

# IN GOOD HEALTH

## LIVINGSTON COUNTY HEALTH CENTER



YOUR LOCAL LINK TO PUBLIC HEALTH

VISIT US AT: [www.livcohealthcenter.com](http://www.livcohealthcenter.com) OR CALL 660-646-5506

**Prevent. Promote. Protect.**

## Diabetes Awareness Month

HEALTH CENTER OFFERS FREE DIABETES SUPPORT SERVICES

Some people believe every month should be Diabetes Awareness Month.

It is one of the few preventable conditions, and if you prevent diabetes, you prevent a lot of heart disease, a lot of kidney disease, and a lot of other chronic debilitating conditions. But, Type 2 diabetes is exploding throughout the country, with a disturbing growth, especially among children.

According to the American Diabetes Association, and the Centers for Disease Control, nearly 26 million Americans have diabetes, and about 1 in every 400 children and adolescents has diabetes.

It is estimated at least 1 out of 4 people with diabetes don't even know they have the disease.

Additionally, an estimated 79 million adults in the United States have pre-diabetes, a condition that increases their chances of developing Type 2 diabetes.

Livingston County Health Center offers individual diabetes education counseling that focuses on helping people better understand HOW to make the necessary changes in their day-to-day life in order to prevent Type 2 diabetes, manage their diabetes to prevent complications, and live healthier lives. Our Certified Diabetes Educator Anita Perry is happy to work with you to find the best plan for your health.

If you are living with diabetes and would like to know more about your diagnosis, or are newly diagnosed and need some answers, call us at 646-5506, find us on Facebook at LivingstonCounty HealthCenter or visit us at [livcohealthcenter.com](http://livcohealthcenter.com) for more info about our diabetes educational services.

You don't have to live in fear or confusion. We can help.

Call 646-5506 today and ask to speak to Certified Diabetes Educator Anita Perry, RN.

## ADULT BLOOD DRAW CLINIC

Wednesday,  
November 27th

7:00-10:00 A.M.  
800 ADAM DRIVE

### CBC/Chem Profile-\$25

Liver Enzymes, Complete Cholesterol (Lipid) Profile, Thyroid Function, Blood Sugar, Complete Blood Count

### PSA- \$8

Prostate Cancer Marker for Men Recommended around age 50 or Periodically During Treatment

### Hemoglobin A1C-\$7

Long Term Blood Sugar Profile Recommended for Those Already Diagnosed With Diabetes

### Vitamin D- \$10

Current research Links Vitamin D deficiency as a Factor in the Development of Several Health Conditions.

All tests require fasting the night before.

For more info, call  
646-5506



Find us on  
**Facebook**

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# WHAT DOES A DAY IN THE LIFE OF DIABETES MEAN TO YOU?

UPLOAD YOUR PHOTO TO THE ADA "A DAY IN THE LIFE OF DIABETES MOSAIC"

To showcase the extraordinary effort it takes to live a day with the disease, the American Diabetes Association will continue to ask people to submit a personal image to the Association's Facebook mosaic representing what "A Day in the Life of Diabetes" means to them. The image can be a picture of themselves or someone they care about, or otherwise represent how the disease impacts their lives. The image will then make up a larger mosaic image that will embody the message of "A Day in the Life of Diabetes."

Facebook announced as of October 11th, more than 219 billion photos have already been uploaded to the social network. The goal of the campaign is for Facebook users to share images about how they deal with the disease on an everyday basis, whether they or loved ones are inflicted.

Livingston county residents can post images of themselves or someone they care about, or otherwise represent how the disease impacts their lives. [Search for "American Diabetes Association" on Facebook to find the information about the mosaic and click on the box that says "upload photo."](#) It will take you to a page to view other photos and upload your own.

This year, the Association will change the mosaic image several times throughout November to show the many compelling images that represent A Day in the Life of Diabetes. These photos that will embody the mosaic throughout the month will capture the essence of the campaign and the movement to Stop Diabetes®. In addition, the association will curate uploaded photos and incorporate them into a "larger-than-life" outdoor display in Washington, D.C. as part of its efforts to raise awareness about American Diabetes Month. As an added benefit, CVS Pharmacy will donate \$1 to the American Diabetes Association for every uploaded photo up to \$25,000.

The Association will also be working closely with NASCAR driver, Ryan Reed, to showcase the mosaic

in the NASCAR series. Ryan's race car will be wrapped with photos from the mosaic and was featured in his Nov. 9 race in Phoenix during American Diabetes Month.

