

Diabetic Monthly

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Gunnison Valley Homecare. 45 East 100 North Gunnison, Utah 84634
View Online at www.gvhomecare.org

Diabetes Open House

By Angie Merchant

Both the Gunnison and Monroe support groups this month will be held at the Gunnison Valley High School as the **Diabetes Open House**. I want to personally invite each one of you to attend some part of the event. The event and classes are all free, but there will be a small fee charged for the lab tests. The cost is reduced significantly from the usual price. Unfortunately, we will not be able to bill your insurance for the test. The cost for an A1C will be \$5.00 and a Lipid Profile will be \$10.00. Anyone can participate whether you are diabetic or not. The results will be available at the Gunnison Homecare office June 17 - June 26th. Your results can also be sent to you if you leave your demographic information. If you would like your A1C result sent to your physician, please sign a release of information form. This is an excellent opportunity to see where you stand.

I also encourage you to have a **FREE** foot exam by **Dr. John L. Black, Podiatrist**. It is never too early to start a good foot care regime that includes regular check ups by a Registered Podiatrist.

There will be **FREE** diabetic education classes. The first class will be taught by myself, Angie Merchant, RN, Diabetic Educator. I will be teaching about the basics of diabetes and the complications/prevention associated with it. This class will run from 2:30 - 3:30 pm. The second class will be taught by Janette Kirkham, RN, CDE. She will teach Carbohydrate counting from 4:30 to 5:30 pm. She is an excellent teacher. Even if you have attended other support groups on Carbohydrate counting, I'm sure you will still learn a lot from this presentation.

There will be **FREE** vital signs and blood glucose checks by Gunnison Valley Homecare.

There will also be many various Diabetic specialty companies available. Please see the flyer at the end of the newsletter for more information. These companies are doing a great service for us. Stop in and talk to them about their products and/or services. I think you'll be glad you did. Thank you for the support you give this program. I hope to see you there!!!

Diabetes Open House
June 16, 2009 at 2:00 - 6:00 pm
Gunnison Valley High School (girls gym)
35 East 600 South Gunnison, Utah

Money Saving Tips for Managing Your Diabetes

Article taken from Diabetes Wellness News. Author Kathy Gold, RN, MSN, CDE



In today's tight economy it is especially difficult to manage your diabetes. Diabetes is EXPENSIVE. So I am going to offer a few cost-saving tips that may help you stretch your dollar a bit farther during these difficult times. Remember... YOU ARE WORTH THE INVESTMENT.

- **Use a mail order pharmacy** - this may be more cost effective. Discuss with your insurance company your options. In many cases lower co-pays are available if you order your medications and supplies through the mail. At the Open House, CCS Medical will be available to help you see if they can save you money. There will be no obligation to participate with them, but they may be able to help.
- **Explore pharmacy offers** - Walmart and other pharmacies offer discounted generic medications. It may be cheaper to purchase the medication in one of these venues rather than through your insurance using co-pays.
- **Clip coupons** - you may be able to obtain a free meter if you buy 100 strips. Be sure that the type of meter you do get is on your insurance company's lower tier formulary or you may be charged a higher co-pay. Free meters will also be available at the Open House from One-Touch.
- **Contact your diabetes supply company** - ask if they will send you sample products; lotion, sugar-free products, or lancets.
- **Attend diabetes health fairs, Open Houses and/or support groups** - vendors frequently offer a variety of sample products. Many of these vendors will be available at the Open House. They will have free materials and products.
- **Ask your physician or nurse educator for samples** - vendors leave items with health care professionals to distribute. If you can't afford your medication or supplies be sure to talk to your health care professional. There are many patient assistance programs available for medications and supplies. Feel free to contact the Gunnison Diabetic Program at 435-528-3955. If I have any supplies or information you need I am glad to help you in any way.
- **Discuss the use of generic medications** - generics are much less expensive. If you are having difficulty affording brand name medications discuss with your health care professional what options are available to you. Although not all your medications may be available in the generic, reviewing the list may help you reduce some of your cost. Also, try using combinations of medications; more medications are being combined into one pill. If this is the case it may be less expensive to pay one co-pay rather than two.
- **Evaluate the insulin pen** - if you are taking insulin the use of the insulin pen may be more cost effective, especially if you are using Lantus, Levmir, Novolog, or Humalog. These insulins need to be replaced monthly. Discarding a half-full bottle is a tremendous waste. Insulin pens have a smaller volume and although they may be a bit more expensive, the cost-saving could be significant. The Lantus representative in our area will be at the Sanofi Aventis booth. She will be able to help you know if the insulin pen would be a better option for you.
- **Be a comparison shopper** - shop around when buying supplies and filling prescriptions. A large chain may offer a bigger discount.
- **Save all receipts** - if you have significant medical bills you may qualify for healthcare deductions on your income tax.

