

# Diabetic Monthly

May 7, 2009  
Volume 2 Issue 5

Gunnison Valley Homecare. 45 East 100 North Gunnison, Utah 84634  
View online at [www.gvhomecare.org](http://www.gvhomecare.org)

## Proper Nutrition with Diabetes

### INSIDE THIS ISSUE

- 1 Support Group information
- 2 Swine Flu Questions and Answers
- 3 Swine Flu symptoms and prevention
- 4 Recipe of the Month
- 4 Tip of the Month

Support groups for May will focus on Proper Nutrition with Diabetes. Diabetes can be a very overwhelming disease. A big part of the problem is knowing what, how much, and when to eat. It can all be very confusing. That is exactly why our main topic for all May support groups will be on meal planning, proper nutrition, and carbohydrate counting. Often it just takes education on these subjects to realize that it really isn't that difficult. In fact, carbohydrate counting is much easier than you might think. Knowledge is power, so I invite each one of you to **EMPOWER** yourself.

There will be 3 sessions of the support group this month. There will be 2 offered at the Gunnison location May 13, 2009 and 1 class offered at the Monroe location on May 26, 2009. The Gunnison sessions will be presented by Melissa Argyle, Registered Dietician. The Monroe session will be presented by Angie Merchant, RN, Diabetic Educator. Everyone is welcome at all support groups, regardless of where you live. Think of questions you might have and come prepared to ask them. These sessions are for each one of you. Thank you for your support, and I hope to see you there.

## Gunnison Support Groups

Gunnison Valley Homecare at 45 East 100 North Gunnison

May 13, 2009 at 2:00–3:00pm

May 13, 2009 at 3:30–4:30pm

(Choose either session to attend)

## Monroe Support Group

South Sevier Senior Citizens Center 140 West 100 South Monroe

May 26, 2009 at 11:00am – 12:00pm



*Happy Mother's Day!!!*

## Swine Flu: Questions and Answers from Harvard Medical School

With all the recent talk in the media about swine flu, I thought you might like to know what it is really all about. I received information this morning on the swine flu. I had a lot of questions about the swine flu before I received this information. I would like to share this information with you, and then give you ways to protect yourself. Unfortunately, diabetes can increase your risk for infection. Knowing the following facts, ways to protect yourself, and what to watch for is very important. Prevention rather than panic is the most important factor. This information is not to scare anyone, but to give you the knowledge and the skills necessary to prevent you from becoming a victim of the swine flu.

An epidemic of swine flu has recently developed in Mexico and the United States, says the CDC. Swine flu has killed many people, and the outbreak has features that suggest it could become a global pandemic. A pandemic is an epidemic that spreads around the whole world. Pandemics also often cause more severe disease than epidemics.

As of Sunday, April 26, the United States has declared a public health emergency, and suspect or confirmed cases are being reported from many parts of the world. If a pandemic happens, it could be very serious for human health and the global economy (which definitely does not need any more bad news right now).

### **Q: What are “swine flu” and “bird flu”?**

**A:** Flu is a disease caused by the influenza virus. Humans, pigs, birds, and other animals all can be infected by influenza viruses. Typically, influenza viruses can infect only one species, so the influenza viruses of humans are different from those of pigs and birds. However, sometimes a virus can infect more than one species. For example, pigs sometimes can be infected not only with pig influenza viruses, but also with human and bird influenza viruses. Then these viruses can sidle up to one another and swap genes, creating new viruses that have a mix of genes—from human, pig, and bird viruses. That is what has happened with this new swine flu.

Sometimes this swapping of genes allows a virus that was originally able to infect only pigs or only birds to also infect humans. When that happens, we refer to the illness as “swine flu” or “bird flu.” This current virus could actually be called “swine/bird flu,” since it has some genes from pig flu viruses and other genes from bird flu viruses. However, for simplicity sake, it is just being referred to as “swine flu.”

### **Q: Are swine flu or bird flu viruses dangerous?**

**A:** Most viruses that cause swine flu or bird flu are very hard to pass from one human to another; they don't cause epidemics. Sometimes, however, further changes in genes create a virus that can spread rapidly among humans, and can produce a more severe illness. One reason this illness is more severe is that the virus is so new. The regular flu that comes each year is caused by a regular human influenza virus that often has similarities to the viruses that have caused the flu in years past, so people have some degree of immunity to the latest virus. The unusual swine flu or bird flu viruses that develop the ability for person-to-person spread are so different that people have little or no immunity to them. That is what some experts worry may be happening with swine flu.

