

In Touch with Diabetes



Erie County Diabetes Association

110 West 10th Street, Suite 203
Erie, PA 16501
(814) 454-0715

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— FOR YOUR HEALTH — Am I At Risk For Diabetes?

Check off all areas that are true.

- Blood pressure greater than 120/80.
- Body mass index (BMI) greater than 25.
- Over 40, overweight, family history of Diabetes.
- Hispanic American, African American, Native American Indian.
- Age 65 or older.
- Had gestational diabetes.
- Total cholesterol greater than 200.
- Good cholesterol (HDL) less than 35.
- Bad cholesterol (LDL) greater than 130.
- Get less than 30 minutes of exercise daily for 5 days per week.
- Overweight.
- Don't know my last fasting (8 hrs. or more) blood sugar result.
- My last fasting blood sugar (8 hrs. or more) was greater than 100.
- Have Diabetes in my family background.
- Am unaware of any family history of Diabetes but have family history of heart disease and stroke.
- Have too much fat in my stomach region.
- My waist measurement is (greater than 40-male, greater than 35-female).
- I know I will never get Diabetes.
- My doctor is responsible for my medical information.
- My normal eating plan does not include many fruits & vegetables.

If you checked off one or more of the above risk factors or if you don't know if the statement is true, turn to page 3 and read more about why you need to be concerned. Then be sure to ask your doctor to order a fasting blood sugar test and call ECDA for more information and to obtain a copy of "All About Pre-Diabetes".

**Do you have a question about Diabetes?
Speak to our certified diabetes educator. Call 454-0715.**

Recipe Request

If you would like to receive a copy of one or more of the following recipes, call ECDA at 454-0715. Leave your name and address and the recipe you would like to receive.

- Sweet Potato stew
- Peanut Butter Chocolate Bars
- Nancy's Applesauce Meatballs
- Artichoke Pasta Salad
- Broccoli Pasta Pilaf

Every recipe contains nutritional information.

A Healthy Plate For A Healthy You: Food, Fun, Fellowship

This new seasonal workshop will feature recipes, networking, taste testing and practical take home information for a healthier plate. The kick off program will be September 7 from 5:30pm-7pm at the Booker T. Washington Center on 18th and Holland Street. RSVP by calling ECDA at 454-0715 by September 5th.

In Touch with Diabetes is published quarterly by the Erie County Diabetes Association, Inc.
110 West 10th Street, Suite 203
Erie, PA 16501
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Using Food Labels

Nutrition Facts on food labels can help you with food choices. These labels are required by law for most foods and are based on standard serving sizes. However, these serving sizes may not always be the same as the serving sizes for a person with Diabetes.

Check the serving size on the label. Is it nearly the same size as the amount on the diabetic food exchange list?

You may need to adjust the size of the serving to fit your meal plan.

Look at the grams of **Carbohydrate** on the label. (One starch, fruit, milk or other carbohydrate has about 15 grams of carbohydrate.) So, if 1 cup of cereal has 30 grams of carbohydrate, it will count as 2 carbohydrate choices in your meal plan. You may need to adjust the size of the serving so it contains the number of carbohydrate choices you are supposed to have for a meal or a snack.

Look at the grams of **Protein** on the label. (One meat choice has 7 grams of protein.) If the food has more than 7 grams of protein in a serving, you can figure out the number of meat choices by dividing the grams of protein by 7. Meats generally contain fat, too.

Look at the grams of **Fat** on the label. (One fat choice has 5 grams of fat.) If one waffle has 15 grams of carbohydrate and 5 grams of fat; it counts as 1 carbohydrate choice and 1 fat choice.

Healthy Plate Tips

- When serving up your food for a meal, always start with the healthy vegetables and fill up one half of your plate.
- When eating out, ask for the doggy box immediately when they serve your meal. Place the amount in the box that is too much for what you are supposed to have for the meal and take it home for another meal.

Important

If you have Type 1 Diabetes Make sure your Diabetes self-management toolkit contains ketostix. This could prevent Diabetic ketoacidosis (DKA) and an unwanted trip to the hospital.

