG may help you understand your A1C value because eAG is a unit similar to what you see regularly through self-monitoring on your meter. A1C is reported as a percent (7% for example) and eAG uses the same units (mg/dl) as your glucose meters.

What's Your Number?

The American Diabetes Association suggests an A1C of 7%, which is an eAG of 154 mg/dl, but a more or less stringent glycemic goals may be appropriate for each individual

What is the Difference Between eAG and the Average on My Monitor?

However, eAG is not the same average glucose level as the average of your readings on your meter. Because people with diabetes are more likely to check their blood glucose more often when they are low (for example, first thing in the morning and before meals), the average of the readings on their meter is likely to be lower than their eAG.

Monitoring measures your blood glucose at a moment in time, whereas eAG/A1C represent an average of your glucose levels 24 hours a day, including times when people are less likely to check their blood glucose (for example, post-meal periods of higher blood glucose).

Cholesterol

What is Cholesterol?

Cholesterol is a form of fat that is carried through the body in two kinds of bundles, or lipoproteins. It's important to have healthy levels of both.

Low-density lipoproteins (LDL), or "bad" cholesterol, can lead to a buildup of cholesterol in the arteries. In general, the lower your LDL the better. Reaching your LDL target is the most effective way to protect your heart and blood vessels.

High-density lipoproteins (HDL), or "good" cholesterol, helps remove cholesterol from your body. In general, the higher your HDL the better.

What are Triglycerides?

Triglycerides are another kind of blood fat that raises your chances for a heart attack or stroke if your levels are too high.

What Should My Targets Be?

Talk to your doctor about how often you should have your cholesterol checked and what numbers you should aim for. For most people, here are the LDL, HDL and triglycerides numbers to aim for:

- LDL Cholesterol: Less than 100 mg/dl
- HDL Cholesterol: Higher than 40 mg/dl for men and 50 mg/dl for women is good, but an HDL 50 mg/dl or higher helps everyone lower their risk for heart disease.
- Triglycerides: Less than 150 mg/dl

What Can I Do to Improve My Numbers?

It's a good idea to have your cholesterol checked every 5 years, or more often if there's a problem. Here are some steps you can take to improve your cholesterol:

- If you smoke, quit
- Lose weight if needed
- Exercise most days of the week (brisk walking for 30 minutes/day is a good goal)
- Eat a low-fat, low-cholesterol diet with plenty of fresh veggies, whole grains, and fruit
- Increase monounsaturated fats in your diet. Monounsaturated fats include canola oil, avocado oil, or olive oil
- Your doctor may also prescribe cholesterol-lowering medicine

Cholesterol is also affected by blood pressure and blood glucose. If your blood glucose and blood pressure are high, your cholesterol numbers may be off as well. All of these are risk factors for diabetes and heart disease, and the more risk factors you have, the higher your risk. Talk to your doctor about whether you may be at higher risk for diabetes and heart disease. Then take steps to lower your risk so you can live a longer, healthier life.

Popcorn Fun

Ingredients

Popcorn

- 1/2 cup Un-popped corn
- 1 Tbsp. olive oil (optional)
- olive oil or butter-flavored cooking spray

Pizza Seasoning

- 2 Tbsp. freshly grated parmesan cheese
- 1 tsp. garlic powder
- 1 tsp. salt-free Italian seasoning
- 1 tsp. paprika
- 1/4 tsp. sea salt

Southwestern Seasoning

- 1 Tbsp. ground cumin
- 2 tsp. mild or hot chili powder
- 1/2 tsp. sea salt

Curry Seasoning

- 1 Tbsp. curry powder
- 2 tsp. sugar
- 1 tsp. turmeric
- 1/4 tsp. salt
- 1 pinch cayenne

Nutritional Information

Makes: 3 (about 9 cups)

Serving Size: 3 cups

| | | |
|---------------|-----|----|
| Calories | 120 | |
| Fat | 2 | g |
| Saturated Fat | 0.3 | g |
| Trans Fat | 0 | g |
| Carbohydrate | 23 | g |
| Fiber | 4 | g |
| Sugars | 3 | g |
| Cholesterol | 0 | mg |
| Sodium | 200 | mg |
| Potassium | 130 | mg |
| Protein | 3 | g |

Exchanges: Starch 1.5, Starch 1.5, Starch 1.5



Preparation

1. For each of the seasonings, combine ingredients in a small bowl. Add to a covered container, and store in a dry, dark place. Use within 1 year for best freshness.
2. Pop the corn using an air popper. Alternatively, add 1 Tbsp. olive oil to a large pot and place 2 kernels of popcorn in it. Turn heat to medium-high. When the kernels in the pot start to pop, add the rest of the popcorn and put a lid on the pot. Shake the pot several times to ensure even cooking. Cook until most of the kernels have popped.
3. Add the popcorn to a very large bowl (so that the seasonings can be tossed with the popcorn). Coat the popcorn with the cooking spray, using enough to get most of the spice mixture to adhere. Sprinkle on your seasoning of choice.

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