

Diabetic Monthly

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Gunnison Valley Homecare, 45 East 100 North, Gunnison, Utah 84634
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October Support Groups... Proper Skin, Nail, and Foot Care

October support groups will focus on proper skin, nail, and foot care. When you have diabetes, you hear a lot about what goes on inside your body—how it uses the food you eat, how important controlling the glucose in your blood is to protect internal organs such as your heart and kidneys, and how diabetes treatments keep you healthy. But have you ever thought about the outside of your body? Your skin is your largest organ. It covers from 10 to 21 square feet, depending on how big you are. The skin provides your sense of touch, helps regulate your body temperature, and is your first line of protection against infection. Unfortunately, diabetes can affect your skin, particularly if your blood glucose is not well controlled.

Join us at support group to find out the best way to properly take care of your skin, your nails, and your feet. You know what they say, “An ounce of Prevention is worth a pound of Cure.”

All support groups are FREE of charge and everyone is welcome. There will be healthy treats and good company. Both support groups will be presented by Angie Merchant, RN.

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Gunnison Support Group

Located at 45 East 100 North Gunnison, Utah
October 20, 2009 at 3:00-4:00pm

Monroe Support Group

Located at 140 West 100 South Monroe , Utah
October 27, 2009 at 11:00am-12:00pm

Gunnison Valley Health and Awareness Fair

When: October 31, 2009 from 9:00am - 12:00pm

Place: Gunnison Valley High School at 35 East 600 North

SAVE MONEY... Discounted lab tests will be available once again. There will be **FREE** Kidney screenings for those that call for an appointment at 1-800-869-5277. **FREE** glucometers and diabetic information at the Diabetic Education booth. **FREE** Vital sign checks, hearing checks, and dental checks available. Please take advantage of this great opportunity to take care of your health.

The Facts about Rapid-Acting Insulin

There are three rapid-acting insulin analogs: Novalog, Humalog, and Apidra. An insulin analog is insulin that has been slightly modified to allow it to work faster. These rapid acting insulins are designed to mimic our body's insulin, which is released at the time of eating a meal. They work faster than human insulin, so when taking rapid-acting insulin you can eat within 5-10 minutes.

Rapid-acting insulin allows individuals a more flexible schedule—as it is taken with a meal and used quickly, and does not linger in our body. Rapid-acting insulin may also be used to correct high or low blood glucose readings. Individuals using these insulins may vary the amount they use based on the amount of food they will be having at a meal as well as what their blood glucose level is before the meal.

Rapid-acting insulin is usually given 15 minutes before the meal but it may be given 20 minutes after starting the meal if you are unsure what you are going to eat. Be aware, however, that if you take it after or during the meal, your blood sugar will increase for a time before the insulin can work on it. It is much better to take the insulin before you eat.

If your blood glucose levels are higher than expected your health care professional should provide you with the information necessary to determine how much additional insulin you will need to bring your levels back to target, this is called a correction factor. You should also know the amount of insulin needed to cover a serving of carbohydrate—known as your insulin-to-carb ratio. These rapid-acting insulins allow an individual flexibility, as no insulin needs to be taken if a meal is skipped and it is not necessary to follow a strict mealtime schedule.

Rapid-acting insulin is used in insulin pumps. Check with the pump manufacturer to ensure the type of rapid-acting insulin you are using is approved for your insulin pump. Rapid-acting insulin is clear and should NOT be used if particles are seen or if it has been frozen or is past the expiration date.

Side effects of the rapid acting insulins may include: Low blood sugar reactions (hypoglycemia), reactions at the injection site (like redness, swelling, and itching), and allergic reactions. Notify your doctor if you experience swelling, itching, or trouble breathing. Because of the risk of low blood sugars, you should wear a diabetes identification necklace. If you need a resource to purchase a bracelet, you can call this office for help (435-528-3955).

Storage

All insulin should be discarded after the expiration date. Unopened insulin may be stored in the refrigerator at 36-46 degrees F. Protect insulin from light and do not store in the freezer. If insulin is frozen it should be discarded. Unopened vials/cartridge systems not stored in a refrigerator must be used within 28 days. If refrigeration is not possible, the open vial in use can be kept unrefrigerated for up to 28 days away from direct heat and light as long as the temperature is not greater than 77 degrees F (25 degrees C).

