

Diabetic Monthly

September, 2013

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

September Support Groups: Diabetic Wound Care

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We had a great turn out for the Diabetic Health fair last month- Thank You! Thank You to Melissa Argle, RD and Janette Kirkham RN, CDE for teaching the classes, we all learned a lot from them. I also want to thank all of the vendors that came to support the health fair.

Septembers Support group will be on diabetic wound care. Amy Andersen RN will be teaching this class. She currently works with the new wound clinic at Gunnison Valley Hospital and is a great resource to us. Remember to write down your questions and bring them with you to support group.

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

September 17, 2013 at 3:00 – 4:00 pm

Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

September 24, 2013 at 1100-1200

Mt. Pleasant Support Group

1125 Black Hawk Boulevard

September 26, 2013 at 2:00- 3:00

How Diabetes Affects Wound Healing

Taken from: Wound Care Centers

Diabetes is a condition in which the body does not effectively use sugar. It is estimated that there are nearly 18 million Americans with diabetes, and approximately 15 percent of diabetics will develop a foot [ulcer](#) at some point. Foot ulcers are the most [common wounds for this patient population](#).

Wound healing can be slowed when the patient is diabetic. An important point to remember about a diabetic patient wound is that it heals slowly and can worsen rapidly, so requires close monitoring.

There are several factors that influence [wound healing in a diabetic patient](#), and may include:

Blood Glucose Levels

It all starts here. An elevated blood sugar level stiffens the arteries and causes narrowing of the blood vessels. The effects of this are far-reaching and include the origin of wounds as well as risk factors to proper wound healing.

Poor Circulation

Narrowed blood vessels lead to decreased blood flow and oxygen to a wound. An elevated blood sugar level decreases the function of red blood cells that carry nutrients to the tissue. This lowers the efficiency of the white blood cells that fight infection. Without sufficient nutrients and oxygen, a wound heals slowly.

Diabetic Neuropathy

When blood glucose levels are uncontrolled, [nerves](#) in the body are affected and patients can develop a loss of sensation. This is called diabetic neuropathy. When there is a loss of sensation, patients cannot feel a developing blister, infection or surgical wound problem. Because a diabetic patient may not be able to feel a change in the status of a wound or the actual wound, the severity can progress and there may be complications with healing.

Immune System Deficiency

Diabetes lowers the efficiency of the immune system, the body's defense system against infection. A high glucose level causes the immune cells to function ineffectively, which raises the risk of infection for the patient. Studies indicate that particular enzymes and hormones that the body produces in response to an elevated blood sugar are responsible for negatively impacting the immune system.

Infection

With a poorly functioning immune system, diabetics are at a higher risk for developing an [infection](#). Infection raises many health concerns and also slows the overall healing process.

Left untreated, [infection](#) can heighten the risk of developing [gangrene](#), sepsis or a bone infection like osteomyelitis. According to statistics, diabetes is the number one reason for limb amputation in the U.S.

What You Can Do to Improve Healing

There are several things a patient can do to improve wound healing. The most important thing is to control the blood sugar level. Healing can be improved by taking these measures:

- Eating a healthy diet and maintaining good nutrition will help to regulate blood glucose levels and also provide the essential vitamins and nutrients to enhance the healing process. Adequate protein, carbohydrates and vitamin C intake are important factors to aid healing. Seek the advice of a registered dietician who specializes in diabetes, if necessary.
- Be aware of your body, especially if you experience diabetic neuropathy. Regularly check for open wounds or pressure points that could develop into a wound. Watch for signs of infection. Seek the medical attention of your primary care physician or other health care professional if you develop any areas of concern.
- Keep pressure off of a wound to aid healing.
- Chronic inflammation is a common symptom in many chronic diseases, including diabetes. By engaging in regular aerobic exercise, chronic inflammation can be reduced. Exercise lowers the blood sugar and also helps with weight management, another factor in keeping blood glucose levels controlled.
- Cardiovascular health is important to maintaining good circulation for both the healing of existing wounds and prevention of future wound development.
- Stop smoking to improve circulation and overall health.

The coordination of a multidisciplinary team of health care professionals to diagnose and treat a slow healing wound is critical to the overall health of a diabetic patient. Preventing the development of an open wound is important. Once a wound has manifested, it is critical to get the proper treatment plan in place as soon as possible.

Apple Pandowdy

Ingredients

Apples:

- 3 lbs Firm Baking Apples
- 2 tbsp Fresh Lemon Juice
- 1/3 cup Packed Brown Sugar
- 1/4 cup Stevia
- 1/4 cup All-purpose Flour
- 1 tsp Ground Cinnamon

Biscuits:

- 1 1/4 cups Flour
- 1 1/3 tbsp Sugar
- 1 tbsp Stevia
- 1 tsp Baking Powder
- 1/4 tsp Salt
- 1 Egg
- 1 tbsp Melted Butter
- 1 tsp Vanilla Extract
- 1/3 cup Fat-free Milk

Nutritional Information

Calories: 130

Total Carbohydrates: 28 g

Dietary Fiber: 2 g

Sugars: 15 g

Total Fat: 1.5 g

Saturated Fat: .07 g

Trans Fat: 0 g

Cholesterol: 15 mg

Sodium: 85 mg

Protein: 2 g



Preparation

1. Preheat the oven to 400°F. Peel and core apples, and slice into 1/4-inch thick slices. In a large bowl, combine apple slices, lemon juice, brown sugar, 1/4 cup stevia, 1/4 cup flour, and cinnamon. Toss well. Transfer to a 2 1/2-quart baking pan.

2. In a medium bowl, combine 1 1/4 cups flour with the sugar, stevia, baking powder, and salt. Make a well in the center and add the egg, butter, vanilla, and milk. Quickly incorporate the liquid ingredients into the dry, just until blended.

3. Spoon the dough into free-form biscuits over the apples. Bake for 35–40 minutes until the topping is golden and the fruit is bubbly.

NOTE: Use a mix of different types of apples in apple desserts to get different flavor notes and different textures. Golden Delicious, Honey Crisps, Granny Smith, Pink Lady, Jonathan or Northern Spy varieties work well.

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