

NAVIGATING DIABETES



INSIDE THIS ISSUE:

<i>Body Facts</i>	1
<i>What's an A1c?</i>	1
<i>Summer Living</i>	2
<i>Consider the Source</i>	2



Support Group

June 6th @ 5pm

September 5th @ 5pm

November 7th @ 5pm

Join us ...hear new information and mingle with others!

Scheurer Hospital Wilson Education Center

A1c & Average Blood Glucose

6%	126
7%	154
8%	183
9%	212
10%	240
11%	269
12%	298

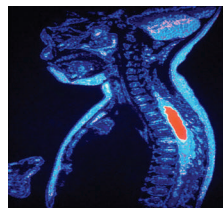
BODY FACTS...WHAT IS ACCOMPLISHED IN 24 HOURS

SOURCE: [HTTP://WWW.RD411.COM/INDEX.PHP?OPTION=COM_CONTENT&VIEW=ARTICLE&ID=907:BODY-FACTS-WHAT-IS-ACCOMPLISHED-IN-24-HOURS&CATID=100:MISCELLANEOUS-TOPICS&ITEMID=394](http://www.rd411.com/index.php?option=com_content&view=article&id=907:body-facts-what-is-accomplished-in-24-hours&catid=100:miscellaneous-topics&itemid=394)

The human body is an amazing machine. Do you know what it accomplishes in 24 hours? The following are some facts for an adult of average height and weight.

In 24 hours:

- Your heart beats about 100,000 times
- Your blood travels 168,000 miles
- You take approximately 20,000 breaths
- You inhale more than 2,600 gallons of air through the lungs.
- You eat 3.5 pounds of food.
- You drink 2.9 pounds of liquid.
- You lose in weight 7.8 pounds of waste.
- You perspire 1.43 pints
- You give off heat at 85.6°F
- You turn in your sleep 25-35 times.
- You speak 48,000 words.



- You move 750 major muscles.
- Your nails grow 0.000046 inch
- Your hair grows 0.01714 inch.
- You exercise 7,000,000 brain cells with each thought.

It pays to take care of this incredible machine with proper nutrition, water and exercise. Do all you can to keep this machine in good running order.

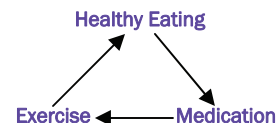
Remember, spare parts are not included!

WHAT'S AN A1C?

The Hemoglobin A1c, also known as the A1c, is a lab test that shows the overall control of your blood glucose. This test is easy to do and is done through a basic blood draw. A perk to this test is that fasting is **not** required. The A1c tells you and your healthcare provider how well your blood glucose has been con-

trolled for the past 3 months. So, essentially, it's like a look back in time!

This test should be done every 3-6 months, depending on your healthcare provider. Once you have your results, you can see which part of your "diabetes care triangle" needs to be adjusted.



Currently, the ADA recommends your A1c be less than 7%, to reduce your risk for long term, diabetes associated, complications.

Scheurer Hospital
Diabetes Education

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

schmidtd@scheurer.org

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

mcnabbb@scheurer.org

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



Testing Tip

Keep your test strips at room temperature!

- Remember that test strips are sensitive to many things, including temperature.
- Make sure your strips are stored at room temperature. Don't leave them in the sun or hot cars.
- Check the temperature reference on the side of your strip bottles or on the package insert.
- If you are unsure about recent exposure of your strips, run a control solution test to check if

Need new recipes for summer? Check out www.dlife.com, look under Food & Fitness

Summer Living

With hot weather here, it's important to remember that the heat and humidity will impact your diabetes care and blood sugars. Here are a few tips to help keep things in check, while enjoying the summer months.

Hydration-Increased blood sugars can worsen dehydration because of frequent urination. Keeping yourself hydrated in hot weather will help keep your blood sugars from fluctuating and also help keep you cool. Sweating is the body's own way to keep cool. Did you know that people with diabetes have an impaired ability to sweat? So, to help your body remain cool, stay well hydrated. If you plan to go out for the day, pack a small thermal bag of calorie free drinks to

sip on through out the day. Remember, consumption of alcohol or caffeine can make dehydration worse, especially in the heat.

Protecting Your Feet-Be sure to wear something on your feet to protect your skin for extreme temperatures of hot pavement or sand. Footwear will also protect your feet from sharp stones or shells. Inspecting your feet daily for cuts, sores, blisters, calluses etc. will decrease your risk for foot infections.

Use Sunscreen-Sunburns cause stress on the body. When the body is under stress, blood glucose is likely to go up! Stay protected from the sun's harmful rays.

Meds & Meters-Keep your medications and meters/ strips out of direct sunlight and hot temperatures. You

may keep your meds cool in a thermal bag with your snack and drinks but take care not to let meds freeze! Freezing temps can change their ability to work. To warm your insulin up before an injection, hold the vial or pen tightly in your hand or put it under your thigh. Keeping your meter and strips in the shade will help keep them accurate and in good working condition.

Activity-You may want to consider changing your walking/ biking or physical activity to early AM hours or evening hours, when temperatures are cooler.

Pump Use-If you disconnect for swimming, keep the pump in the shade or under a light colored towel to protect from sunlight. Monitor your site regularly to be sure the set is not becoming loose

Consider the Source

"The internet has become a popular source of medical advice, but a study of sites dedicated to diabetes found much information there that can't be trusted.

Researchers determined that **only half of the top 10 diabetes social-networking sites give information**



that is consistent with diabetes science and expert's recommendations. Four of the sites contained misinformation about a diabetes "cure", while six failed to distinguish between editorial and advertising content. The study did not name sites. The au-

thors suggest that people with diabetes looking for health tips online should make sure that the medical information provided squares well with their doctors' advice and that the site has expert moderators."

Sources: Diabetes Forecast, June 2011 and Journal of the American Medical Informatics Association, published online Jan. 24, 2011