41 Million and Climbing

Thursday, April 29 (Health Day News)

Forty-one million Americans have blood sugar levels high enough to put them at risk of developing diabetes, **more than twice the previous estimate.**

“These latest numbers show how urgent the problem really is,” said Health and Human Services Secretary Tommy Thompson, the Associated Press reported. “We need to help Americans take steps to prevent Diabetes or we will risk being overwhelmed by the health and economic consequences of an ever-growing diabetes epidemic.”

About 18 million Americans have Diabetes with **1.3 million** new cases diagnosed every year. Most have Type 2 diabetes, which develops as the body gradually loses its ability to use blood sugar. Diabetes is a leading cause of heart disease, blindness,

kidney failure and amputations, killing more than **200,000** Americans every year.

Pre-diabetes “puts someone at risk not only for Diabetes but also for heart attack and stroke,” said Linda S. Geiss, chief of Diabetes surveillance at the U.S. Centers for Disease Control and Prevention. There are no agreed-upon estimates of the percentage of people with pre-diabetes who will develop the full-blown disease, Geiss said. But it is known that “taking preventive measures can return a pre-diabetic person to normal,” she said. Those measures include proper nutrition, weight loss and exercise.

Pre-diabetes can be diagnosed by the “fasting blood sugar” test, which measures blood sugar levels before eating anything in the morning. Until last November, a level below 110 was normal. The new guideline lowers the bar, so a

reading of 100 or higher classifies someone as pre-diabetic. The American Diabetes Association is using the new guideline to call for what it says are relatively simple lifestyle changes to reduce the risk of developing Diabetes.

The biggest drivers include the high prevalence of obesity, which in turn is driven by exercise habits and diet habits,” said Dr. Gene Barrett, president of the association and professor of medicine at the University of Virginia. Adults should be doing the minimum amount of exercise recommended by many health organizations – 30 minutes of moderate activity at least three days a week, Barrett said. They also should avoid “high-calorie, high-density foods,” he said. Unless those steps are taken, “you will wind up with a lot of people in trouble,” Barrett said.

Translating Your A1C Result – Get It Every 3 Months.

Know The Number. Lower The Number To Prevent Complications.

If your A1C is	Then your average blood sugar was about
5	100 mg/dl
6	135 mg/dl
7	170 mg/dl
8	205 mg/dl
9	240 mg/dl
10	275 mg/dl
11	310 mg/dl
12	345 mg/dl

The goal is to strive for an A1C below **7%**. New recommendations even suggest **6.5% or lower**. Recent studies nationwide show that Pennsylvania is in the top 10 worst states as far as achieving control of Diabetes. 70.1 % of all diabetic individuals in Pennsylvania are not meeting target goals for A1C, Blood Pressure and Cholesterol.

FOR YOUR HEALTH, START TODAY TO TAKE ACTION TO MEET TARGET GOALS.

Support and Encouragement for A Loved One with Diabetes

Learning to live with someone who has Diabetes and helping him to manage his condition will take nearly as much effort as learning to live with the disease itself. You have the power to make things a little easier for all concerned! Instead of just assuming you know what needs to be done with regard to diet changes, exercise routines, and insulin or medication dosing, ask for particulars! Go along with your loved one when he visits his health professional, or set up a time when you can meet with the health professional one-on-one to ask your own questions, and importantly, seek a Diabetes education program for the two of you to attend.

The best way that you can provide support, however, is in the day-to-day management of Diabetes. Your loved one is going to have to deal with changes in diet and physical activity, learn to monitor blood glucose levels several times a day, possibly take one or more medications, and change his daily routine to accommodate all of these. Your support will be invaluable to your spouse, child, or friend as he learns to live well with Diabetes.

Healthy eating

Healthy eating is considered the cornerstone of Diabetes therapy. Fortunately, a good diet for someone with Diabetes is simply a good diet, period! If you follow the same healthy eating plan or one very similar, you are improving your own health and reducing some of the feelings of “being different” that your loved one may feel. You are showing support for your loved one by joining him in his fight, instead of just cheering him on from the sidelines. Be sure to consult with your health professional before you begin a healthy eating or physical activity program that is different from your usual routine.

