

Diabetic Monthly

October, 2013

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

October Support Groups: Making the most of your Dr. Appointments

By Heidi Ison RN

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Thank you to Amy Anderson for teaching the Gunnison Support Group last month. We all now know the importance of checking our feet for complications and how to prevent these complications from becoming a problem.

In October I will be teaching the support group. We will learn about ways to get the most out of your doctor appointments. Remember to write down your questions and bring them with you.

As always, you don't need to be diabetic to come to support group. So bring a friend, a neighbor, or a family member as they can be a great support in helping you manage your diabetes and reaching your goals. I look forward to seeing you at support group.

Support Group Schedules

Gunnison Support Group

Gunnison Homecare building at 45 East 100 North Gunnison

October 15, 2013 at 3:00 – 4:00 pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

October 22, 2013 at 1100-1200

Mt. Pleasant Support Group

1125 Black Hawk Boulevard

October 24, 2013 at 2:00- 3:00

Getting the Most from Your Doctor's Appointment

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Doctors spend on average only a few minutes with each patient they see for routine examinations. (Of course, there is often time out of the exam room that is spent reviewing the chart and records.) The experience can be both confusing and frustrating when communication on one or both sides is lacking, particularly if you're presented with new information to process or new instructions to follow.

While a visit to the clinic can be intimidating for anyone, you can lessen the [stress](#) and worry associated with doctor's appointments by taking steps to be sure that you're provided with all the information you need at the appointment. There are also ways you can improve the quality of your care by helping your doctor develop the best understanding possible of your symptoms and condition.

Before the appointment, write down a list of things you need to tell the doctor. Note any concerns or questions you may have. Also write down the names and dosages of any [prescription](#), [over-the-counter](#) medications, or supplements you are taking. It is very important to take this list with you to the appointment - don't count on remembering every single item. Before you leave the office, go over the list to be sure you've covered everything. This simple step benefits both you and your doctor by keeping the discussion focused and ensuring that all your concerns are addressed.

Don't hesitate to use the words "I don't understand." Doctors are only human and may not always know when they haven't explained something well or in terms you can understand. Never feel embarrassed or shy about asking for clarification about something your doctor says. When in doubt, repeat back what your doctor has told you and ask if you've got it right. You can also ask if he or she recommends any specific reading materials about your condition.

If your doctor asks questions that sound embarrassing or overly personal, remember that the information you provide enables him or her to better establish a diagnosis, or to determine which treatment is most appropriate for you. Never fib in response to questions about alcohol or drug use, sexual history, or other lifestyle matters. Be honest about the extent to which you are taking your prescriptions or following a treatment plan. Withholding the truth can affect the quality of your care and can even lead to a wrong diagnosis.

Finally, the office medical assistants and nurses can be an additional resource of information. Do not hesitate to ask them questions about your concerns as well.

Advance preparation for your doctor's visit is a vital step toward becoming a partner in your own health care and an advocate for your health and well-being. A good doctor will always encourage your desire to understand as much as possible about your condition and will welcome your active participation in your care.

Visiting Your Health Care Team

Taken from the ADA

When you have diabetes, it is important that you get good medical care. Now that it's clear that high blood glucose (blood sugar) levels play a role in many complications, your doctor's skill is more vital than ever. Good care helps you live a full life with as few complications as possible.

But what is good care? The American Diabetes Association publishes our annual Standards of Medical Care in Diabetes. These guidelines give professionals the most up-to-date information on taking care of your diabetes. Our [Standards of Medical Care for People with Diabetes](#) brochure will help you understand what to expect at visits to your doctor.

The Team Approach

You should be receiving your diabetes care [from a team](#) put together by your doctor. Diabetes is complicated. Your doctor alone cannot be an expert in every area. For this reason, your diabetes care team may include an eye doctor, nurses, and a dietitian. Depending on what complications you have, your doctor may send you to other specialists as well, such as a foot doctor.

The Goal

Too-high levels of glucose in the blood are a feature of all forms of diabetes. The main goal of diabetes treatment is to bring [blood glucose levels](#) as close to normal as is safely possible. Your doctor will set give you targets that are right for you, depending on factors, such as how long you have had diabetes. Most aspects of your treatment plan — measuring your glucose levels, taking diabetes pills or insulin shots, exercising, losing weight, planning meals — are aimed at helping you reach your target glucose level.

High glucose levels can affect many parts of the body. They can lead to eye, nerve, and kidney diseases. High glucose levels also make it easier to get infections. They can blur your vision or make you feel tired or thirsty all the time. People with diabetes also are more likely to develop other health problems, including high blood pressure, high cholesterol and fat levels, and heart disease. [Learn more about complications.](#)

As you can see, keeping your glucose levels under control is vital to your future health and happiness. Your team can advise you on ways to reach this goal. But much rests on your shoulders. For this reason, your treatment team should spend a lot of time teaching you about diabetes and how to make diabetes care part of your life.



"Your diabetes is out of control! I want you to stop eating those little children and move out of that sugar shack!"

Recipe of the Month

Ingredients

Serves 16; serving size: 1 (1/2-in) slice

1 cup all-purpose flour
 1 cup whole wheat flour
 1/2 cup granular no-calorie sweetener
 2 tsp baking powder
 1/2 tsp baking soda
 1/4 tsp salt
 2 cups mashed ripe banana (about 4 medium bananas)
 1/2 cup miniature chocolate chips
 1/2 cup unsweetened applesauce
 1/3 cup canola oil
 1/4 cup low-fat buttermilk
 1 large egg
 1 tsp vanilla extract

Nutritional Information

Exchange/Choices
 1 1/2 Carbohydrate
 1 Fat

Calories: 149 g
 Calories from Fat: 56 g
 Total Fat: 6 g
 Saturated Fat: 1 g
 Polyunsaturated Fat:
 Monounsaturated Fat:
 Cholesterol: 13 mg
 Sodium: 131 mg
 Total Carbohydrate: 22 g
 Dietary Fiber: 2 g
 Sugars: 7 g
 Protein: 3 g

Preparation

1. Preheat the oven to 350°F. Coat an 8 x 4-in loaf pan with cooking spray. Set aside. Combine the all-purpose flour, whole wheat flour, no-calorie sweetener, baking powder, baking soda, and salt in a large bowl and whisk to mix well.
2. Combine the banana, applesauce, chocolate chips, oil, buttermilk, egg, and vanilla in a medium bowl and stir to mix well. Add the banana mixture to the flour mixture and stir just until moistened.
3. Spoon the batter into prepared pan, smooth the top, and bake for 45 to 50 minutes or until a wooden toothpick inserted in the center of loaf comes out clean.
4. Cool the bread in the pan on a wire rack for 10 minutes. Remove from the pan and cool completely on a wire rack before slicing. The bread can be covered in an airtight container and stored at room temperature up to 3 days.

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