

NAVIGATING DIABETES



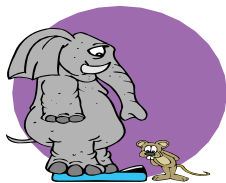
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Upcoming Events

- **Diabetes Support Group**
Monday, Nov. 8th,
5pm - Wilson
Scheurer Hospital
"Meet Our Panel of
Champions"
- November is
American Diabetes
Month



Rich Fatty Food are like destiny:
They too, shape our ends.

TRICK OR TREAT! HOW SWEET IT IS...OR ISN'T!

So, I've told you in the past you can eat almost anything you'd like. Well, that does include candy! To help you with this, below is a list of how to include some sweeties into your meal planning. Remember your meal plan...



Serving size: 1 "fun or snack size" bar, box, piece, packet, pop, pouch or roll.

Free choice: 5 or less grams carbohydrate

- 1 Charm pop
- 1 Hershey's nugget
- 1 Joe Blo bubble gum
- 1 Jolly Rancher candy
- 1 Dum Dum sucker
- 1 Reese's mini PB cup
- 1 Hershey's mini
- 1 Three Musketeer or Snicker mini
- 1 Wonka pixie stix

1/2 carb choice: 6-10 grams carbohydrate

- Bazooka pop
- Bottle caps
- Charleston Chew
- Gobstoppers
- Kit Kat
- Laffy Taffy
- Milk Duds
- Mounds
- Nestlé's Crunch
- Reese's Bites
- Rice Krispie Treat
- Twix

1 carb choice: 11-19 grams carbohydrate

- Almond Joy /Baby Ruth
- Butterfinger
- Dots
- Candy Corn (15)
- Gummi Savers
- M&M mini pack
- Mike & Ike
- 100 Grand
- Skittles
- Sweet Tarts
- Tootsie Roll Pop
- Tootsie Roll Midgets (6)

WANT TO KICK THE HABIT?

If you are a smoker and have thought about quitting, here is a great opportunity for you! As you know, smoking increases your risk for heart & vascular disease, high blood pressure, chronic lung conditions and cancer, so why not take the plunge and quit?

The state of Michigan offers a program through the Michigan Dept. of Community Health that will assist anyone interested in quitting smoking. This FREE program is called the Michigan Tobacco Quit Line.

The Quit Line provides

smoking cessation services, personal health coaching via telephone and participant toolkits to help smokers gain the motivation and confidence they need to help quit for good. Just call 1-800-480-QUIT.



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E-mail us with questions,
comments or suggestions

Have you looked at
your feet today?
Remember, check
between those toes!



Informational websites

www.cdc.gov/diabetes/

www.diabetes.org/

www.diabetesinmichigan.org/

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

Healthy Holiday Food Tips

Halloween marks the portal to the opening of the holiday eating season. I've heard people say, "It's the holidays and I know I'm going to gain at least 10 pounds!" This statement will just set you up for failure. Why don't we change that to, "It's the holidays and I WILL do everything I can to NOT gain 10 pounds!" Don't you think that is very powerful? We've all done really difficult things before and eating sensibly through the holidays is no exception. Below are some tips to help you succeed with your positive outlook to healthy eating during the holidays.



1. Do NOT skip meals! This sets you up for a pig out later!
2. Fill at least 2/3 of your plate with vegetables.
3. Use "Lite" beverages.
4. Include 15 - 30 minutes of physical activity most days of the week.
5. Take the smallest dessert portion possible.
6. Choose smaller portions of high calorie foods and larger portions of low calorie foods.
7. Limit pre meals appetizers or skip them all together.

YOU CAN DO IT!!!



FLU SEASON IS APPROACHING

People with diabetes are more susceptible to infection and illness, including complications like pneumonia, that can develop from having the flu. Flu season will be approaching soon and it is important that you are protected! The 2010-11 Flu Vaccine will protect against three different flu viruses: an H3N2 virus, an influenza B virus and the H1N1 virus,

Flu shots are available through your doctor's office, some pharmacies and all county health departments. Flu vaccinations are effective throughout the entire flu season, which starts as early as October and ends as late as May. The CDC is currently recommending that all people with diabetes, ages 6 months and older, get a flu shot this year.

They also recommend that diabetics get the flu shot, NOT the flu nasal spray.

Call your healthcare provider if you suspect you have the flu. Flu symptoms can include: fever, cough, runny/stuffy nose, body/headaches, sore throat, chills and sometimes nausea and vomiting. People can be infected with the flu, including the H1N1 virus, and only have respiratory symptoms, without fever.

When ill, your body is under stress, and makes hormones to fight off the illness. These hormones can make it difficult to control your blood sugar.

When sick, follow these guidelines.....

- Monitor your sugar often (every 1-4 hours). Sugars usually rise when a person is

sick.

- Continue taking your pills or insulin as usual unless your doctor tells you otherwise. Do NOT take metformin (Glucophage) when vomiting. Call your doctor.
- Keep well hydrated! Drink extra calorie free liquids to avoid dehydrating.
- Stick to your normal meal plan if possible.
- Try to eat your normal number of carbs per meal with bland foods like crackers, gelatin, sherbert or soups.
- Decongestants and some other products can increase your blood sugar. Ask your pharmacy or healthcare provider.