Changing eating habits is never easy; in fact, it takes a lot of thought, planning, and willpower to avoid or replace that morning muffin or afternoon snack. The best way to change eating habits is by setting realistic goals and creating a routine to help achieve those goals. Your spouse doesn't have to quit eating all of his favorite foods “cold turkey.” In fact, he doesn't have to completely stop eating them at all! The goal of healthy eating is to provide your body the best possible nutrients and energy sources while maintaining

good levels of blood glucose and fats. Go ahead and have that muffin once in a while or an ice cream cone on a hot day, but learn how to fit these favorites into a good meal plan.

Foods high in carbohydrates (carbs)—like milk, breads, rice, potatoes, fruit, and sweets—raise your blood glucose. Foods with carbs also are an important source of energy, vitamins, and minerals as well as fiber, which is found only in foods with carbohydrates. About half of the food you eat each day should be from these food groups, but the amount needs to be carefully spread out through the entire day.

Of course, carbs are not the only dietary nutrient that affects Diabetes. Following a low-fat diet can help lower harmful fat and cholesterol levels in the blood and can also help with weight control. Eating a low-fat diet is relatively simple, but it will not necessarily be easy! You'll need to cut down on high-fat meats and dairy products, and watch those sweets that contain more fat than sugar. Most restaurant food, especially fast food, contains large amounts of oil or butter. This keeps the food looking and tasting great, but loads it up with fat. Substitute high-fat meats (beef) with meats low in fat (skinless chicken breasts). Substitute high-fat dairy products (whole milk) with those that are low in fat/skim milk). Eat lots of whole grains, fruits and vegetables, and learn how to make healthy choices when eating out. Working with a Diabetes educator, particularly with a registered dietitian, is extremely helpful in developing a personal meal plan. For someone who is overweight, losing just 10 pounds can have a positive impact on blood glucose levels, blood pressure, and blood fats!

Physical Activity

Another way to show support for your loved one in his effort to manage his Diabetes is by setting up a schedule of physical activity with him. Although you may dread the idea of a high-cost gym or exercise program, or worry that your loved one will be overworked by a zealous trainer, keep in mind that physical activity should not be intimidating. Any physical activity is exercise, even that stroll through the neighborhood that you find so relaxing on summer evenings!

(continued on page 5)

Support and Encouragement for A Loved One with Diabetes

(continued from page 4)

Instead of simply reminding your spouse to “get your exercise” each day, plan a time for the whole family to be physically active together. Evening walks, weekend hikes, a trip to the zoo, even an outing to a theme park or a day on the beach will be beneficial! Find the activities that you all enjoy, and plan to do them on a regular basis. These fun outings, along with other minor routine changes, may provide your loved one with all the physical activity he needs! Your health professional will also be able to offer some tips on how to get “exercise” without spending a lot of money or feeling as though he had been put through boot camp.

Blood glucose monitoring

Keeping track of blood glucose levels helps to evaluate how well a healthy eating and physical activity plan is working. It can also indicate if your loved one is above his target levels and whether he needs to adjust his current meal plan or physical activity regimen, medication, or even add a new medication. Also, encourage your loved one to remember to ask the doctor to order the A1C blood test every 3 months to see what the overall control of the blood sugar has been.

Your health professional will help your loved one to determine the target range for his blood glucose. Make sure to call your health professional if your loved one’s blood glucose is consistently over 130 mg/dL before meals.

Medications

When it comes to medications, you may think there is nothing you can do to help your spouse or friend. You’re wrong. You can help your loved one triumph over the biggest issue associated with medication: whether or not the person takes the medicine as ordered.

There are many little tricks and gadgets that can help your loved one remember his medication, from verbal reminders or a simple alarm clock to more elaborate pill boxes with slots for times, meals, and days. By helping your spouse or friend comply with his medication regimen, you are helping him manage his Diabetes.

Self-management

Self-management of Diabetes is so important because 99% of the day-to-day care of the disease is done by the person with Diabetes, with the support of his family or friends. A person with Diabetes must learn how to care for his feet, how to adjust his carbohydrate intake, how to correctly take his

medications, and how to adjust his physical activity regimen to achieve good control.

A healthcare team can provide the education and skills training to educate you and your loved one in what to do and how to do it. However, ultimately Diabetes care is not the healthcare team’s responsibility. It is up to your loved one to take control and manage his Diabetes.

