

Diabetic Monthly

Don't Miss Support Group on March 3rd

Support Group this month will be held on **March 3** rather than the usual 3rd Tuesday of the month. This is to allow Dr. Darin R. Cummins, OD to speak to us on proper Diabetic eye care. Dr. Cummings practices at the Eye Care in Ephraim. He done his Internship and Externship on Diabetes and Occular care. He will teach about eye health, proper eye care, what to watch for, when to see the eye doctor, and the complications that diabetes has on your eyes. There will be a slide show presentation to help with understanding.

This infomation is very important to know, because after 15 years of diabetes: 97% of people using insulin showed some signs of retinopathy, and 80% of people not using insulin showed some signs of retinopathy. These numbers can be scary. To give yourself the best possible chance of avoiding the complications of diabetes on your eye health, join us at Diabetic Support Group.

This support group is **free** of charge and **everyone** is welcome. It is a good time to learn more about diabetes and enjoy good company. The room will be set up differently to ensure plenty of room for everyone.

February's support group turned out very good. It was great to have such a great turn out. I enjoy everyone who attends and would love to have even more people attend. This will help us to keep this program going strong. I want to **Thank you** for your support with this program.

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Diabetic Support Group...Dr. Cummins

March 3, 2009 at 3:00 – 4:00 pm

at

Gunnison Valley Homecare
45 East 100 North
Gunnison, Utah
(435) 528-3955

High Blood Pressure

You probably have heard the term high blood pressure or may actually have it yourself. But what does it mean and how does it affect your body?

Blood pressure is the force of your blood as it travels through your blood vessels. The higher your pressure, the more force on your blood vessels. Added force on your blood vessels can weaken and damage them.

Blood vessels nourish your organs and nerves. When blood vessels are weakened and damaged by high blood pressure, they don't nourish your organs and nerves as well as they should. Your organs and nerves become damaged.

People with diabetes are more likely to have high blood pressure than people without diabetes. High blood pressure increases your chances of having a heart attack or stroke and may worsen nephropathy (kidney disease) and retinopathy (an eye disease).

Signs of High Blood Pressure: High blood pressure usually has no signs. The only way to know if you have it is to get it checked. Sometimes headaches can be linked to high blood pressure, but not all the time.

Causes of High Blood Pressure

Sometimes, there is a specific cause, such as a kidney problem, hormone disorder, pregnancy, or the use of birth control pills. When high blood pressure is linked to a specific cause, it is called secondary hypertension. If you have secondary hypertension, your doctor will treat the cause first.

Most of the time, there is no obvious cause for high blood pressure. When there is no obvious cause, it is called essential hypertension. If you have essential hypertension, there are things you can do to bring your blood pressure down without having to take drugs.

To Lower your Blood Pressure

Lose excess weight: Losing even a little extra weight may be enough to return your blood pressure to normal. The only way to lose weight and to keep it off is to follow a weight-loss diet and an exercise program.

Stop Smoking: Smoking causes high blood pressure by damaging blood vessels.

Drink less alcohol: Drinking more than 2 ounces of alcohol a day may cause high blood pressure. Your doctor may advise you to drink no more than 1 ounce of alcohol a day. There is about 1 ounce of alcohol in one mixed drink, one glass of wine, or one can of beer.

Eat less salt: Avoiding your salt shaker and foods with added salt may be enough to lower your blood pressure.

Reduce Stress: Stress may aggravate high blood pressure by causing your blood vessels to constrict and your heart to work harder. See the next page for tips to reduce stress.

If you are not able to bring your blood pressure down with these changes, your doctor will probably put you on drugs to lower your blood pressure. Even if you are taking blood pressure medication, it is a very good idea to follow these tips as well.

What you need to know about Stress

Stress results when something causes your body to behave as if it were under attack. Sources of stress can be physical, like injury or illness. Or they can be mental, like problems in your marriage, job, health, or finances.

Your body's stress response is geared toward keeping you alive. When confronted with danger, your body releases stress hormones like epinephrine (adrenaline) and cortisol that raise your blood pressure, speed your heart rate, and make you more alert and sensitive to your environment. The liver releases a burst of glycogen that is converted into glucose to give your muscles quick energy. With diabetes, your body is unable to compensate for the extra glucose. A result is that your blood glucose rises. This is how stress hormones alter your blood glucose levels.

Stress can also alter your blood glucose levels by altering the person's usual behavior. People under stress may not take good care of themselves. They may drink more alcohol or exercise less. They may forget, or not have time to check their blood glucose levels or plan good meals.

Recognizing the SIGNS of Stress

Physical signs of stress:

- Back pain
- Chest pain
- Cold hands
- Constipation
- Diarrhea
- Headaches
- Indigestion
- Muscle tension
- Racing heart
- Shortness of breath
- Blood sugar changes.



I just can't stand this!!!

Psychological Signs of Stress:

- Anxiety
- Difficulty thinking clearly
- Forgetfulness
- Frustration
- Indecisiveness
- Insomnia
- Irritability
- Nervousness

Note: Some of these signs are similar to signs of low blood glucose. If you experience them, check your blood glucose level.

Tip of the Month: How to relieve stress.

Breathing exercises: Sit or lie down and uncross your legs and arms. Take in a deep breath. Then push out as much air as you can. Breathe in and out again, this time relaxing your muscles on purpose while breathing out. Keep breathing and relaxing for 5 to 20 minutes at a time. Do the breathing exercises at least once a day.

Progressive Relaxation therapy: In this technique, which you can learn in a clinic or from an audio tape, you tense muscles, then relax them.

Exercise: Another way to relax your body is by moving it through a wide range of motion. Three ways to loosen up through movement are circling, stretching, and shaking parts of your body. To make this exercise more fun, move with music.

Replace bad thoughts with good ones: Each time you notice a bad thought, purposefully think of something that makes you happy or proud. Or memorize a poem, prayer, or quote and use it to replace a bad thought.

- Whatever method you choose to relax, practice it. Just as it takes weeks or months of practice to learn a new sport, it takes practice to learn relaxation.
- For another stress reduction activity, turn to the last page and RELAX !!!!

Recipe of the Month... Creamy Potato Chowder

Ingredients

1 tsp. Olive oil
½ cup chopped onion
½ cup chopped celery
2 garlic cloves, minced
2 cups cubed red potato, skin on
2 Tbsp. Flour
2 cups fat-free milk
1 ½ cups reduced-sodium, low-fat chicken broth
1 cup frozen corn, thawed
1 tsp. Dried thyme
¼ tsp. Ground nutmeg

Nutritional facts and Amount per serving

Serving size: ½ cup

Calories 186; Calories from Fat 15; Total Fat 2 grams (Saturated Fat 0.4 grams) Cholesterol 2 mg; Sodium 258 mg (without added salt; **Total Carbohydrate 36 grams** (Dietary Fiber 3 grams; Sugars 10 grams) Protein 8 grams

Instructions:

1. Heat the oil in a large saucepan over medium heat. Add the onion, celery, and garlic and sauté for 2 minutes. Add in the potato and sauté for 3 minutes. Sprinkle the flour over the potato and cook for 1 minute.
2. Add the remaining ingredients and bring to a boil. Lower the heat, cover, and simmer for 20 to 25 minutes until potato is tender.

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