



LIVING WELL WITH DIABETES

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Sixth Annual Diabetes Health Fair

It is hard to believe that the time has come again for the Annual Diabetes Health Fair at Mon General Hospital. This will be the sixth year of the event and the numbers of people participating continue to increase with each year. The event will be held again in the main atrium of the hospital. This is the hallway in front of Jazzman's Café and the hospital gift shop.

Several exhibitors have confirmed their participation, including suppliers of therapeutic footwear for diabetes patients, massage

therapists, diabetes educators, and vendors for glucose meters and diabetes medications. As of mid-September, the screenings available will include blood glucose, blood pressure, and cholesterol.

Thursday, November 7th
8:00 am to 1:00 pm
Main Atrium of
Mon General Hospital

Karen Rembold will be offering free foot exams with monofilament for those interested. This

exam should be done every year for people with diabetes. Beth Semmens will have an informative booth on portion sizes. The Diabetes Learning Center booth will have more information about the Diabetes Prevention Program and will offer risk assessments for diabetes.

As in years past, the more booths you stop by, the more chances you get to win the many door prizes offered by vendors and the Diabetes Learning Center.

We hope to see you there!

Diabetes Fundraiser Coming Soon

Every 17 seconds someone is diagnosed with diabetes in the United States. The American Diabetes Association (ADA) is the leading non-profit organization which supports the 25.8 million Americans living with diabetes. The Step Out Walk is a charitable event to promote awareness of diabetes. It is the signature fundraising walk of the ADA. The event has been taking place for more than 20 years and has raised more than \$175,000,000 to Stop Diabetes!

The funds raised are used in multiple ways to benefit those living with diabetes. They help pay for

research to prevent, cure and manage diabetes, deliver direct services to hundreds of communities, advocate for individuals who are denied rights because of diabetes, and provide credible information about diabetes. The Step Out Walk improves the lives of all people affected by diabetes.

The closest walk to this area will be held on October 27th at Pittsburgh's North Shore. The walk is not a race, but a leisurely walk at an individual's own pace. There is a local team called the "Mountaineer Walkers" that will travel to Pittsburgh to participate in this 2.8 mile event. The team

STEP OUT | WALK TO STOP DIABETES

 American Diabetes Association.

is comprised of people with diabetes, friends, family and healthcare personnel. Team membership is open to all who want to join.

Please consider "Stepping Out" to help Stop Diabetes! Participants are changing the future and making a positive impact in the lives of those who are affected by diabetes. For more information or to join our local team please contact Karen Rembold at (304) 285-6974.

Medicare Benefit for Diabetes Shoes



Research shows that 60-70% of people with diabetes will develop nerve damage, or neuropathy, in their lifetime. Of those with neuropathy, 15% are likely to get a foot ulcer. When these ulcers don't heal completely, which is more common with uncontrolled diabetes, it can lead to loss of all or part of the foot or leg, called an amputation. The good news is that research shows that when the right shoes or inserts are worn, foot ulcers that lead to amputation can be prevented.

In 1987 Congress passed the Therapeutic Shoes for Persons with Diabetes Benefit, or TSD. This benefit allows people with diabetes to get 1 pair of specialty shoes and 3 pairs of inserts every year. This specialty footwear must be fitted and furnished by a Certified Therapeutic Shoe Fitter. This fitter could be a podiatrist or other qualified individual that has completed the necessary training and experience to get this certification.

In order to qualify for this ben-

efit, you must have diabetes, have at least 1 condition increasing risk of a foot ulcer, such as neuropathy, and have clear documentation by a doctor that specialty shoes are needed due to diabetes. Medicare requires a prescription and office notes from the doctor that supports the need for the shoes, called a certifying statement. A new statement signed and dated by the physician is needed yearly to get a new pair of shoes or inserts.

Looking For Blood Glucose Patterns

Did you know that regularly reviewing blood glucose records for patterns of high and low readings can improve glucose control and A1c?