It all comes down to this...

When it comes to Diabetes, the more you know, the better you will be at judging the severity of a low blood glucose reaction (hypoglycemia), the importance of one or two high blood glucose levels, or the necessity for further healthy eating and physical activity changes. Basically, you need to know as much or more about Diabetes as your loved one does!

If you understand blood glucose control, for instance, you will be less likely to overreact when your spouse has a one-time level of 300. It isn’t the end of the world! Such readings are sometimes unexplainable but often mean that something in the person’s Diabetes regimen may need to change. By seeing that need, you and your loved one are better able to work with his health professional to work through the problem.

If you know that your spouse has specific goals related to healthy eating and physical activity, then you will be less likely to overreact when he tells you about the ice cream cone he had that afternoon. As long as he is staying within his recommended meal plan, it should be fine!

One of the biggest things you should know is this: support your loved one, don’t nag him. This is something that will get easier as you learn more about Diabetes. You are less likely to pester your spouse about his physical activity if you are joining him when he does it, or about his diet if you know that the occasional ice cream won’t cause a huge problem. Support is all about teamwork!

Management of Diabetes requires education, support, nutritional counseling, weight reduction as needed, and exercise. When diet and exercise are not enough, additional medication will be needed.

Remember, one day at a time and little changes, can make a big difference.

Reference: Funnell MM, et al. Life with Diabetes: A Series of Teaching Outlines by the Michigan Diabetes Research and Training Center. 2nd ed. Alexandria, Va: American Diabetes Association; 2000.

What's Happening – Community Calendar

August 4: Canning Workshop 6:30-8:30PM @ Caplans in Waterford. Fee \$5.00. Register @ Penn State Coop. Ext. 825-0900 by August 1. Get your canner gauge tested too.

September 7: The In's and Out's of Blood Sugar Testing Workshop 1:00-3:00PM @ Benetwood Apartments 641 Troupe Road in Harborcreek. Bring your blood sugar machine and log. RSVP @454-0715 by September 1. "Free". Also, ask about other sites.

Join the "**Breakfast Bunch**" walking group at Erie Center on Health & Aging 8:30-9:00AM Monday thru Friday. Breakfast follows. Held rain or shine.

"**A Healthy Plate for a Healthy You**" is a **NEW seasonal** workshop which includes food, fun and fellowship. Recipes, taste testing and informal discussion on healthy eating are included. Kickoff

program will be held on Wednesday, September 7 from 5:30-7:00PM at Booker T. Washington Center, 18th & Holland. RSVP 454-0715 by Sept. 1.

Healthy Diabetes Plate – Call us for date of next program.

Check out **Adelphia Cable Access, Channel 17** program menu. Now showing is the latest program "Diabetes: Attitudes and Emotions."

Watch **Diabetes Live**, a weekly ½ hour broadcast on **CNBC** (Channel 32) in Erie. Airs @ 7:00PM every Sunday evening.

Rent "**Super Size Me**" – a video documentary and eye opener about one person's experience eating nothing but fast-food for 30 days at McDonalds.

Helplines/Hotlines/WebSites
Speak to a certified diabetes educator. Call ECDA @454-0715.

Go to **MyPyramid.gov** and check out the latest revised food guide pyramid information.

Call 1-800-Medicare (1-800-633-4227). On January 1, 2006 Medicare will be offering insurance coverage for prescription drugs through Medicare prescription drug plans. Watch your mail for information and call us for schedule of local programs @454-0715.

SUPPORT GROUPS

Some Diabetes support groups in Erie County will not be held in July and August. Call us for a current schedule of support groups @454-0715.

The Support Group at Benetwood Apartments will no longer be meeting.

Plans are underway to offer a support group in Waterford in the Fall. Call for more details.

The Neuropathy support group is held on the 3rd Wednesday of each month from 3:00-5:00PM, April through November in the 1st floor conference room at Saint Vincent Health Center. Call Dolores Miller at 825-6900 for more info.

Community Support: ECDA's Lifeline

In Memory

ECDA wants to remember all individuals with Diabetes who passed away. We have received memorial donations for the following individuals. We extend our deepest sympathy to their families and we sincerely thank all donors for their support.