An opened insulin pen or cartridge should NOT be refrigerated but should be kept below 77 degrees F away from direct heat and light.

Always remove the needle after each injection and store the insulin pen or cartridge without a needle attached. This prevents contamination and /or infection or leakage of insulin, and will ensure accurate dosing.

Kidney Disease... What You Need to Know

What is your general risk for kidney disease when you have diabetes?

- People with diabetes are 20 times more likely to get end-stage renal disease than people without diabetes. End-stage renal disease means kidney failure.
- One-third of people with Type 1 Diabetes, and 10-20% of people with Type 2 Diabetes develop kidney disease after 15 years of diabetes.
- Noticeable kidney problems will not appear until **80%** of the kidney is damaged.

Your kidneys are your body's filter units. They work 24 hours a day to rid your body of the toxins that your body makes or takes in. Toxins from the blood enter the kidneys by crossing the walls of small blood vessels along its border. In people with nephropathy, these tiny blood vessels, called capillaries, are unable to filter out the impurities in your blood. Remember that the kidneys have so much extra filtering ability that noticeable problems will not appear until 80% of the kidney is damaged.

Prevention:

- 1) Keep your blood sugar under control.
- 2) Keep your blood pressure under control.
- 3) Regularly have your kidney function tested. The FREE kidney screenings available at the Gunnison Valley Health Fair is the perfect time. The screenings will help you to know if your kidneys are functioning properly, and tell you if you have a problem. I want to strongly encourage each one of you to have this free screening. Simply call **1-800-869-5277** to set up an appointment for October 31, 2009.

Tip of the Month

Question: My doctor suggested I start using insulin. Will I be able to handle this regimen at my age?

Answer: YES. You may feel scared or overwhelmed, but the mechanics of drawing the insulin dose and giving an injection are simple to do. There are also insulin pens available that make giving insulin injections very simple. If you already have a good management plan consisting of a meal plan, exercise, and oral medications, you have experience that will help you use insulin. You will need to check your blood glucose levels more often because now they can drop too low, and you don't want that to happen. You'll need to carry snacks or glucose tablets with you at all times to bring low blood glucose back up. Along with your regular oral medications, you will probably start with a bedtime injection of long-acting insulin to restore normal morning glucose so your oral medications will work better during the day. If blood glucose control worsens, you'll probably move on to several insulin injections a day. No one likes injections, but they keep you healthier, and most people find them to be much less trouble than they expected. Once you face your fear and get some practice, you'll be amazed at how well you do.

Recipe of the Month: Country-Style Ham And Potato Casserole

Prep Time: 15 minutes
 Bake Time: 40-45 minutes
 Stand Time: 3 minutes

Servings: 4
 Serving Size: 1 ½ cups

Ingredients:

8 ounces lean smoked deli ham, thinly sliced and chopped
 1 pound red potatoes, scrubbed and thinly sliced
 1 medium onion, thinly sliced
 Black pepper to taste
 1/3 cup shredded, reduced-fat, sharp or cheddar cheese

Instructions:

1. Preheat the oven to 350 degrees.
2. Place a medium nonstick skillet over medium-high heat until hot. Coat the skillet with nonstick cooking spray, add ham, and cook 5 minutes or until the ham edges are beginning to lightly brown, stirring frequently. Remove from the heat and set the ham aside on a separate plate.
3. Layer half of the potatoes and half of the onions in the bottom of the skillet. Top with the ham and repeat with layers of potatoes and onions. Sprinkle with black pepper and cover tightly with a sheet of foil.
4. Bake 35-40 minutes or until the potatoes are tender when pierced with a fork. Remove from the oven, top with cheese and develop flavors.

Nutritional Information

Calories: 202
 Calories from Fat: 39
 Total Fat: 4g
 Saturated Fat: 2 g
 Cholesterol: 34 mg
 Sodium: 573 mg
 Total Carbohydrate: 28 g
 Dietary fiber: 2 g
 Sugars: 4 g
 Protein: 15 g

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Happy Halloween

