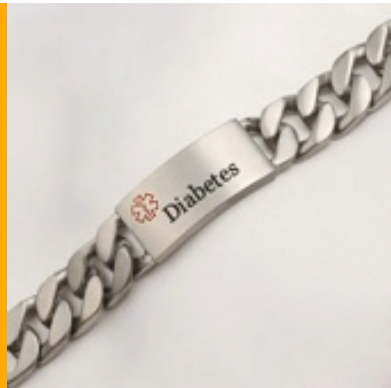


DIABETIC MONTHLY

Sept. 1, 2012



September Support Groups - Proper Monitoring

by Kristy Sego RN, DE

Blood glucose (blood sugar) is an essential measure of your health. If you're struggling to manage your blood glucose levels, Septembers support group is for you! With the latest tools and strategies, you can take steps today to monitor your condition, prevent serious complications, and feel better while living with diabetes.

We will review and teach how to properly monitor your blood sugar, how to check for ketones, how to treat and prevent hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar.) We will also learn about Estimated Average Glucose (eAG) - a new way to understand how well you're managing your diabetes and how it relates to your A1c. We will also review blood glucose goals.

I will be teaching the Gunnison and Monroe support groups this month. Support groups are free and anyone can attend. Please bring your family and friends! I look forward to seeing you at support group.



Gunnison Support Group

Homecare Building 45 East 100 North
Sept. 18, 2012 3-4 pm

Monroe Support Group

So. Sevier Senior Center 140 West 100 South
Sept. 25, 2012 11:00 - 12:00 pm

Inside This Issue

1. Sept. Support Groups
2. Flu and Pneumonia Shots
3. Healthy Eating tips
4. Recipe of the Month

Flu and Pneumonia Shots

Having the flu can be dangerous for anyone. But it is extra risky for people with diabetes or other chronic health problems.

In general, every person with diabetes needs a flu shot each year. Talk with your doctor about having a flu shot. Flu shots do not give 100% protection, but they do make it much harder for you to catch the flu for about 6 months.

For extra safety, it's a good idea for the people you live with or spend a lot of time with to get a flu shot, too. You are less likely to get the flu if the people around you don't have it.

The best time to get your flu shot is beginning in September. The shot takes about two weeks to take effect. ****If you have a cold or other respiratory illness, wait until you are healthy again before having your flu shot. And don't get a flu shot if you are allergic to eggs.**

You are advised to continue to take the general precautions of preventing seasonal flu and other communicable diseases:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread that way. Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

What to do if you have Diabetes and Symptoms of Flu

Talk with your doctor now about how to reach him or her quickly by telephone if you think you have the flu. Symptoms of influenza can include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, some people may also have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

Pneumonia Shots

People with diabetes are about three times more likely to die with flu and pneumonia. Yet only one-third of them ever get a simple, safe pneumonia shot.

A pneumonia shot is recommended for anyone aged 2 or older who, because of chronic health problems (such as diabetes) or age, has a greater chance of getting and dying with pneumonia. A pneumonia shot can also protect you from other infections caused by the same bacteria.

About 10,000 people die each year because of these bacterial infections. A pneumonia shot, however, can help protect you against getting these illnesses. In fact, it is about 60% effective in preventing the most serious pneumonias, meningitis, bacteremia and death.

You can get a pneumonia shot anytime during the year. For most people, one shot is enough protection for a lifetime. People under 65 who have a chronic illness or a weakened immune system should ask their doctor about getting another shot 5-10 years after their first one. For more information, please visit: <http://www.cdc.gov/diabetes/flu>

Healthy Eating Tips - Build a healthy plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.
- Keep your food safe to eat - **learn more at www.FoodSafety.gov.**

Cut back on foods high in solid fats, added sugars, and salt

Many people eat foods with too much solid fats, added sugars, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy - it all adds up.
- Eat fewer foods that are high in solid fats.

Eat the right amount of calories for you

Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.
- Write down what you eat to keep track of how much you eat.
- If you drink alcoholic beverages, do so sensibly - limit to 1 drink a day for women or to 2 drinks a day for men.

Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

Note to parents: What you eat and drink and your level of physical activity are important for your own health, and also for your children's health.

Dr. Travis Stork's Pesto Pasta with Spinach, Asparagus, and Cherry Tomatoes

Ingredients

For the Pesto:

2 cups fresh basil leaves (from about 2 bunches)

1/4 cup pine nuts

3 tablespoons extra-virgin olive oil

1 large clove garlic, chopped

2 tablespoons freshly grated Parmesan plus additional for garnish

2 tablespoons freshly grated Pecorino Sardo *or* Parmesan



****My family loves this pasta!!**

For the Pasta:

12 ounces whole wheat pasta (such as penne or farfalle)

1 tablespoon olive oil

1 bunch asparagus (about 14 ounces), trimmed and cut into 1 1/2-inch pieces

1 3/4 cup cherry tomatoes, halved

2 cups baby spinach *or* arugula

1 pound boneless, skinless chicken breast, cooked and cut into bite-size pieces (optional)

Preparation

Make pesto: Combine basil, pine nuts, oil and garlic in a food processor. Blend until paste forms, stopping often to push down basil. Add cheeses and sea salt. Blend until smooth. Transfer to small bowl. (Makes about 2/3 cup. Can be made 1 day ahead. Top with 1/4 inch olive oil and chill.)

Prepare pasta: Cook pasta per package directions. Drain and return to pot.

Heat oil in a large skillet over medium heat while pasta cooks. Add asparagus and freshly ground black pepper to taste. Cook 4 minutes. Add tomatoes and cook until asparagus are tender 2-3 minutes longer. Remove from heat.

Add pesto, spinach, and chicken (if using) to pasta and toss until well-combined. Sprinkle with grated or shaved Parmesan. Serve warm, or chill and serve cold.

NUTRITION (per serving; without chicken) 370 cal, 11 g pro, 48 g carb, 7 g fiber, 15.5 g fat, 2 g sat fat, 209 mg sodium