

Diabetic Monthly

May, 2014

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

May Support Groups: Get Moving

By Heidi Ison RN

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I want to thank Dr. Embley and Jason Okerlund for teaching our support groups last month. I think we all received valuable information on diabetic medications.

This month's support group will be taught by Derek Overly. Derek is a Physical Therapist at Therapy West in Gunnison he will be helping us to learn proper body mechanics to help reduce our risk of injury.

I encourage you to bring your family and friends with you, as they can be a great support to you if they have a better understanding of diabetes. These support groups are free of charge and everyone is welcome to attend.

Support Group Schedules

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

May 20, 2014 from 3:00 – 4:00 pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

May 27, 2014 from 1100-1200 pm

Injury-Free Exercise – 11 Quick Safety Tips

Increasing your activity level is great for your diabetes and for your overall health, but it should be an enjoyable and safe experience. Here are a few simple things you can do to help prevent injuries, dehydration, and hypoglycemia when exercising:

1. If you have never been active or haven't been active for a while, start slowly. If you feel unsure about your health, [talk to your health care team](#) about which activities are safest for you.
Your health care provider's advice will depend on the condition of your heart, blood vessels, eyes, kidneys, feet, and nervous system. Still, many people with diabetes can do the same activities as someone without diabetes.
2. Warm up for 5 minutes before starting to exercise and cool down for 5 minutes after.
Your warm up or cool down should be a lower intensity than the rest of your time exercising. This helps get your blood flowing and warms up your joints.
3. Avoid doing activity in extremely hot or cold temperatures. Choose indoor options when the weather is extreme.
4. Drink plenty of water before, during, and after activity to stay hydrated.
5. If you feel a low coming on, be ready to test for it and treat it. Always carry a source of carbohydrate with you so you'll be ready to treat low blood glucose. This is especially important if you are on insulin and have type 1 diabetes.
6. If exercising for an extended period (more than an hour or two), you may want to have a sports drink that provides carbohydrates. Be careful to check the nutrition facts though, you may need to water down the drink so that you don't have too much, which can cause your blood glucose to pike.
7. Wear a medical identification bracelet, necklace, or a medical ID tag that identifies you as someone with diabetes in case of emergency, and carry a cell phone with you in case you need to call someone for assistance.
8. Activities should be energizing but not overly difficult.
Use the "talk test" to make sure you are not pushing yourself too hard. If you become short of breath and you can't talk, then slow down. This is most important when you are just starting to increase the activity in your routine. As you become fit, you'll be able to exercise at a higher intensity and chat with others while you do it.
9. Take care of your feet by wearing shoes and clean socks that fit you well.
You should also check inside your shoes before wearing them. Shoes with silica gel or air mid-soles are a good choice for weight-bearing activities like walking because they are built to reduce stress on your feet and joints. Socks that are made out of a material that reduces friction and pulls moisture away from your skin can also help protect your feet. Some examples are CoolMax, polypropylene, or acrylic (stay away from cotton).
10. Carefully inspect your feet before and after activity for blisters, redness, or other signs of irritation. Talk to your doctor if you have a foot injury or a non-healing blister, cut, or sore.
11. Stop doing an activity if you feel any pain, shortness of breath, or light-headedness. Talk to your doctor about any unusual symptoms that you experience.

Tips for Emergency Preparedness

We have always needed to be ready for emergencies. Wherever you live, there is the chance of something happening to disrupt your daily life, whether it's a hurricane, an earthquake, a tornado, or a blizzard. Recent concerns about terrorist attacks have simply increased our awareness of the need to be prepared if a disaster strikes.

Have a Plan

Everyone is now advised to have a plan in place in the case of an emergency, and people with diabetes must consider proper diabetes care when they make emergency plans.

Emergency Supplies

Consider storing **three days worth of diabetes supplies**, which, depending on how you take care of your diabetes, could include oral medication, home, consider informing your colleagues, friends, and family members about your diabetes and where your emergency supply kit is kept. Taking a few minutes right now to gather supplies and inform those around you about your diabetes, may make a world of difference in maintaining blood glucose control and staying healthy under stressful circumstances insulin, insulin delivery supplies, lancets, extra batteries for your meter and/or pump, and a quick-acting source of glucose You may also want to have an extra glucagon emergency kit. All these items should be kept in an easy-to-identify container, and stored in a location that is easy to get to in an emergency.

Emergency Contacts

Your emergency supply kit should also contain a list of emergency contacts and, if you are a parent of a child in school or daycare, physician's orders that may be on file with your child's school or day care provider. As always, it is a good idea to wear medical identification that will enable colleagues, school staff members, or emergency medical personnel to identify and address your medical needs. If you are a parent of a child with diabetes, it is important that your child's school has clearly identified the school staff members who will assist your child in the event of an emergency evacuation.

For those who are away from home, consider informing your colleagues, friends, and family members about your diabetes and where your emergency supply kit is kept. Taking a few minutes right now to gather supplies and inform those around you about your diabetes, may make a world of difference in maintaining blood glucose control and staying healthy under stressful circumstances. For additional tips to assist you in managing your diabetes in emergency situations there is a book *Diabetes 911* may be for you.

Easy Crescent Veggie Pizza



Ingredients

2 cans (8 oz each) Pillsbury® refrigerated crescent dinner rolls or 2 cans (8 oz each) Pillsbury® Place 'n Bake™ refrigerated crescent rounds or Pillsbury® Crescent Recipe Creations® refrigerated seamless dough sheet
 1 package (8 oz) cream cheese, softened
 1/2 cup sour cream
 1 teaspoon dried dill weed
 1/8 teaspoon garlic powder
 1/2 cup small fresh broccoli florets
 1/3 cup quartered cucumber slices
 1 plum (Roma) tomato, seeded, chopped
 1/4 cup shredded carrot

Directions

- 1 Heat oven to 375°F.
- 2 If using crescent rolls: Unroll both cans of dough; separate dough into 4 long rectangles. In ungreased 15x10x1-inch pan, place dough; press in bottom and up sides to form crust. If using dough sheets: Unroll both cans of dough. In ungreased 15x10x1-inch pan, place dough; press in bottom and up sides to form crust.
- 3 Bake 13 to 17 minutes or until golden brown. Cool completely, about 30 minutes.
- 4 In small bowl, mix cream cheese, sour cream, dill and garlic powder until smooth. Spread over crust. Top with vegetables. Serve immediately, or cover and refrigerate 1 to 2 hours before serving. Cut into 8 rows by 4 rows.

Nutrition Facts

Serving Size: 1 Appetizer

Calories 90 (Calories from Fat 60),

% Daily Value

Total Fat 6g 6% (Saturated Fat 3g, 3%

Trans Fat 1g 1%),

Cholesterol 10mg 10%;

Sodium 135mg 135%;

Total Carbohydrate 6g 6%
(Dietary Fiber 0g 0%

Sugars 1g 1%), in 2g

Protein 2 g

Gunnison Valley Homecare DSME

45 East 100 North
 PO Box 759
 Gunnison, Utah 84634

Phone:
 (435) 528-3955

Fax:
 (435) 528-2188

E-mail:
 heidii@gvhomecare.org