

Diabetic Monthly

June, 2011
Volume 4, Issue 6

Gunnison Valley Diabetes Self-Management Education Program
45 East 100 North Gunnison, Utah 84634

June is Diabetes Health Fair

It's time for Gunnison Valley Diabetic Self Management Education's Diabetes Health Fair! Mark your calendars for Tuesday June 21, 2011. This year the Fair will be held at the new Gunnison Valley Elementary School from 2:30- 5:30 pm. We will have lots of good information for all who attend including speakers/classes about lowering risks and preventing complications, sleep apnea, ways to include exercise/activity in our lives. Information will be available to check insurance benefits/costs of supplies and medications, keeping our eyes healthy, and glucometers. Gunnison Valley Hospital will offer A1C, and Lipid panels to anyone interested for a reduced cost (Good time to get those checked!) I look forward to seeing you there. Please let those around you know about this event, as Diabetes affects so many people!

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Support Group Schedules

Diabetes Health Fair

THIS MONTH ONLY>>>Gunnison Valley Elementary School

550 South 300 East

June 21, 2011 from 2:30-5:30 pm

Hope to see you there!!

TIP of the Month: What's in a number?

Information taken from Diabetes Forecast, The Healthy Living Magazine. April 2011, pgs 30-33.

When it comes to our health, there are many numbers that are useful information to measure or monitor how our bodies are functioning. With an infection or fever, we measure our body's temperature. When we want to assess the effectiveness of our circulation, we may check our blood pressure numbers. We often hear questions about our cholesterol. What are your numbers? For those who are affected by Diabetes, there are more sets of numbers that can be critical to your daily lives.

All humans have glucose or sugar traveling throughout the bloodstream, and the body usually regulates the amount that is circulating at any time. But with Diabetes, the body's ability to regulate the glucose is compromised or broken altogether. This means that the individual must check the amount of glucose in the bloodstream by using a meter, and knowing what the numbers mean. By doing this, you can work with your doctor to find a treatment that will keep your numbers within a target range, and reduce your risk of dangerous complications to your health.

People who take insulin usually check their blood glucose numbers several times a day, while others may be able to check 1-2 times a day. If your doctor has made any changes to your medications, or if diabetes is a new part of your life, you may be asked to check these numbers more often to see how the treatment is working. It's important to discuss with your doctor what your target ranges should be. Keeping your numbers between 70 and 150 would be ideal, but as with any health condition, we are all individuals, and need to know what works best for us. Values consistently greater than 200 are cause for concern, and should be reason to consult with your doctor.

Besides daily glucometer readings, there is another number that is important. It's your A1C. This is a way to find your average glucose levels from the past 2-3 months. A good goal for A1C is 6.5% to 7.0%. With an A1C of 7.0% this would indicate an average daily glucose value of about 154. Know when you have had this checked, and set a reminder on your calendar to have it done routinely at least every 6 months.

News from our Office...

Raelyn Christensen, RN

On my desk I have a stack of magazines and information that comes through the mail. These magazines are full of useful information related diabetes management. There are recipes, articles about medications, testing, complications, and tips & ideas to keep life good. Much of the information in our monthly newsletter is taken from these resources. If you are interested in subscribing to any of these magazines, please let me know and I will get the information to you. There is also an endless source of information over the internet. The following are some websites that might be interesting to you.

American Diabetes Assoc. www.diabetes.org

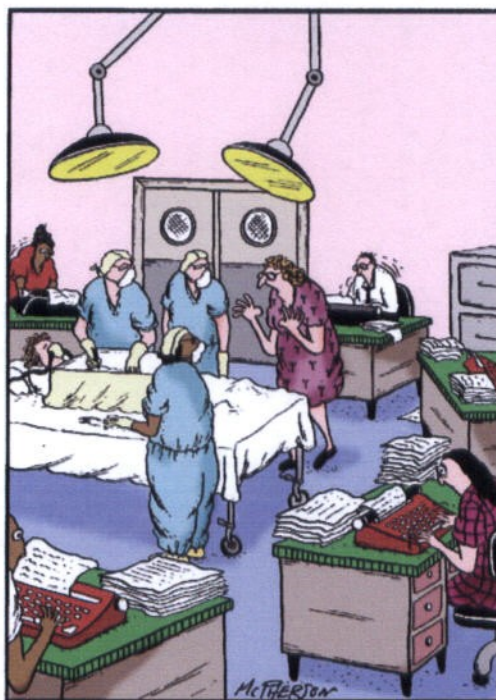
Juvenile Diabetes Foundation www.jdrf.org

American Dietetic Assoc. www.eatright.org

Lots of good recipes! www.DiabeticLivingOnline.com

There are hundreds more. If you use the internet for information, be sure it's a reputable site.

For Your Smile....



"Whoa! Whoa! Dr. Goldfarb, please *slow down*.
You're getting way ahead of the
insurance paperwork."

**RECIPE OF THE MONTH:
FRUITY-LIMEADE SLUSHY**

Diabetic Living (DiabeticLivingOnline.com) Summer 2011

Makes 4 servings (1 ½ Cups each)

- 1 lime
- 3 cups water
- 4 (2.2 gram) packets low-calorie cherry-limeade drink mix (like “Crystal Lite” brand)
- 3 cups ice
- 2 cups frozen mixed berries
- 4 lime wedges

Finely shred 1 tsp peel from the whole lime. Squeeze juice from the lime into a blender.

Add lime peel, the water, and dry drink mix to blender. Cover and blend until drink mix is dissolved. Add ice and mixed berries. Cover and blend until mixture is combined and ice is crushed. Pour into four glasses. Garnish with lime wedges.

- (Per Serving)
- Calories 50
- Total fat 0
- Cholesterol 0
- Sodium 6 mg
- Total carbs 12 grams
- Protein 1 gram

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