

DIABETIC MONTHLY

January 10, 2012

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January Support Group

A1C Testing

by Kristy Segó RN

It's that time of year again to check A1C levels at support group. We are offering a major reduction in cost of the A1C test. It will cost \$5.00 for the test. We can only accept cash or checks. Insurance companies will not be billed for this test. This is a great opportunity for anyone who may be concerned that they may have diabetes to come and be tested. You do not need to be diagnosed with diabetes to come to support group.

January is the perfect time to check your A1C, the American Diabetes Association (ADA) recommends checking your A1C at least two times a year if you have stable glycemic control and quarterly in patients whose therapy has changed or who are not meeting glycemic goals.

The A1C test measures the amount of glucose that attaches to protein in the red blood cells. Because red blood cells live for about three months, A1C tests show your average blood glucose during that time. The greater the amount of glucose in your blood, the higher your A1C results will be. High glucose over a long period of time may cause damage to large and small blood vessels, this may increase your risk of diabetic complications, thus the A1C test is a strong predictive value for diabetes complications.

I look forward to seeing you for support group, please spread the word and invite anyone who is concerned they may be at risk for diabetes.

Support Group Schedules

Gunnison Support Group

Gunnison Homecare Building at 45 East 100 North Gunnison

January 17, 2012 from 3:00 - 4:00 pm

Monroe Support Group

South Severe Senior Center at 140 West 100 South Monroe

January 24, 2012 from 11:00 am - 12:00 pm

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Blood Glucose Targets

The American College of Endocrinologists has recommended lower target levels for diabetes control. Specifically these: A1c < or = to 6.5%, fasting and pre meal glucose values of <110 and postprandial (1-2 hrs. after eating) glucose values of <140.

* However, targets are individualized!

SCOREBOARD HbA1c

Blood Glucose	360	330	300	270	240	210	180	150	120	90
Glycosylated Hemoglobin	14	13	12	11	10	9	8	7	6	5
Rating	HELP		POOR			FAIR		GOOD	EXC	ELLENT

*BLOOD GLUCOSE GOALS

SHOOT TO HAVE YOUR BLOOD SUGAR AS CLOSE TO 100 AS POSSIBLE, ALL THE TIME. NORMAL IS CONSIDERED 80-120

ABC's of Diabetes

Simply put, Diabetes management needs to be based on the ABC's.

- **A** is for A1c -
Your Average blood glucose
- **B** is for Blood Pressure
- **C** is for Cholesterol

Guidelines for Frequency of Lab Tests & Examinations

Clinic Visit

At least every 3 months for those who are not meeting LDL cholesterol, blood glucose, or blood pressure goals; on new therapy; on insulin therapy; or with evidence of progression of microvascular or macrovascular disease.

At least every 6 months for those who are meeting blood glucose and blood pressure goals, are not on new therapy, and do not have evidence of progression of microvascular or macrovascular disease.

Hemoglobin A1C

Same as for clinic visit above

Blood Pressure

Check and record at every visit

Foot Exams

Annually. If at high risk (poor circulation, neuropathy) ask to have your feet examined at every visit.

Dilated Eye Exam

Annually for most patients with non-proliferative diabetic retinopathy or microaneurysms. Biennially for diabetics in good control and with a normal exam with advice from an ophthalmologist or optometrist.

Fasting Lipid Profile

At least Annually.

LDL Cholesterol Below 100mg/dl

HDL Cholesterol - Men- Above 40mg/dl, Women - Above 50mg/dl.

Triglycerides - Below 150mg/dl

Microalbumin/ Creatinine Ratio

Annually - more often if you have chronic kidney disease diagnosis

Influenza Vaccine

Annually

Pneumonia Vaccine

One Time

Dental Exam

Every six months for preventative care

Bowtie Chicken and Broccoli Alfredo

Marlene Koch

April 2010

Note:

Courtesy of "Eat What You Love: More Than 300 Recipes Low in Sugar, Fat, and calories" by Marlene Koch (Running Press, 2010)

This is a terrific family favorite. The thick and velvety Parmesan cream sauce that adorns this dish mimics rich Alfredo sauce (only without the requisite butter and cream). If you don't have bowtie pasta on hand, feel free to substitute any pasta.

Ingredients & Methods

Makes 6 servings

8 ounces (3 cups dry) bowtie pasta
5 cups broccoli florets
1 cup low-fat milk
1-1/2 tablespoons cornstarch
1 cup reduced-sodium chicken broth
1/4 cup light cream cheese
1/2 teaspoon garlic powder
1/4 teaspoon pepper, or more to taste
1/2 cup grated Parmesan cheese
2 cups shredded, cooked, boneless, skinless chicken breast

Nutrition at a Glance (per serving)

Calories 330 Carbohydrate 36 g (Sugars 5 g) Total fat 7 g (Sat. fat 3.5 g)

Protein 27 g Fiber 4 g Cholesterol 50 mg Sodium 400 g

Food Exchanges

3 lean meat; 2 starch; 1 vegetable; 1/2 fat

Carbohydrate choices 2

Weight Watchers Point Comparison 6

Method:

1. Cook the pasta according to the package directions while preparing the sauce, and set aside.
2. Place the broccoli in a large microwave safe dish. Add 3 tablespoons of water, cover, and microwave for 4 minutes, or until crisp and tender.
3. In a medium saucepan, whisk the milk and cornstarch until smooth. Whisk in the broth and place over low heat. Add the cream cheese, garlic powder, and pepper. Bring to a low simmer and cook until the sauce thickens, about 4 minutes. Whisk in the Parmesan and cook for 1 to 2 more minutes, or until sauce is smooth.
4. Toss the cooked pasta, broccoli, and chicken together in a large serving dish. Pour the sauce on top, and toss gently to combine.