If blood glucose is consistently higher when you wake up, it could be caused by a missed evening snack the night before or a missed dose of bedtime insulin. A large evening snack the night before usually doesn't

cause morning blood glucose to go up.

A higher number before dinner can have several causes. If you experienced a stressful day, were less active than usual, or lunch time medication was missed, readings can be higher. It is not likely caused by a large lunch, unless dinner is less than 4 hours after that meal.

When glucose goes up more

than 50 mg/dl from before the meal to after the meal, it is possible that too many carbohydrates were eaten at that meal or mealtime diabetes medication was skipped.

If glucose readings are lower than usual, this could be caused by more activity than usual, taking extra diabetes medication than prescribed, or not eating enough carbohydrates.

High blood glucose in the morning is usually not caused by the snack eaten the night before.

Tailgating Safety Tips

Tailgating parties are great, but sunny fall days bring hot temperatures AND increased risk for food borne illnesses. Foods that are most likely to be an issue are meat, poultry, and egg dishes. To prevent any problems, follow these tips.

Wash hands often. Pack moist towelettes or soap and water to clean hands and surfaces.

Keep raw meats and ready-to-eat foods separate. Marinate foods in the refrigerator and don't reuse this liquid when grilling the food.

Cook to proper temperatures. Hamburger should be cooked to at least 160°F and chicken breasts to 165°F. Never partially grill meat or poultry to finish cooking later.

Refrigerate promptly to below 40°F. Pack food with plenty of ice to keep the temperature below 40°. Remove only the amount of meat that will fit on the grill and defrost meat, poultry, and seafood in the refrigerator before taking to the grill.

Do not leave food outside (90°F or above) for more than 1 hour.



Health Benefits of Eating Nuts



The 2010 Dietary Guidelines and the DASH diet recommend eating 1 ounce of nuts daily to lower the risk of heart disease. Most nuts are high in the “good” fats such as mono-unsaturated and polyunsaturat-

ed fats which help lower blood cholesterol levels. Some nuts, English Walnuts, are a good source of omega 3 fatty acids. Nuts are also a good source of vegetable protein, magnesium, folate, and fiber.

Although nuts are healthy, they are also very high in calories. Add nuts in the diet by substituting 1 oz of nuts for 1 oz of meat to prevent weight gain. Some nuts are also fairly

high in saturated fats. Cashews and Macadamia nuts may not be as healthy as other nut selections.

Nuts can easily be added to your meal plan. Walnuts are often added to garden salads or oatmeal. Snacking on homemade trail mix (nuts, pretzels, dry cereal, and dried fruit) is a fun way to eat nuts between meals. Peanuts are an ingredient for many Asian stir fry dishes.

Pine nuts are a tasty addition to pesto or marinara sauce. Almonds can be used to flavor steamed vegetables.

One ounce of nuts is about 14 halves (English Walnuts), 22 pieces (Almonds), or 49 pieces (Pistachio Nuts). Portion control is important when including nuts into your meal plan. An ounce of nuts can have as many as 202 calories and 21 grams of fat.

Grab-And-Go Snack Mix

Source: American Heart Association at www.heart.org

Cooking spray

1 teaspoon canola or corn oil
1/4 cup honey
1/4 cup chopped walnuts
1/4 cup chopped pecans
1/4 cup shelled, unsalted pumpkin seeds
3/4 to 1 teaspoon pumpkin pie spice or apple pie spice
2 cups multigrain or whole wheat cereal squares with maple syrup and brown sugar
1/2 cup sweetened dried cranberries
Salt to taste

Line a baking sheet with aluminum foil and lightly spray with cooking spray. In a large non-stick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the honey for 2 minutes, or until it just comes to a boil. Stir in the walnuts, pecans, pumpkin seeds, and pie spice. Cook for 3 minutes, or until the mixture begins to turn golden, stirring constantly. Remove from heat.

