

DIABETES NEWS

LIVINGSTON COUNTY
HEALTH CENTER

YOUR LOCAL LINK TO
PUBLIC HEALTH

VISIT US AT: www.livcohealthcenter.com OR CALL 660-646-5506

Prevent. Promote. Protect.

Halt the Epidemic of Diabetes

KNOW THE SIGNS: EARLY DIAGNOSIS IS KEY

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans has diabetes.

This is hard to think about, but according to the experts, almost 600 million of us may be living with type 2 diabetes by 2035. Worse, a delay in diagnosis means that many people with type 2 diabetes will suffer from at least one complication by the time they are diagnosed with diabetes.

The Livingston County Health Center proudly participates in World Diabetes Day to raise awareness about diabetes and healthy living.

The year-long diabetes awareness campaign draws attention to issues of importance to the diabetes world and keeps diabetes firmly in the public and political spotlight. The aim is to improve access to healthy food, save lives, reduce the global burden of diabetes and save billions in lost productivity and healthcare costs.

Diabetes is the result of the body not creating enough insulin to keep blood

glucose (sugar) levels in the normal range. Everyone needs some glucose in their blood, but if it's too high it can damage your body over time.

Symptoms may include:

- Feeling tired and lacking energy
- Feeling thirsty
- Going to the toilet often
- Getting infections frequently
- Getting infections which are hard to heal
- Poor eyesight or blurred vision
- Often feeling hungry

The Livingston County Health Center provides free diabetes counseling by appointment and blood glucose screening for a small fee. If you are overweight, have high blood pressure, or are 45 or older, you are at higher risk of developing type 2 diabetes. The good news is, making healthy changes can greatly lower your risk.

To learn more about the diabetes services the Health Center offers, visit our website at livcohealthcenter.com, or call 660-646-5506.

2016

ADULT BLOOD
DRAW CLINICS

WEDNESDAY
January 27th
7-10 a.m.

WEDNESDAY
March 30th
7-10 a.m.

WEDNESDAY
May 25th
7-10 a.m.

WEDNESDAY
July 27th
7-10 a.m.

WEDNESDAY
September 28th
7-10 a.m.

WEDNESDAY
November 30th
7-10 a.m.

*Most accurate results received
by fasting after midnight.*

For more info, call
646-5506



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THE REAL PROBLEM WITH SUGARY DRINKS

SOURCE: NUTRITION ACTION NEWSLETTER

One out of two American adults has either **diabetes or prediabetes**.

People who **consume sugary drinks regularly**—one to two cans a day or more—**have a 26 percent greater risk of developing type 2 diabetes** than people who rarely consume such drinks.

It's **neither practical nor ethical to give people sugar drinks long enough to see if they get diabetes**. So instead, **researchers look to see if sugars cause insulin resistance**.

Insulin is like a key that allows blood sugar to enter cells after you eat. As you become **insulin resistant**, some of the **insulin keys don't work**.

At first your **pancreas compensates** by making more and more insulin. When the **pancreas can no longer produce enough insulin** to keep up, **blood sugar levels climb** and you've got diabetes.

A **Swiss study reported an increase in insulin resistance**

People who drink sugary beverages have a higher risk of developing diabetes than those who don't.

in the liver in **people who got 80 grams of fructose a day for only three weeks**. That's about what you'd get in **four 12 oz. cans of Coke**.

But, don't forget, even more importantly, that other **note-worthy studies have clearly shown that drinking just one soda a day increases your risk of diabetes by 22%**.

In yet another, they **looked at tens of thousands of women participating in the Nurses' Health Study**, and researchers at Harvard have found that **those who drank at least one sugary soft drink a day, including fruit punch (as opposed to actual fruit juice) were at about twice the risk for developing adult onset, or type 2, diabetes** as those who drank soda pop and other **sweetened beverages less often than once a month**.

I ask you,... **is it worth it?**



THE IMPORTANCE OF ORAL HEALTH

There are more bacteria in your mouth right now than people on Earth. If those germs settle into your gums, you've got gum disease. Unfortunately, if you **have diabetes, you are at higher risk** for gum problems. **Poor blood glucose control** makes gum problems more likely.