James W. Benson
Glenn David Billig
Irene Blosssey
Patrick T. Brennan
Judith A. Brinkley
Robert C. Bronson III
Dennis Colello
Raymond Englert
Marcella M. Flagg
Jay Goettmann
Peter R. Gregan
Marie R. Heidt
Lois Hirz
Eleanore L. Libell
Mary Ann Miaczynski

Charlotte M. Nelson
Annette M. Robie
Max C. Russell
Frances Smolinski
Dr. Phil Trapulsi
Victoria V. Trocki
Mabel Weir
Gary Lee Wetzel
Thom Wheeler
James H. White
Robert F. Will
Helen Zemcik

Additional Annual Appeal Donations

In Memory of/In Honor of
Harold Brown
Ruth Foltz
Rita T. Breedlove
Janet Louise DeWalt
Robert J. Tanner, Sr.
Sam Talarico
Bill Bules
Peter Wittuck
Sara Covey
Raymond L. Chartier

WANTED

Items to be used for door prizes, bowler prizes for Bowl-A-Thon October 23, 2005.

VOLUNTEERS NEEDED

Serve as Board Members
Assist with mailings
Help at Bowl-A-Thon event.

Thank You

ECDA' has received the following donations of support:

Annual Benefit Dinner
April 28, 2005
\$5,560.00

Annual Appeal

Started June 1, 2005
As of June 30
\$1,538

(If you have not yet sent in your donation of support, please help us by using the form below.

COUNT ME IN AS A SUPPORTER

DATE _____ Place my name on the mailing list for quarterly newsletter.

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE NUMBER _____

___ I would like to help ECDA to serve our community.
___ \$5.00 ___ \$10.00 ___ \$15.00 ___ \$25.00 ___ Other _____

___ Please use donation to support Services for the Needy
___ Donation is given In memory of/In honor of _____

___ I would be interested in volunteering. Please call me with details.

___ For Office Use ___
___ Business
___ Individual
Primary Group _____
___ Newsletter
___ Other _____
Contact Categ _____
___ Supplies Donor
Notes _____
Newsletter _____

_____ TY

_____ DB

Mail form to: Erie County Diabetes Association, 110 West 10th Street, Suite 203, Erie, Pennsylvania 16501

How To Get Life Insurance?

While buying life insurance is not the most exciting subject we have ever dealt with in this newsletter, most of us—diabetic or not—need to purchase a policy sometime in our lives to protect our loved ones against financial loss. If you have been turned down for life insurance because of Diabetes, do not get discouraged. Diabetes does not automatically render you unable to be insured.

There is much variety in the life insurance industry when it comes to how a diabetic applicant is treated. For example, some insurers will accept those who don't take insulin, while rejecting those who do. Some insurers will accept those with an onset of Diabetes after a certain age (40, for example) but decline the younger ones. Some will be generous to those with an A1C of less than 7.0, but tougher on those whose A1C is higher. Some insurers will decline all whose Diabetes is controlled by anything other than diet, and some will accept anyone, with no medical questions asked

So how does a diabetic begin to shop for a policy without becoming bogged down in a frustrating “needle in a haystack” search? Call ECDA at 454-0715 or email us at diabetes@surferie.net. Of course, we don't sell life insurance or endorse any particular company, but we can refer you to local resources with years of experience in this area and an affiliation with numerous life insurance companies. Going this route will enable you to avoid the frustration of spending days searching and applying for life insurance coverage only to be rejected. In most cases, you will receive several offers and you will be able to make intelligent, informed choices to adequately protect your family.

Risk Factors for Type 2 Diabetes In Children

Type 2 Diabetes is rising at an alarming rate in children. If you have Type 2 Diabetes, your child, grandchild, niece or nephew might be at an increased risk for Type 2 Diabetes as well.

Be alert to the following risk factors:

- Having a family member with Type 2 Diabetes.
- Being overweight.
- Going through puberty.
- Being in a particular ethnic group. African and Hispanic Americans are at higher risk. Having insulin resistance. Some signs may include:
 - High blood pressure.
 - High cholesterol or high triglycerides.
- Having a skin condition called Acanthosis Nigricans. This causes areas of skin at the neck and armpits and areas where there are skin folds to be darker and thicker than other parts of the body. The skin looks as if it's dirty.
- Being born small (less than 5 pounds) and children born large (greater than 9 pounds).
- Girls who have a condition referred to as polycystic ovary syndrome.

