

NAVIGATING DIABETES



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Common chores that equal moderate amounts of physical activity

- Washing & waxing your car for 45 minutes
- Gardening for 30 minutes
- Raking leaves for 30 minutes
- Wheeling self in wheelchair for 30 minutes
- Washing windows or floors for 45 minutes
- Pushing a stroller 1.5 miles in 30 minutes.

Diabetes Wired!

<http://www.dLife.com>

Visit **dLife.com** for:

- Practical Information
- 9,000 diabetes friendly recipes
- Community Connection with others
- 24/7 Expert Q & A

Get Moving! (With a Little Physical Activity)

Looking to tighten up blood sugar control? Think about the top 3 behaviors we use to control diabetes. They are:

- 1) **Healthy Eating**
- 2) **Taking Meds**
- 3) **Physical Activity**

Physical activity is one of the most popular areas that patients want to improve in and is key for healthy living *and* managing diabetes. Physical activity does *not* have to be a marathon run or a high impact aerobic workout!

Take a walk, work in your garden, park farther away, push your grocery cart around the store for an extra 10 minutes. Any activity that is continuous and over 10 minutes

should have a positive impact on your blood sugar. Aim for 30 minutes most days of the week. Keep things interesting by changing up your choice of activity.

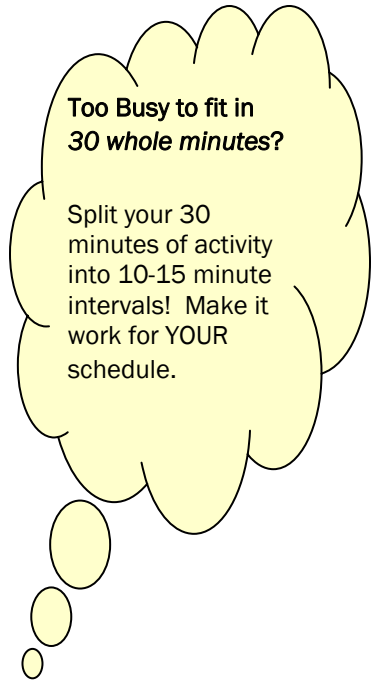
Remember! If you are having pain, STOP! Doing something that is very painful can actually *raise* your blood sugar. If you have mobility issues, speak with your healthcare provider to see what will be safe for your body to do.

Always start slowly and increase intensity gradually to avoid injuries.



Too Busy to fit in 30 whole minutes?

Split your 30 minutes of activity into 10-15 minute intervals! Make it work for YOUR schedule.



The goal is to get active and stay active by doing things you ENJOY. If you don't enjoy it, chances are, it won't become part of your lifestyle!

Almond Chicken Salad

Ingredients:

- 8 oz. Boneless/skinless chicken breasts, cooked/chopped
- 2 medium celery stalks, diced
- 1 tbsp slivered almonds
- 2 tbsp fat free mayo
- 1 tsp dried dill weed
- Salt & pepper to taste
- 2 slices rye bread

Directions:

1. Chop chicken and celery and place in bowl.
2. Toast almonds in toaster oven until golden. Add to chicken.
3. Stir in mayo, dill, salt and pepper.
4. Spoon salad onto two separate plates and serve with rye bread on side.

Prep Time: 10 minutes

Cook Time: 10 minutes

Difficulty: EASY

Servings: Makes 2

Total Carbs: 20grams/serving

Source: dLife

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E-mail us with questions,
comments or suggestions!

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

Join Us!

Diabetes Support Group

Held quarterly

For new information and ideas from others with diabetes.

Check our website or watch the paper for details!

- * **Remember**, once you have taken our series of three group classes, you are welcome to come back to class, free of charge for review. Please call Denise or Brooke before attending.
- * We will contact your doctor once you are eligible for an annual follow-up appointment.

ASK THE PHARMACIST...

Q: *Does insulin lose its power?*

A: *Yes, insulin does lose its power over time for a variety of different reasons and situations*

Unopened Vials: Should be kept in the fridge. Make sure your fridge temperature is at the range that is labeled on the insulin vial. Keep vials in original boxes for protection from light. If insulin is ever frozen, throw it away immediately. If exposed to heat greater than 86°, contact your pharmacist on what to do. Insulin is still 95% as

effective at the date of expiration as the date it was made. If you use it, it won't hurt you, it just won't be as effective. Most people don't drink curdled milk (yuck!), so I wouldn't use expired insulin.

Opened Vials: Once an insulin vial has been opened, most people keep it at room temp. This is smart because it causes less pain when it is injected. Most insulin is good for 28-30 days after opening. Insulin has a preservative in it, so you don't have to worry about bacteria growth. Insulin does lose its power when exposed to heat, so that's why you should use a new bottle after 30 days. Most people won't eat brown,

mushy vegetables (sick!), so don't use expired insulin.

Other Medications:

Medication that is kept at the pharmacy in the original container is good until the date on the original bottle. After the pharmacy dispenses it in a pharmacy vial, an expiration of one year from that date is given. That doesn't mean the medication goes bad after this time, it's just that there are no studies to prove it will still be effective after this date. Most people won't buy outdated meat (gross!), so don't take expired medications.

-Kendal Truemner, RPh

SUMMER TRAVELING

Summer is here and that means vacation time! Here are some helpful tips to remember when preparing to leave home....

Bring double your usual amount of medication and testing supplies.

Carry medications/supplies with you in your carry-on bag - keep away from light and extreme temperatures.

Prescriptions and a note from your doctor may be



needed when carrying oral medications and insulin on airplanes.

Take healthy snacks in your carry-on or small cooler in case of traffic or flight delays. Ex: nuts, jerky, fresh fruit, cheese sticks, veggie sticks.

Be aware of your feet when touring around, continue

your daily foot checks.

Remember to wear socks and supportive shoes. If wearing sandals, be sure they fit properly.

If your trip involves extra walking or a sporting activity, carry a snack or treatment for low blood glucose.

When sitting for long periods, get up and move around to avoid swelling or circulation trouble.