"We're excited to further grow this campaign and heighten the overall awareness of diabetes in Livingston County," stated Anita Perry, RN, Certified Diabetes Educator.

"Diabetes doesn't stop. It is 24/7, 365 days a year. By calling on our community to take a public stand through social media, we continue to shine a light on the issue of diabetes and those who live with it each and every day."

Diabetes is a serious disease. Recent estimates project that as many as one in three American adults will have diabetes in 2050, and an additional 79 million Americans are at high risk for developing type 2 diabetes. The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion. If it isn't managed, it can damage many parts of the body, leading to heart attacks, strokes, amputation, blindness, kidney failure and nerve damage.

People with diabetes, unlike those with many other medical problems, can't just take pills or insulin in the morning, and then forget about their health the rest of the day. Differences in diet, exercise levels, stress and other factors may all affect blood sugar levels.

So, the more people with diabetes learn how these factors affect them, the better control they will be able to achieve.

Diabetes experts know and will tell you, despite all the advances in diabetes treatment, education and knowledge remains the cornerstone of diabetes care and management. Diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels.

Eating healthy, being physically active and quitting smoking also can help lower the risk of diabetes complications.

Source: American Diabetes Association

# USE THE CLUES YOU ARE GIVEN

Tracking your **blood sugar is important in preventing diabetes-related complications.** Work with your physician to **determine your ideal daily levels and your target A1C range** (a measurement of average blood glucose levels during the past two to three months).

The American Diabetes Association suggests **keeping blood sugar levels between 90 and 130 in the morning and before meals.** At bedtime, your **blood sugar level range should be between 110 and 150.** When testing your blood sugar, notice how you feel. If you **think your goal levels are unrealistic, or cause you to have more days of feeling bad than good, talk with your physician.**

Source: Life Scan



## PREVENT THE FLU:

For people with diabetes, the flu can be more than aches or pains. It can mean longer illness, hospitalization, even death. Because 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, everyone with diabetes should get a flu immunization as soon as the annual vaccine becomes available.

It's important to get your flu shot every year, as flu viruses vary from year to year, and the shot protects you from the three most deadly strains.

Besides protecting yourself, getting immunized against the flu lessens the chances of you passing the virus on to others, including infants under 6 months of age, 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

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thisispublichealth.org



## Portion Distortion...

What's **less likely to destroy your weight loss plan** the quickest: a **big bowl of frozen yogurt** or a **small cookie**? If you **guessed the cookie, you're right**—and you're in the minority. In one recent survey, **62 percent of people said that the kind of food you eat matters more than how much you eat** when you're trying to lose weight. But **new research on portion control** says that's wrong. A study in the **American Journal of Clinical Nutrition** found that **women who shrank their portions by 25 percent slashed 250 calories a day**—enough to **help them lose a half-pound a week**—and still felt full.

Source: Health

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## 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

## HEART ATTACK RISK

A study from Queen's College in Kingsland, Canada confirms that **people with heart conditions should not shovel snow.** It puts a strain on the heart, and blood pressure and heart rate go up because of it.

This winter, **call the neighbor kid.**



## EARLY DIAGNOSIS IS KEY

The goal of diabetes screening is to catch the disease in its earliest stages and begin treatment.

Before people develop type 2 diabetes, they almost always have a condition known as pre-diabetes.

Lifestyle changes, such as a **healthy weight loss and exercise,** can significantly reduce the risk of developing type 2 diabetes. This could delay the onset of the disease or prevent it altogether.

The Department of Health recommends everyone over 45 years of age get an annual diabetes screening.

Younger adults with one or more risk factors such as obesity, high blood pressure or a family history of diabetes should also be screened annually for the disease.

Source: Missouri Department of Health



## PREVENTING FALLS

Falls among older adults are also a **leading cause of doctor visits, hospital admissions, premature nursing home admissions and emergency room visits.**

Older adults can take **five simple actions to protect their independence and reduce their risk of falling,** including:

- Exercise regularly.
- Ask their doctor or pharmacist to review their medicines to reduce side effects and interactions that could cause dizziness or an unsteady gait.
- Have their eyes checked at least once a year.
- Improve the lighting in their home.
- Reduce the hazards in their home that lead to falls, such as loose carpets, lack of bathroom safety equipment and slippery or uneven surfaces.