---

---

## Swine Flu continued...

**Q: Can this new swine flu virus be easily transmitted from person to person?**

**A:** Unfortunately, the new swine flu virus can be transmitted between humans. It is not yet clear how easily it is transmitted, nor how it is transmitted. Almost surely it is transmitted by sneezing, coughing, and by skin-to-skin contact (like shaking hands or kissing) with an infected person.

**Q: Are there treatments?**

**A:** As of now, the new virus is killed by two antiviral medicines—Oseltamivir and Zanamivir. Based on experience with other flu viruses, treatment would be most effective if given within 2 days of the onset of symptoms. As long as this current swine flu virus is infecting people, it is likely that health authorities will recommend that people with more severe illness take these medicines. There is no vaccine yet for the new virus, and the CDC has expressed doubt that this year's regular flu vaccine will offer protection.

**Q: What are the symptoms of swine flu?**

**A:** The initial symptoms of this virus are like those of the regular, annual flu viruses: fever, muscle aches, runny nose, and sore throat. Nausea, vomiting, and diarrhea may be more common with this swine flu than with the regular flu. If this epidemic hits our community and you develop flu-like symptoms, it is likely your doctor will take samples from your throat or material you cough up and send them for testing.

**For adults, teens, and kids age 3 to 12, the most worrisome symptoms are:** 1) Shortness of breath, 2) Persistent vomiting, 3) Confusion, and 4) Dizziness.

**For children younger than 2, the most worrisome symptoms are:** 1) Very rapid breathing, 2) Not interacting normally, not eating or drinking normally, being unusually irritable, or appearing unusually sleepy, 3) High fever and rash, 4) A bluish color of the lips and skin.

**Q: How do I protect myself?**

**A:** To protect yourself from catching swine flu, take the same steps you would to prevent getting any cold or flu:

- Wash your hands or use alcohol-based cleaners frequently.
- When you greet people, don't shake hands or exchange kisses.
- Avoid contact with people with flu symptoms.
- Keep your blood sugars in normal range (high blood sugar creates a breeding ground for infection)
- Eat a balanced diet—Good nutrition is vital in preventing illness.
- Exercise—Aids in control of diabetes, illness, and stress.
- Adequate rest—Increases resistance to infections.
- Avoid crowds, if possible, during cold and flu season.

**Now is the time to prevent infection. Know that you do have some control in this.** Good luck in keeping your blood sugars under control and preventing infections. Feel free to call me if you have any further questions or concerns.

## Recipe of the Month... Tropical Fruit Dip (quick and easy)

Number of servings: 32 Serving size: 2 Tbsp

### Ingredients:

Crystal Light Tropical Passions  
 Low Calorie Soft Drink mix 1 tub  
 Breyers Vanilla Lowfat  
 Yogurt ( 8 oz) 4 containers

### Nutritional Information

#### Amount per serving

Calories	30
Calories from fat	0
Fat	0 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	15 mg
Total Carbohydrate	5 g
Dietary Fiber	0 g
Sugars	5 g
Protein	1 g

### Preparation Instructions:

1. Stir drink mix into yogurt in medium bowl until well blended. Serve as a dip with assorted fresh fruit.

## Tip of the Month:

### Question:

Why should I work so hard to improve my blood glucose level?

### Answer:

Because you'll feel more energy and a greater sense of well being when your blood glucose enters the normal range. In addition, you'll delay or prevent problems with your eyes, kidneys, and nerves as your blood glucose improves. It's also likely that any problems with heart disease, strokes, and hardening of the arteries will be delayed by good blood glucose management. Good blood glucose control also helps prevent infections. If you do not develop any diabetes complications, you'll live a longer, healthier life.



### **Gunnison Valley Homecare**

45 East 100 North  
 Gunnison, Utah 84634

Angie Merchant, RN, Diabetic Educator

**Phone:**  
 (435) 528-3955

**Fax:**  
 (435) 528-2188

**E-mail:**  
 a.merchant@yahoo.com