

NAVIGATING DIABETES



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Ways to Reduce your stress this season....

- **Breathing exercises.** Sit or lie relaxed. Deep breathe and push out as much air as you can. Breathe in & out again, relaxing while you breathe. Do this for 5-20 minutes daily.
- **Replace the bad thoughts with good.** When you notice a bad thought, think of something that makes you feel happy or proud. You can memorize a poem, quote or prayer to use to replace a bad thought.
- **Stay Active.** Keep your body and mind active. Take up a new hobby, join a club, exercise or volunteer somewhere.
- **Plan Ahead.** By planning things in advance, you can greatly reduce your stress. Make a holiday action plan, listing what needs to be done and when it needs to be finished.



DIABETES AND HIGH BLOOD PRESSURE

Did you know that Diabetes and High Blood Pressure (HBP) are closely linked? People with diabetes have a high incidence of HBP and HBP is often silent, with no symptoms. So, what's the big deal? Well, people with diabetes are likely to have more health problems from HBP. HBP can damage your heart and other blood vessels throughout your body, including the vessels in your eyes, kidneys and brain, which can lead to vision loss, stroke and heart attacks! Many of these problems can worsen if your blood sugar is uncontrolled.

So, how can you save your heart, kidneys, eyes and brain? *Keep your blood sugar and blood pressure in good control.* 130/80 or less is a good blood pressure goal for someone who has diabetes. The lower your blood pressure, the easier it is on your heart and blood vessels.

What You Can Do....

- ◆ Get your blood pressure checked at least two times a year.
- ◆ Keep your appointments with your doctor.
- ◆ Take your medicine as prescribed.
- ◆ Control your blood

sugar – Keep it between 70 -130 mg/dl in the morning Or before meals and less than 180 mg/dl 2 hours after meals.

- ◆ Keep your blood pressure at 130/80 or less.
- ◆ Limit alcohol use - less than 1 to 2 drinks per day
- ◆ Don't smoke, get help to stop smoking.
- ◆ Lose 5 to 10 pounds, if you are above your healthy body weight.
- ◆ Eat less sodium and more fruits, vegetables, and whole grains. Switch to non-fat or low fat dairy products.
- ◆ Be active most days.

WHAT'S THE TRUTH ABOUT CARBS?



Carbs are NOT bad! It is the body's best form of energy. You need to periodically refuel throughout the day. So, don't think of not eating any. In people with diabetes there is not enough insulin, or the insulin is not working properly. The underlying problem is with the insulin—not the carbohydrate! To feel your best, try eating high fiber healthy carbohydrates, evenly spaced throughout the day.

Whole grain cereals, breads and pasta are excellent choices. Whole fruits and vegetables provide vitamins, fiber and carbohydrate. Wild rice, brown rice, beans and barley are super filling and nutritious. If your trying to lose weight don't be tempted by quick weight loss diets. We know that being active, watching portion sizes and choosing healthy foods are still the best ways to get to, and stay at a healthy weight.

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**E-mail us with questions,
comments or suggestions**

We're on the web!
www.scheurer.
org/shn/diabetes

THANK YOU

*Thanks to all of you for
making our November
Support Group such a
success!!*

Gracias

*Thank you to Nancy, Fred
& Dave, our Panel Of
Champions for sharing your
stories....*

Danke schön!



Coconut Macaroons

Ingredients

- | | |
|--|---------------------|
| 1/8 tsp salt | 1 C evaporated milk |
| 3 C unsweetened flaked coconut | 2 egg whites |
| 1 tsp vanilla extract | Cooking spray |
| 4 tbsp SLENDA, no calorie sweetener, granulated. | |

Directions

1. Pre-heat oven to 350°.
2. In bowl, blend coconut, salt, vanilla, SLENDA..
3. Add evaporated milk.
4. In medium bowl, beat egg whites with mixer to form stiff peaks.
5. Gently fold egg whites into coconut batter.
6. Coat baking sheet with cooking spray. Using teaspoon, drop batter onto sheet, about 1 " apart.
7. Bake 12-15 minutes until golden brown around edges and at tips.
8. Remove to cooling racks.

Makes 24 servings. Serving size 2 cookies. Amount per serving:

Calories 95, Total Carbohydrate 3.9g, Total Fat 7.9g.

Source: www.dlife.com



TESTING TIPS

Testing is a part of your daily routine, however, how often do you test and NOT wash your hands? Although forgetting to wash your hands may seem trivial, it is actually a very common testing mistake.

There can be many things on your hands that can negatively impact your blood glucose reading if you test and don't wash. We have actually had clients report high blood sugar readings because they had food residue on their hands from cooking a

meal.

For example, one person told us she had been cooking spaghetti sauce, forgot to wash her hands off prior to testing and her meter read her blood sugar as 310! What a shock that was! Once she washed her hands & re-tested, the glucose read as normal.

Even if your hands look clean, there can still be residue that can cause a false high reading. Lotions and soaps that are sweet smelling can cause readings to be high as well.

Before you test, make a habit of washing your hands in warm soapy water. Not only will this clean off any residue, but will also help draw the blood to the surface and make your blood sample easier to obtain! Don't forget to dry your hands, as even a bit of water mixed with your blood can also cause problems with your results.