Many diabetics may be **surprised to learn about this complication**. Research shows there is an **increased prevalence of gum disease diabetics**, adding serious gum disease to the list of other harmful effects of diabetes such as **damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys**.

Add to that, the **emerging research suggesting that the relationship between serious gum disease and diabetes is two-way**. Not only are **people with diabetes more susceptible to serious gum disease**, but serious gum disease may have the **potential to affect blood glucose levels** and contribute to the progression of diabetes. People with diabetes are at an **increased risk for serious gum disease because they are generally more susceptible to bacterial infection**, and have a **decreased ability to fight bacteria that invade the gums**. The **Surgeon General's Report on Oral Health** states that good oral health is integral to general health. So **be sure to brush and floss properly and see your dentist for regular checkups**.

Source: American Diabetes Association

**THIS IS PUBLIC
HEALTH.**
thisispublichealth.org

TRAVELING WITH DIABETES

Travel can affect your diabetes control with changes in timing of meals, types of food consumed, and physical activity.

If you take insulin or other medications, you might need to adjust the dose or time of day you take it.

Plan ahead. Talk with your diabetes doctor before you go on a trip.

Keep your diabetes meds and supplies with you, and check your blood sugar more frequently. Carry snacks or glucose tablets to treat hypoglycemia.

If you are traveling with others, make sure someone knows you have diabetes and can help you if needed.

You can have a great trip, despite the challenges of diabetes. It just takes a little advance planning!

Source: Diabetic Living



TRACKING HOW WELL YOUR DIABETES CARE PLAN IS WORKING

Blood sugar monitoring is the **main tool you have to check your diabetes control**. Using a **self blood glucose monitor and logging your results is vital**.

Blood sugar **targets/results are very individual**, but the **American Diabetes Association suggests the following targets** for most non-pregnant adults with diabetes. More or less strict goals may be more appropriate for each individual.

A1C: 6.5-7%

Before meal testing/first morning testing: 80-130 mg/dl

1-2 hours after beginning of the meal: Less than 180 mg/dl

You should **talk to your doctor or diabetes specialist about whether you should be checking your blood glucose and how often**. Anyone newly **diagnosed with diabetes, and/or who are making changes in medication, activity levels or weight gain or loss should be testing their blood sugars on a regular basis** at least until the blood sugar levels have stabilized.

Source: diabetes.org



PREVENT THE FLU:

For people with diabetes, the flu can be more than aches or pains. It can mean **longer illness, hospitalization, even death**. Diabetes can make the **immune system more vulnerable** to severe cases of the flu.

In fact, people with diabetes are **almost 3 times more likely to die with influenza or pneumonia**.

For these reasons, **diabetics should get a flu immunization** as soon as the annual vaccine becomes available.

It's important to **get a flu shot every year**, as flu **viruses vary from year to year**, and our shot **protects you from the four most deadly strains**.

Besides protecting yourself, **getting immunized against the flu lessens the chances of you passing the virus on to others, including infants** who are too young to be immunized.

Call the health center at **646-5506** to find out about getting your shot.

Source: Centers for Disease Control

LOSING WEIGHT CAN IMPROVE DIABETES CONTROL



Weight loss is often recommended for people who have type 2 diabetes, but trying to lose weight while also managing the disease can be complicated. Your health care provider may have specific instructions that go beyond the basic diabetes diet. They may also recommend you work with a Registered Dietitian or Diabetes Educator to manage your medication and meal timing. And, if you are newly diagnosed, they can help you learn how to monitor your blood glucose levels.

Whether you have diabetes or not, successful weight loss happens when you decrease the number of calories in your diet. How many calories should you eat if you've been diagnosed with diabetes? The National Diabetes Information Clearinghouse recommends the following caloric intake to achieve weight loss.

- 1,200 to 1,600 calories for a small or medium-sized woman
- 1,600 to 2,000 calories for a medium-sized or large man

Learn good calorie counting skills to make sure you are not exceeding your limit.

