



# NAVIGATING DIABETES



**INSIDE THIS ISSUE:**

<i>The Healing Power of Writing</i>	<b>1</b>
<i>Fall Activity</i>	<b>1</b>
<i>Oral Health</i>	<b>2</b>
<i>Scoop on Cinnamon</i>	<b>2</b>

**ATTENTION:**

If you would like your newsletter e-mailed to you instead, please send your e-mail address to Brooke, [mcnabbb@scheurer.org](mailto:mcnabbb@scheurer.org)  
 \*\*Please note there are 3 letter b's on my address!

**Fall**



**Support Group**

“Legal Issues Related To Healthcare”

Speaker: Jill L. Schmidt,

Date: Monday, Nov. 7th

Time: 5pm

Location: Wilson Education Center, Scheurer Hospital

More Info: 453-4493

Come and join us! It is open to ANYONE...bring a friend or neighbor!

## THE HEALING POWER OF WRITING

Have you ever known someone who kept a journal? Maybe you've kept one yourself. Journaling, also known as therapeutic writing' is a great way to help yourself physically and emotionally. In the 1980s, James Pennebaker, PhD started researching this subject. He found that writing about the stressors of life actually helped the participants heal from physical as well as emotional ailments.

At the Fall Support Group, local authoress Jane Mayes came to speak to us about the subject. Here is what she had to say:

When writing in a journal, remember that it's just for you; so you can forget about proper English, rules of grammar, spelling and punctuation. The important thing is to write just as thoughts come to you. And don't stop and correct, because then you lose the "flow" of what you were thinking. *If you want to*, you can revisit your writing later;

for example, if you wanted to share your thoughts with someone else.

**Write:**

- What you're thinking/feeling.
- Your hopes for a future time.
- What you dreamed
- What happened today/ yesterday or long ago.
- What you'd like to tell your family/friends, but have a hard time saying.
- What you wish you had said to someone who passed on.
- Frustrations, anger , sorrow, fears and thought to God/a higher power.

**Add:**

Snippets of articles that pertain to your topic. Attach to journal for pondering later on.

**Starters for Writing:**

- What were you afraid of as a child? Did you tell anyone about it? Did you overcome that fear? How?
- What bothers you the most about some ail-

ment? Have you tried to overcome that concern? What can you do to help yourself through this?

- What gives me the greatest satisfaction in life is...tell about it.
- “The first time I saw (name something)...now describe it. Tell when you saw it, the circumstances, how it affected you.
- What bothers me the most about...(name a difficult situation, consider it from different angles, how you might change it or cope with it, etc.)

So, what are you waiting for? Just start writing! You'll feel better getting things off your chest!



## FALL IS A GREAT TIME TO BE ACTIVE!

Before the snow and ice arrives, get out and get as much activity as you can. Try getting outdoors to clean up your yard or flower beds in preparation for winter. Or, just get out in the fall sunshine to absorb some vitamin D and get moving! Activity is key in controlling your diabetes.

**What activities are good for me?**

- Endurance activities**
- jogging/running - biking
- gardening - walking
- swimming - dancing
- Strength Training \***
- weight lifting
- isometrics

**What activities should I limit?**

- Working/playing on the computer
- Watching TV
- Playing video games
- Talking on the phone

Scheurer Hospital  
Diabetes Education

Denise Schmidt, MS, RD, CDE  
(989) 453-4493

[schmidtd@scheurer.org](mailto:schmidtd@scheurer.org)

Brooke McNabb, RN, BSN, CDE  
(989) 453-4494

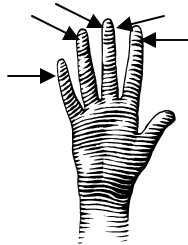
[mcnabbb@scheurer.org](mailto:mcnabbb@scheurer.org)

E-mail us with questions,  
comments or suggestions



### Testing Tip

Rather than testing on the very tip or pad of your fingers, try testing on the side near the end of the finger. There are less nerve endings there!



### 5 Ways to Reduce Stress

1. Use your head instead of your back. Think things through & make a plan before you start something.
2. Listen to someone laugh.
3. Focus on solutions, not problems-or blame.
4. Give yourself a foot message.
5. Just for awhile, turn off anything that beeps, buzzes, rings or otherwise interrupts you.

Source: *Hope Health Letter*, Vol. 31, No. 5.

## Diabetes and Oral Health



Diabetes can cause serious problems in your mouth. You can do something about it.

If you have diabetes, make sure you take care of your mouth. People with diabetes are at risk for mouth infections, especially periodontal (gum) disease. Periodontal disease can damage the gum and bone that hold your teeth in place and may lead to painful chewing problems. Some people with serious gum disease lose their teeth. Periodontal disease may also make it hard to control your blood glucose (blood sugar).

Other problems diabetes can cause are xerostomia, or dry mouth, and a fungal infection called thrush. Dry mouth happens when you do not have enough saliva - the fluid that keeps your mouth wet. Diabetes may also cause the glucose level in your saliva to increase. Together, these problems may lead to thrush, which causes painful white patches in your mouth.

You can keep your teeth and gums healthy. By controlling your blood glucose, brushing and flossing everyday, and visiting a dentist regularly, you can help prevent periodontal disease. If your diabetes is not under control, you are more likely to develop problems in your mouth.

Source: <http://www.dijf.com/diabetes/complications/dental/diabetes-oral-health>



## Cinnamon



Scores of people with diabetes swear that cinnamon helps moderate their blood glucose, and they religiously sprinkle the spice on their oatmeal every morning. Many studies have shown positive effects — on blood sugar, insulin response, and even cholesterol — in people with diabetes.

The research, however, has been inconclusive because not all studies show these benefits and the groups studied are usually very small. But a recent meta-analysis looked at five randomized, controlled studies, and found no benefit.

In the five trials, a total of 282 people with either type 1 or type 2 diabetes, were given either a placebo or varying doses of cinnamon, ranging from 1 to 6 grams, for a period of 3 months. In the report, published in the January 2008 issue of *Diabetes Care*, lead author William L. Baker, PharmD, BCPS, writes: "Cinnamon does not appear to improve A1C, [fasting blood glucose], or [cholesterol] in patients with type 1 or type 2 diabetes."