

NAVIGATING DIABETES



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Welcome to Support Group!

- June 6th @ 5pm, "Surviving a hospital Stay", with Brooke and Denise.
- September 5th @ 5pm "The Healing Power of Writing", with Jane Mayes
- November 7th @ 5pm "Legal issues related to health care", with Jill Schmidt, attorney.

"Believe you can and you're halfway there!"

-Theodore Roosevelt



WHY CONSIDER AN INSULIN PUMP

Keeping blood glucose (sugar) as close to normal is of course the primary consideration. Today's pumps are so smart; they have features which offer the best choice in insulin delivery. Pumps offer the most convenient and effective way to mimic the pancreas. And certainly that is what we are looking for!



MiniMed Paradigm REAL-Time Revel

- Look at the following list and see if any of these statements would make you consider pump therapy:
- More convenient and freer lifestyle
 - Flexibility in when and how much you eat
 - Improved glucose control
 - Matching of insulin delivery to the body's variable needs
 - Less hypoglycemia and hypoglycemia un-

- awareness
- Prevention of long term complications
- Reminder to test and bolus before meals
- Improved balance of exercise and insulin
- Freedom to travel or permit shift work

Using a pump does NOT cure diabetes but you will

feel better. It will take time to learn and adjust to the pump. The improved control on a pump may even reverse some health damage associated with complications. The decision to go on a pump is often a turning point in a person's approach to diabetes care.

SO, if you think pump therapy is for you, contact your physician or Brooke and Denise and we will help you get started!



OmniPod Insulin Management system

ARE YOU AT RISK?

Do you know the answer to the question above? You are at risk for kidney disease if you have:

- Diabetes **or**
- High Blood Pressure **or**
- A family history of kidney disease.

The only way to know if your kidneys are healthy is by getting them tested! Simple blood and urine tests can detect minimal kidney damage. Most of the time kidney disease has NO SYMPTOMS until just before the kidneys fail. If you are told you do have

kidney disease, there are steps you can take the prevent further damage. Keep your kidneys healthy by **1)** Taking steps to prevent/manage high blood pressure, **2)** keep your diabetes in good control, and **3)** get tested yearly. Remember, early detection leads to a better outcome!

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E-mail us with questions,
comments or suggestions



Testing Tip

✓ Always store your test strips in the original bottle and check the expiration dates!

Someone called in, who was having trouble with their meter. After some investigation, we found that the person had combined some older test strips in with a new bottle of strips. The old strips were no longer good and were responsible for producing error readings on the meter!



Good things to do annually:

- Dilated Eye Exam
- Foot Exam
- Urinalysis for microalbumin
- Glomerular Filtration Rate (GFR)
- Fasting lipid profile

TUNING INTO YOUR ACTIVITY!

SOURCE: [HTTP://WWW.DLIFE.COM/](http://www.dlife.com/)

To complete this workout, you will need to focus on the ABCs, the NBCs and the CBSs, too. Your workout will be based on the primetime schedule of shows that appear on the top television networks. You'll workout three times this week, which also means that you'll be watching three separate TV shows. But, unlike most times you watch the tube, you'll be [burning calories while working out](#). Of course, before engaging in an exercise program of any kind, you should always consult with your physician and endocrinologist first.

This workout is based on audio or visual cues that will prompt you to perform a [particular exercise](#). It can be applied to just about any television show, requiring only that you designate audio or visual cues before the program starts. Once you hear or see that cue, that's when you get moving!! So, not only is this a great way to burn some

calories and help regulate [blood sugar](#), but it also serves as the perfect means of catching up on some of your favorite shows. So much for boredom and distraction!!

Home Makeover Shows

(ex. *Extreme Makeover, Trading Spaces*): Perform 10-15 squats (with or without dumbbells) every time someone says the word "clean." Bonus: to really amp-up your workout, use the same cue during commercials.

Medical Dramas (ex.

Grey's Anatomy, E.R., House, M.D.): Every time you hear one of the characters say a medical term, start walking in place. Continue walking until the next commercial break.

Crime Dramas (ex. *C.S.I.*,

Law & Order, Criminal

Minds): Perform 5-10

push-ups every time someone says the word "victim." If you find traditional push-ups to be too difficult, you can perform modified push-ups from your knees.

Sitcoms (ex. *Three and a Half Men, The Office, My Name is Earl*): Do 5-10 standing rows every time a new character enters the scene.

dLifeTV: Every time you see a blood glucose testing meter appear on screen, perform 5-10 lunges, with or without dumbbells. Bonus: to kick things up a notch, perform 5-10 dumbbell curls every time someone says the word "diabetes."

CREATING MONTHLY GOALS



We all need goals in life. Setting a goal and making a plan on how to reach that goal is like giving yourself a map to follow. If we're going into uncharted territory, most of the time we don't just hop in the car and drive like crazy, we plan ahead, look at a map and have a plan on how to get to the destination we're trying to reach! We need to know ahead of time if there is road construction or something that *might* make our trip longer than expected. If there is a roadblock, we look for detour signs or an alternate route. Diabetes control is a lot like taking a trip somewhere. It's best to have some sort of plan for yourself, so you can see the progress you are making. Changing habits can be hard and can take time. As a person with diabetes, you already have a lot to do to keep your blood sugar in control. So, help make your journey with diabetes a bit more smooth by writing down what you want to change each month (goal). Then, take a look and make a plan of how you will make those changes. Review your goal regularly to see if there any roadblocks in *your* journey. Do your best and stick with it! You can change! Start today.