Learn to limit or "count" carbohydrates at every meal. The American Diabetes Association and the American Dietetic Association recommend each meal contain between 30-45 grams of carbohydrates. Get familiar with the Nutrition Facts label to make sure that you are eating the proper amount. Grams of carbohydrates per serving is listed in the middle of every label.

Invest in measuring cups and a digital kitchen scale so that you can measure the correct serving size of each food you eat. By exercising good portion control on the diabetes diet, you'll make sure that you get all of the nutrients you need without going over your prescribed calorie count. If you're on the go without your tools, keep these portion sizes in mind:

- 4 ounces of meat = size of your palm
- 1/2 cup pasta or rice = half a baseball
- 1 teaspoon of margarine or butter = one small dice

Meal planning is key for people with type 2 diabetes. Schedule small meals throughout the day to keep your blood sugar levels normal. Try not to go for more than 4 to 6 hours without eating. Carry healthy snacks with you in case you can't get to your meal in time. If you are taking medication, talk to your health care provider about timing meals and medication. Different medications respond differently to food.

Source: about.com

VITAMIN B12

The health center is now offering Vitamin B12 testing through our Adult Blood Draw Clinics for a fee of \$15.

Simply having diabetes may make you more prone to B12 deficiency.

Some medications may also make it harder for your body to absorb B12, including metformin, a common type 2 diabetes treatment.

Talk to your doctor to decide if you need testing.



IF YOU GET SICK...

People with diabetes can take some over-the-counter medications to ease flu symptoms.

But, make sure you read the medication's label.

You should stay away from the traditional "high sugar" cough drops and liquid cough medicines. These drugs used to treat flu symptoms tend to be high in sugar. Look for words "sugar-free" when purchasing medications to treat flu symptoms.

Source: WebMD



WONDERING WHY PHYSICAL ACTIVITY IS SO IMPORTANT?

Regular **activity** is a **key part of managing diabetes** along with **proper meal planning, taking medications** as prescribed, and **stress management**.

When you are **active, your cells become more sensitive to insulin** so it can work more efficiently. Your **cells also remove glucose from the blood** using a **mechanism totally separate from insulin** during exercise.

So, **being active consistently can lower blood glucose** and improve your A1C. When you **lower your A1C, you may be able to take fewer diabetes pills** or less insulin.

Physical activity is **also important for your overall well being**, and can help with many other health conditions. You'll **see these benefits even if you haven't been very active** before.

Remember to **start slowly and add activity time and intensity** gradually. Begin with just **10 minutes twice a day**, or **one slow walk around your block** for example.

Check your **blood sugar before and after the activity, especially when you are adding activity** or increasing the intensity.

And, yes, **always ask your health care provider's advice before beginning any type of physical activity** program.

Source: diabetes.org

FOOT CARE EASY TO IGNORE... UNTIL THE PROBLEM GETS SERIOUS



WINTER 2016

As a person with diabetes, you can help keep your nervous system healthy

by keeping your blood glucose as close to normal as possible, getting regular physical activity, not smoking, taking good care of your feet each day, having your health care provider examine your feet at least 4 times a year, and getting your feet tested for nerve damage at least once a year.

Nerve damage, circulation problems, and infections can cause serious foot problems for people with diabetes. Sometimes nerve damage can deform or misshape your feet, causing pressure points that can turn into blisters, sores, or ulcers. Poor circulation can make these injuries slow to heal. Sometimes this can lead to amputation of a toe, foot, or leg.

Always inspect for cuts, cracks, sores, red spots, swelling, infected toenails, splinters, blisters, and calluses on the feet each day. Call your doctor if such wounds do not at least begin to heal after one day. If you have corns and calluses, ask your doctor or podiatrist (foot specialist) about the best way to care for them.

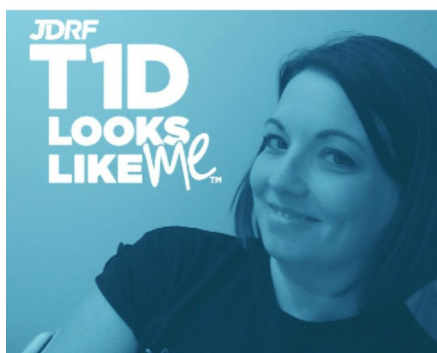
Cut your toenails once a week or when needed. Cut toenails when they are soft from washing. Cut them to the shape of the toe and not too short. Rub lotion on the tops and bottoms of feet—but not between the toes—to prevent cracking and drying.