Immediately stir in the cereal and dried fruit until well coated, about 30 seconds. Pour onto the baking sheet, using the back of a spoon to quickly spread in a smooth, thin layer. Sprinkle with salt to taste. Let cool completely, about 45 minutes. Break into 1-inch pieces. Store in an airtight container at room temperature.

Makes 10, 1/2 cup servings



Nutrition Information:

138 calories
6 grams total fat
0.5 grams saturated fat
32 mg sodium
20 grams carbohydrate
2 grams fiber
2 grams protein

Aisle by Aisle 4: Choosing Foods Wisely

In this last article in the virtual grocery store tour to help make choices to meet the 2010 Dietary Guidelines the focus is frozen meals and snacks. These guidelines encourage increased fruits, vegetables, and whole grains.

Choosing foods wisely from the frozen meal section of the grocery store can be challenging. Frozen meals with 500

calories or less, 5 grams of saturated fat or less, and no more than 600 milligrams of sodium are better choices. A bonus would be a frozen meal offering 3-5 grams of fiber.

Navigating the snack aisle can be difficult. The best snacks are fresh fruits, vegetables, low-fat dairy foods, or a *small portion* of nuts. These items are not usually found in the snack

aisle. When purchasing a snack, select granola bars with no more than 200 calories and at least 3 grams of fiber per serving, fruit snacks made with 100% fruit, or low-sodium nuts. Choose popcorn that is lower in sodium and fat. Purchasing 100-calorie pack cookies or crackers is another good option. These packs are pre-portioned to allow a treat

while eating a reasonable serving size.

Remember, following a healthy meal plan does not mean you must give up your favorite cookie or treat. Eating a reasonable portion size, limiting the number of times you eat the treat, and including physical activity assists you in meeting your goals.

The F.I.T.T Principle

The F.I.T.T. Principle allows you to assess your physical activity routine. This principle determines how well your physical activity is improving your aerobic fitness to increase the strength of your heart. "Aerobic fitness" refers to how well your heart can pump oxygen through the blood stream to your muscles (especially arm and leg muscles).

The F.I.T.T. acronym stands for **F**requency of activity, **I**ntensity of activity, **T**ype of activity, and **T**ime of activity. The current recommendation for individuals with diabetes (and the general population) is to be physically active most days of the week for a total of 150 minutes or more (for example, 30 minutes of physical activity for at least 5 days a week).

Intensity determines how hard the activity is done or how fast the heart is beating during the physical activity. This can be

determined by counting your heart rate. Another simple method used to determine the intensity of your physical activity is to ask the following questions: Can you whistle or sing during the activity? This is an indication that the activity is being done too slowly or with too little intensity.



If you can talk or carry on a conversation with someone and breathing just a bit faster during the physical activity- this is just the right speed or intensity. If you are so out of breath you cannot carry a conversation, it is time to slow down the physical activity. The intensity of this

workout is too great.

The goal is to include "heart fitness activities" into your routine that will challenge your heart. The foundation of aerobic activity includes involvement of your larger muscles (legs) such as biking, brisk walking, or swimming.

It is also important to be physically active for at least 10 minutes at a time. Several 10 minute blocks of brisk physical activity will add up to 30 minutes a day. An activity cannot be defined as physical activity if it is done for less than 10 minutes. It is better to increase the amount of time spent being physically active before increasing the intensity of the physical activity. As with all new physical activity routines, discuss the plan with your doctor before beginning a new regimen OR increasing the intensity of your workout.

FREE DIABETES SUPPORT GROUP!

Join us on the following dates at 11:30 am in the Conference Center of Mon General

October 16th: Assessing Risk of Complications*

By Andrea McCarty, MS, RD, LD, CDE

November 20th: Diabetes and Hearing Loss

By Diane C. Rice, Doctor of Audiology

December 18th: Diabetes Product Update

Various Presenters

*Bring your most recent A1c and cholesterol lab results, if available, for this fun, interactive session.



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*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.