Source: Missouri Department of Health & Senior Services

## EXERCISE WITH CARE

Healthy exercise is very important for people with diabetes to stay healthy. Talk to your health care provider about a safe exercise plan. He or she may check your heart and your feet to be sure you have no special problems. If you have high blood pressure, eye, or foot problems, you may need to avoid some kinds of exercise.

Exercise involving heavy weights may be bad for people with blood pressure, blood vessel, or eye problems.

Diabetes-related nerve damage can make it hard to tell if you've injured your feet during exercise, which can lead to more serious problems. If you do have diabetes complications, your health care provider can tell you which kinds of physical activity would be best for you.

Once you have discussed beginning an exercise program with your doctor, you will want to start with a little exercise, and work your way up, particularly if you are not accustomed to physical activity.

As you become stronger, you can add a few extra minutes to your physical activity. Do some physical activity every day. It's better to walk 10 or 20 minutes each day than one hour once a week.

Remember to drink plenty of fluids during physical activity, since your blood glucose can be affected by dehydration.

Source: Centers for Disease Control



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



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.

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## ALCOHOL & DIABETES

People living with diabetes need to take special precautions when they use alcohol.

Do you like to have a drink now and then? Well, as a person with diabetes, you should know that drinking alcohol can affect your diabetes control.

Alcohol is broken down in the liver, and it takes the liver about two hours to break down one drink. While the liver is breaking down alcohol, it cannot release glucose back into the bloodstream. So, if you drink alcohol without eating, your blood glucose can drop too low causing hypoglycemia.

If you choose to drink alcohol, limit to one to two drinks per day, and only when your diabetes is under control.

Avoid drinking alcohol on an empty stomach. Have your drink with a meal or a snack.

Never omit food if you use insulin. Non-insulin users may need to substitute alcohol for carbohydrate exchanges.

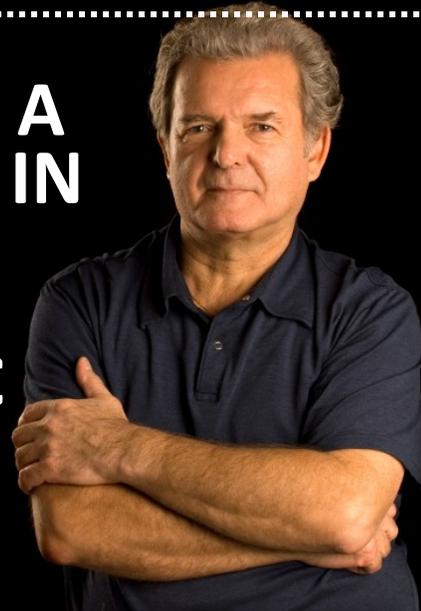
It's also best to avoid sweet wines, liqueurs and sweetened mixed drinks.

As with anyone, **DO NOT** drive if you have been drinking, even if you think you're o.k. Wear medical identification, and check your blood glucose to know how alcohol affects you.

If alcohol is a problem, you may want to contact the local chapter of Alcoholics Anonymous by calling 1-800-ALCOHOL (1-800-252-6465), Al-Anon at 1-800-344-2666, or a local alcohol treatment program.

Source: American Healthways

# DON'T BE A STATISTIC IN THE DIABETES EPIDEMIC



Diabetes is a serious chronic disease that affects a growing number of people. If diabetes is uncontrolled and unmanaged, the progression of the disease is more rapid and causes what can be devastating complications and possible premature death.

Over 200,000 people die each year as a result of this disease. Over 60% of people with diabetes die each year from heart disease and stroke.

Here are just a few of the recent statistics on diabetes:

- Nearly 26 million children and adults in the United States have diabetes.
  - Another 79 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
  - The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.
- But, there is good news: diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels.

Recent estimates project that as many as one in three American adults will have diabetes in 2050, and an additional 79 million Americans are at high risk for developing type 2 diabetes.

Eating healthy, being physically active and quitting smoking also can help lower the risk of diabetes complications.

The health center offers support services to assist people living with diabetes in managing their condition.

We have on staff Anita Perry, Certified Diabetes Educator and Registered Nurse. She has many years of experience in helping diabetics find real answers to common concerns about staying healthy.

Our diabetes educator offers individual diabetes counseling by appointment at our office, located at 800 Adam Drive. She is very willing to work with your schedule if you work. Bring a support person!

The sessions include information about nutrition, medications, home glucose monitoring, exercise and avoiding long and short term complications.

Call 646-5506 for more info!

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*The Health Center is an equal opportunity provider.*