

# Diabetic Monthly

May 13, 2010  
Volume 3 Issue 5

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

## Diabetic Spring Training – May Support Group

By Angie Merchant, RN, Diabetic Educator

It's baseball time again!!! That means its time to attend Diabetic Spring Training. This will be a fun and informative meeting. Our goal is to teach you how to put together a winning healthcare team, and how to score a homerun. Diabetes is a disease that can tend to get you down, but we will be exploring a way to make it more fun. Together, we will strive to prevent diabetic complications.

Support groups will also have a guest speaker. Lincare will be present to discuss Sleep Apnea, and help you know if you may have a problem. If you even suspect that you or a loved one may have sleep apnea, join us for their presentation. They will even be supplying our treats this month. (yeah!!!)

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### Gunnison Support Group

Gunnison Valley Homecare  
45 East 100 North Gunnison, Utah  
**May 18, 2010 at 3:00 - 4:00pm**

### Monroe Support Group

South Sevier Senior Citizens Center  
140 West 100 South Monroe, Utah  
**May 25, 2010 at 11:00am - 12:00pm**



## Diabetic Health Fair- June 15, 2010

The Diabetic Health Fair this year will be held on June 15, 2010 from 3:00–6:00 pm at the Gunnison Valley High School Gym. The Health Fair will replace both the Gunnison and the Monroe support groups. Last years Health Fair was very successful, and I would love another great turn out this year.

The Health Fair will offer two different classes. There will be many diabetic vendors, free meters, and reduced cost A1C and Lipid Panel lab draws. I am hoping that this will help save each of you money, and be a positive experience. I will have more information in the next newsletter, but mark it on your calendar now.

## Health Tips About Oil: Pros and Cons

*By Dr. Maoshing Ni - Posted on Mar 08, 2007*

There is a lot of confusing information circulating about oils. Hopefully, the tips below will help you navigate your way to the good oils that will benefit your health in the long run.

### The Lowdown on Oil:

Oils that originate from vegetable, nut and seed sources provide the essential fatty acids that are critical for our nerve and brain functions. The typical vegetable oils that can be found at supermarkets have undergone chemical and heat processing that destroy the quality of the oil - bleaching, cooking, defoaming, distillation, extraction, refining, and the addition of preservatives. Additionally, many of these oils are exposed to light and air and are even potentially filled with pesticides.

All of this causes the formation of free radicals, which undermine the health benefits of consuming essential fatty acids. To ensure that you are receiving all of the possible benefits from your oil, buy organic, cold-pressed, minimally processed oils at your local health food store. Be sure that you consume oil within three months; to prevent it from becoming rancid, store your oil in the refrigerator in dark glass containers.

### Fats: The Good, the Bad, and the Ugly:

There are three types of fat: monounsaturated, polyunsaturated, and saturated.

1. Monounsaturated fats- including olive oil, sesame oil, canola oil, almond oil, flax oil, and fish oil- are good fats. These contain essential fatty acids such as omega-3 and gamma-linolenic acid (GLA) that are critical in brain development and function, skin health, vascular health, proper immune function, fertility, and normal physical development.
2. Polyunsaturated fats- such as margarine, corn oil, hydrogenated safflower oil, and sunflower oil, also contain essential fatty acids. Unfortunately, these fats are highly refined and contain large amounts of trans fat. Trans fat, created by the hydrogenating vegetable oil to make it spreadable is implicated in both cancer and heart disease.
3. Saturated fats- are the bad kind of fat. Included in this category is butter, peanut oil, coconut oil, palm kernel oil, and lard. These saturated fats elevate cholesterol and triglyceride levels, leading to an increased chance of heart attack and stroke. These oils are best avoided.

### Two Stand-Out Oils:

1. Olive Oil- which is the essential ingredient of the Mediterranean diet, has been found to have beneficial effects on blood lipids and it may even lower blood pressure.
2. Sesame Oil- the most common oil consumed by Chinese Centenarians- is enjoyed for its delicious nutty flavor and also possesses some considerable therapeutic properties. Chinese medicine lists sesame as a blood builder, a kidney and liver tonic, and a bowel protector and regulator. It is rich in phytic acid, the antioxidant that may prevent cancer. Lignan sesamin, one variety of sesamin, one variety of sesame oil, appeared to radically reduce cholesterol levels in the bloodstream and liver of rats.

### Conclusion:

To benefit your health and enhance your meals, add some olive oil to your food and salads; sprinkle sesame seeds and oil into your dishes regularly. Some other excellent choices for oils include: walnut oil, flaxseed oil, and soy oil.

## Tip of the Month:

By Nina Watson, RN, MSN, CDE



### **Question: While Fasting, When Do I Take My Meds?**

How do I manage diabetes when fasting for a blood test or a colonoscopy?

### **Answer:**

Fasting can be a challenge for people with diabetes, especially when you are taking medications that have a direct effect on your blood glucose level. Always discuss how to adjust your medication regimen with your health care team before the fast. The changes you make will depend on what medications you are taking, what the dosages are, how your blood glucose control is, how long your fast will be, and why you are fasting. For instance, someone with diabetes who is having a procedure should request to have it done early in the day to avoid prolonged fasting.

Here are some general rules to follow for a morning fast. If you're on oral medications, hold them until the test is complete and take them again when you're ready to eat. If you are taking Metformin and the test involves an intravenous injection, you may need to hold the Metformin until at least 48 hours after the test (this is to ensure that your kidney function remains normal). Stop any injections such as Byetta and Symlin that are only to be taken with meals, and take those when you are ready to eat again.

Insulin changes are dependent on your prescribed regimen. Mealtime insulins, such as Novolog, Humalog, Apidra, and Regular, should also be held until you are ready to eat. Dosing of background (long-acting) insulin should be discussed with your doctor. If you are on Levemir or NPH at bedtime only, there should be no need to hold your injections. If you take either one twice daily- depending on the length of your fast, control, and risk for hypoglycemia- your provider may want you to decrease the dose. If you are taking Lantus, your provider may or may not adjust your dose, based on how much of it you are taking and how long your fast is anticipated to be.

Regardless of what your diabetes management regimen is, check with your doctor for a detailed plan that you can follow easily when you're scheduled for a procedure that requires fasting. It is always a good idea to **PLAN AHEAD**.

## Quote for the Month:

*Happiness is like a butterfly  
The more you chase it, the more it eludes you.  
But if you turn your attention to other things,  
It comes and sits softly on your shoulder.*

Henry David Thoreau

## Recipe of the Month – Curried Chicken Salad with Grapes

Total Servings: 6 Serving Size: 1 cup

### **Salad**

- 3 cups cooked, cubed chicken breasts
- 1 ½ Cups halved green or red grapes
- ½ Cup sliced celery
- 2 Tbsp sliced scallions
- ½ cup diced red pepper

### **Dressing**

- ¾ cup reduced-fat mayonnaise
- 2 Tbsp orange juice
- 1 tsp curry powder
- Fresh ground pepper to taste

**Instructions:** Combine all salad ingredients. Combine all dressing ingredients in a small bowl and whisk together until smooth. Toss the dressing with the salad and serve.

### **Exchanges**

- ½ Carbohydrate
- 4 Lean Meat
- Calories..... 273
- Calories from fat...112
- Total Fat.....12g
- Saturated Fat..... 2g
- Cholesterol.....84mg
- Sodium.....293 mg
- Total Carbohydrate.....10g
- Dietary Fiber..... 1 g
- Sugars.....8 g
- Protein......27g

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