If you are aware of any of these risk factors in a child you know, encourage parents to have their child checked for Diabetes.

Etc.

Saint Vincent Diabetes Resource Center is one of 3 sites in Erie County accredited for self management education by the American Diabetes Association. They have moved their location to 3530 Peach St. Phone number is 864-0038. Check out their evening support group which meets the 2nd Wednesday of each month from 7-8PM.

Nite Bite bars and **Insta Glucose** gel tubes are used to prevent and/or treat low blood sugars. Available @CVS and Eckerds.

Tired of ordinary water. Perk it up with **Tru Lemon** (powdered lemon). Available at Giant Eagle.

Fruit2O is a tasty flavored water with Splenda. You'll think you are eating a fresh peach with the peach flavor variety. Available in most grocery stores.

Quick fix is a keychain which holds 4 glucose tablets. Call ECDA for where to order.

L-Arginine contained in a foot care rejuvenating cream called **DiabetiDerm** works by stimulating the release of nitric oxide from the walls of blood vessels, helping them to naturally expand to promote healthy circulation. Ask your pharmacist for more info.

Byetta is an injectable hormone which spurs insulin production after a meal, but only when blood sugar is high. It is injected 2x daily. If your blood sugar is not controlled with diet, exercise and Metformin and a sulfonylurea, ask your doctor about Byetta.

The Sleep Sentry Monitor (worn like a watch) measures two symptoms of hypoglycemia (low blood sugar). It measures perspiration and drop in skin temperature. This triggers an alarm that awakens most people. Call Great Lakes Home Healthcare at 870-6130 for more info.

"Type 2 Diabetes for Beginners" is a new book to support, and guide newly diagnosed persons with Diabetes. ISBN #1-58040-224-0. Available at most bookstores.

What Is Grief?

A cut finger is numb before it bleeds, it hurts until it begins to heal, it forms a scab and itches until finally, the scab is gone and a small scar is left where once there was a wound.

Grief is the deepest wound you have ever had. Like a cut finger, it goes through stages and leaves a scar.

– Doug Manning

Lantus insulin users may want to use the **OptiClic** pen for delivery of the insulin. Ask your doctor about it.

Ketostix are an important item to have on hand, if you have Type 1 Diabetes. These strips are used to test the urine for ketones when your blood sugar is higher than 240. Ketones in the urine indicate a need for more insulin to prevent a very dangerous complication called diabetic keto-acidosis (DKA). You could prevent a possible hospitalization. Get Ketostix at your local pharmacy.

"One Last Wish" is a book about a family's journey with Diabetes. The author, Marybeth Traut, is one of ECDA's faithful volunteers. Call ECDA for ordering information.

Have You Experienced Diabetes Discrimination?

Share your story with us and get some helpful resources. Watch for an article about Diabetes Discrimination in the next newsletter.

FACT...

Hypoglycemic (low blood sugar) events account for up to **13%** of all diabetic deaths each year. Prevention Is The Key.



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(814) 454-0715

Sweet Reminder:

Attend a Canning Workshop
on August 3 from 6:30pm-
8:30pm at Caplan's Cooking
store in Waterford. See Insert.

MISSION

*The mission of the Erie
County Diabetes Association
is to promote a community
awareness about the
seriousness and risks of
Diabetes in order to facilitate
the prevention, early
detection and comprehensive
management of Diabetes.
We believe that our
personalized information,
support and referral service
will promote the health of our
community overall.*

Roadmap for Diabetes Control

Diet
Insulin
Activity
Balance
Education
Testing
Effort
Support

Save These Dates

Bowl-A-Thon

Sunday, October 23, 2005, 2:00 –
5:00PM at Eastway Lanes, 4110
Buffalo Road. The goal this year is
to raise \$15,000.00.

Turkey Disco Dance – November 25

Friday, November 25 – 8 p.m. to
midnight – Porters Restaurant/
Union Station, Erie.