

# Diabetic Monthly

Oct 11, 2011  
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Gunnison Valley Diabetes Self-Management Education Program  
45 East 100 North Gunnison, Utah 84634

## October Support Groups

It's not JUST checking your Blood Sugars, there is so much more to staying healthy with diabetes! There are several Diabetes Checkpoints that can help you keep better overall health. With diabetes, there is an increased risk for certain health problems, and there are clear steps to take to reduce these. This month we will discuss our checkpoints, what they are, and how they can help avoid long-term complications. I will have some tools to help you keep track of these checkpoints, including test results, goals, and medications. With the end of this year fast approaching, lets have a review of where you are, what you can be planning for next year.

I also have a variety of new recipes I would like to share from my favorite online magazine. ([diabeticlivingonline.com](http://diabeticlivingonline.com))

## SUPPORT GROUP SCHEDULES

### INSIDE THIS ISSUE

- 1** Support Group Information
- 2** Tip of the Month
- 3** News from our Office  
For Your Smile...
- 4** Recipe of the Month

### Gunnison Support Group

GVHome Care Conference Room  
45 East 100 North, Gunnison

**Oct. 18, 2011 3:00 pm – 4:00pm**

### Monroe Support Group

South Sevier Senior Center  
140 West 100 South Monroe

**Oct. 25, 11:00am – 12:00pm**

## TIP of the Month: Foot Check!

Information taken from *Diabetes Forecast* (How to Care for Your Feet)  
pgs 54-55

“I am careful  
not to confuse  
excellence  
with  
perfection.  
Excellence I  
can reach for,  
perfection is  
God’s  
business.”

Michael J. Fox

Healthy Feet are Happy Feet! During the cold winter months, I worry about keeping my feet warm. With diabetes, we also need to keep our feet healthy. Foot checks are especially critical for anyone with numbness or neuropathy. If you have these conditions, you need to check you feet **daily**. Through regular inspection, you may find problems early, and avoid complications.

1. Finding the right shoes: Sneakers are better than high-heels, or flip flops, or sandals. But if they are too small they can cause blisters, bunions and hammertoes which are a big concern for anyone with neuropathy.
2. Diabetic shoes: Medicare often covers the cost of these shoes when needed. They provide structure and a toe box larger than other shoes.
3. White socks: While sock choice isn’t critical, wearing the right ones can help you notice a problem sooner. White socks may help you spot red or yellow discolorations that may indicate a cut or infection.
4. Hydration: Start with clean feet, but skip the soaking which can be dangerous. Using a washcloth, be sure to clean between the toes. A good moisturizer for your feet keeps your skin soft, and less likely to crack or peel. DO NOT put lotions between the toes, however. The moisture will stay, and can cause skin breakdown.
5. Foot sores: If you do experience a small cut or scrape, and have sensation in your feet, cleanse it well with warm soapy water, and apply an ointment such as Neosporin. Cover with a band aid or dressing, and change it daily. Be on the look out for any redness or signs of infection. This may require a doctor’s visit and an antibiotic.
6. Watch feet closely for wounds or sores that do not seem to be healing, and if noted, have the doctor check right away.

## News from our Office...

*Raelyn Christensen, RN*

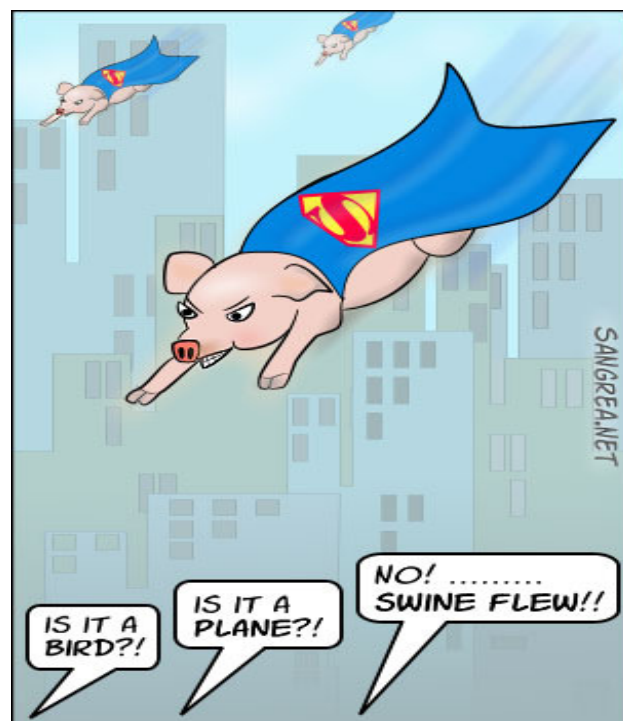
Trying to please all the people....

Our monthly support group is an important part of our Diabetes Self Management Education program. There is no obligation to attend, and I will provide information the same for a small group as I will for a large group. BUT... It's great to have a large group most often! We learn from each other when we share ideas and experiences.

As I look forward to planning next year's topics for support group, I would consider any input from you to make this worth your time and effort to attend. Please feel free to share questions, concerns, and ideas for our monthly groups. Then I can plan around your needs and wants.

My phone number and email are at the bottom of this newsletter. I would love to hear from you.

## For Your Smile....



## RECIPE OF THE MONTH: EGG AND POTATO CASSEROLE

www.diabeticlivingonline.com

Makes 6 servings.

2 cups frozen diced hash brown potatoes with onions and peppers (southern style)  
1 cups frozen broccoli or asparagus  
1/3 cup chopped Canadian-style bacon or lean cooked ham (2 oz)  
1/3 cup evaporated fat-free milk  
2 Tbs flour  
2 - 8oz carton refrigerated or frozen egg product, thawed (Egg Beaters brand works)  
½ cup shredded reduced fat cheddar cheese  
1 Tbs fresh basil, or ½ tsp dried, crushed basil  
¼ tsp black pepper  
1/8 tsp salt

1. Preheat oven to 350. Coat a 2-quart square baking dish with nonstick cooking spray. Arrange hash brown potatoes and broccoli or asparagus in bottom of baking dish; top with Canadian bacon or ham. Set aside.
2. In a medium bowl gradually stir evaporated milk into flour. Stir in egg product, half of the cheese, the basil, pepper and salt. Pour egg product mixture over potatoes and vegetable.
3. Bake in oven for 40-45 minutes or until a knife inserted near center comes out clean. Sprinkle with remaining cheddar cheese. Let stand for 5 minutes before serving.

Per Serving:

Calories- 188

Total Fat- 5 gm

Sodium- 373 mg

Total Carbohydrates- 18 gm

Protein- 17 gm

Fiber- 2 gm

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