Tip of the Month

Question: Why did I have a low blood glucose this morning even though I didn't eat anything different and took my usual medications?

Answer: Exercise can sometimes result in low blood glucose that night or the next day. This is called "delayed-onset low blood glucose." A day of skiing or 18 holes of golf can result in low blood glucose during your sleep that night or even the next day. Whenever you exercise strenuously, it's a good idea to check your blood glucose more frequently. Eat extra carbohydrates as needed during the next 24 hours or adjust your insulin dose. Another factor is that intermediate- or long-acting insulin is absorbed at different rates from day to day. For example, injecting into your leg and then exercising can cause the insulin to be absorbed more quickly than usual. You can control this to some extent by injecting insulin into the abdominal area, because it is absorbed more evenly there. A third factor may be that you forgot your nighttime snack. This snack is important to provide early morning glucose because the food you eat for supper is usually completely absorbed by 3 a.m.

Recipe of the Month... Fiesta Fajitas

Total servings: 6

Serving size: about 2 oz beef and ¼ cup vegetables in one 6-inch flour tortilla

Ingredients:

- 1 lb extra lean ground beef (95% lean, 5% fat)
- 1 medium onion, diced
- 2 garlic cloves, minced
- ¼ cup each diced red and green pepper
- ½ cup corn kernels (fresh or frozen)
- ½ cup diced tomato
- 3 tsp chili powder
- 1 tsp cumin
- 6 6-inch flour tortillas, heated (To heat: wrap in foil and place in a 300 degree F oven until warm and soft or wrap 3 tortillas in two damp paper towels and microwave on high for 1 minute.)
- 1 cup salsa (about 2 Tbsp per serving)

Directions:

1. In a large skillet over medium-high heat, sauté the ground beef until cooked through, about 8 minutes. Drain from skillet, leaving 3 tsp of pan drippings. Set beef aside.
2. In the same skillet, sauté the onion, garlic, and peppers for 10 minutes. Add the corn and tomato and cook for 5 more minutes. Add the chili powder, the cumin, and the beef and cook for 1 more minute.
3. Spoon some of the fajita mixture into each warm tortilla. Roll up. Serve each tortilla with 2 Tbsp of salsa.

Nutritional information: Calories: 245, Calories from fat: 63, Total fat: 7g, Sat fat: 2.5g, Cholesterol: 49 mg, Sodium: 513mg, Total Carbohydrate: 26g, Dietary Fiber: 3g, Sugars: 4g, Protein: 20g.

Goals for a Healthy Diet

A healthy diet and proper nutrition are important parts of your plan to manage your type 2 diabetes. But with the variety of choices available today, how can you choose foods that meet your nutritional needs, help control your blood sugar, and taste good, too? The list below, prepared by the American Diabetes Association, offers some guidelines:

- **Eat lots of vegetables and fruits.** Try picking from the rainbow of colors available to maximize variety. Eat nonstarchy vegetables (such as spinach, carrots, broccoli, and green beans) with meals.
- **Choose whole-grain foods** over processed-grain products. Try brown rice with your stir-fry or whole-wheat spaghetti with your favorite pasta sauce.
- **Include dried beans** (like kidney or pinto beans) and lentils in your meals.
- **Include fish** in your meals 2-3 times a week.
- **Choose lean meats** like cuts of beef and pork that end in “loin”, such as pork loin and sirloin. Remove the skin from chicken and turkey.
- **Choose non-fat dairy** such as skim milk, nonfat yogurt, and nonfat cheese.
- **Choose water and calorie-free diet drinks** instead of regular soda, fruit punch, sweet tea, and other sugar-sweetened drinks.
- **Choose liquid oils** for cooking instead of solid fats that can be high in saturated and trans fats. Remember that fats are high in calories. If you’re trying to lose weight, watch your portion sizes of added fats.
- **Cut back on high-calorie snack foods and desserts** like chips cookies, cakes, and full-fat ice cream.

Remember: Eating too much of even healthy foods can lead to weight gain. Watch your portion sizes.

Happy Father’s Day !!!



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