Always wear shoes or slippers, because when you are barefoot it is easy to step on something and hurt your feet. Wear shoes that fit well. Break in new shoes slowly, by wearing them 1 to 2 hours each day for the first 1 to 2 weeks. Wear stockings or socks to avoid blisters and sores.

Avoid smoking, which reduces blood flow to the feet. Keep your blood sugar, blood pressure, and cholesterol under control by eating healthy foods, staying active, and taking your diabetes medicines.

Source: Centers for Disease Control

Taking care of you feet is crucial for people living with diabetes. It's not about cosmetics, it's about preserving their health.



I'm going to be flat out honest. Diabetes sucks. There are no rainbows or unicorns. There are days I just don't feel like I have the resolve or strength to do "diabetes."

These days happen a lot, though not as often as they used to. I throw on my smile and do what must be done. People don't want to see the random tears I shed, they want to see the victorious over comer who has it all figured out and handles it all so neatly. Most days, I can do that...but I still break down or will have whine sessions with my "diabuddies."

I'm SO grateful for the technology available, but I hate looking in the mirror and seeing my Omnipod and Dexcom plastered on my body or the rashes they leave behind.

Today you see the real me and really how I am handling living with type 1 Diabetes in private. Yes, I smile, have fun and live! At the same time, not 20 minutes that go by I don't have to think about it in some way. Even sleeping, if I dream or wake up hot, my first thoughts are to check my blood sugar.

Yes. I can do anything I want to. Yes. I can train myself to be a master of the pump and to ride the roller coaster of type 1 diabetes. I don't throw my hands up in wild abandon as I go up and down the hills. It's mindful managing and being prepared for 5 different scenarios at a moment's notice.

This year I will do better. This year I will be stronger...physically, mentally, and spiritually.

Jennifer Cobb – diagnosed Type 1 Diabetes , September 2104



THE STRESS OF LIVING WITH DIABETES

SOURCE: WebMD

Even dealing with diabetes itself can cause stress for some. Stress can hamper your diabetes care. For instance, if you have so much on your mind that you skip meals or forget to take your medicines, that will affect your blood sugar level.

People with diabetes should stay conscious of eating well and exercising regularly. It's a good idea to check blood glucose levels more frequently when you're ill or under stress and to drink plenty of fluids as so as not to get dehydrated.

Once you've pinpointed your stressors and notice which ones send your blood sugar levels soaring, you'll need to devise some ways to chill out.

What helps keep stress under wraps?
Anything that relaxes you.

Use these six tips as a start.

1. Keep a positive attitude. When things seem to be going wrong, it's easier to see the bad instead of the good. Find something to appreciate in each important area of your life, such as your family, friends, work, and health. That perspective can help you get through tough times.

2. Be kind to yourself. Do you expect too much from yourself? It's OK to say "no" to things that you don't really want or need to do.

Stress plays a more direct role in the control of blood sugar for those living with diabetes than it does in any other disease.

3. Accept what you can't change. Ask yourself these three questions:

- "Will this be important 2 years from now?"
- "Do I have control over these circumstances?"
- "Can I change my situation?"

If you can make things better, go for it. If not, is there a different way to handle it that would be better for you?

4. Talk to someone. You could confide in a trusted family member or close friend. There are also professionals who can listen and help you find solutions. Ask your doctor for recommendations if you'd like to see a psychologist or counselor.

5. Tap the power of activity.

Recharge on a hike, or do a relaxing mind-body activity like yoga or tai chi.

6. Take time to unwind. Practice muscle relaxation, deep breathing, meditation, or visualization. Your doctor may know of classes or programs that teach these skills. You can also check for apps that do that.

Life will always have challenges and setbacks, but you have the power to choose how you respond to it.

Source: WebMD

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LIVINGSTON COUNTY HEALTH CENTER**

The Health Center is an equal opportunity provider.