

healthybalance

DIABETES EDUCATION

12 | 2010

Finding your way to a long, healthy life

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As we are coming to the end of another year, it is a good time to take stock of how you are doing with controlling your diabetes and preventing complications.

It is important to understand the goals of blood sugar control and make changes to your management regimen if you are not achieving them. If you do not understand your goals, ask your doctor or care provider. Many studies have shown that unfortunately it can take primary care providers and even endocrinologists months or years, to make changes to a diabetes management regimen. There are many reasons for this – change can be associated with new or different medications and we all tend to stick with what we are comfortable with. If that is clearly not working, however, some changes must be made. As a type 1 diabetic myself, I know that ultimately it is me, not my doctor, who has to take control and say, “I want to do better.”

I urge all my patients to keep a log of their blood sugars. I don't do this to give them more work to do or because I don't realize that the meter saves all the readings into its memory. I do it because it forces you to look at your blood sugar patterns on a consistent basis and say to yourself, “I'm always high in the mornings when I eat cereal” or “I always get low after lunch”. This can be brought to the attention of the care provider and the two of you can work together to make changes. We tend to see patients with diabetes every 3-6 months but changes can be made to a treatment regimen at any time. If you see a pattern of high or low blood sugar, let us know sooner rather than later.

It is our goal to get your diabetes under control as soon as possible, prevent complications, and help you live a long, healthy life.



Diabetes education classes

6 hours of in-depth diabetes education
(for those newly diagnosed with diabetes
or have never had education)

1 hour monthly, follow-up group (for those
who have attended in-depth series above)

Variety of times/days of the week
(varies by location)

One-on-one follow-up also available

Please call 630 286 5090 to schedule

You will need a referral from your physician

You can visit us on the web at:
dupagemedicalgroup.com/diabetes_care/

Healthy holiday tips



- 1 Mingle more**
Focus on friends and family rather than food.
- 2 Move more**
Be physically active to help manage blood sugar and stress.
- 3 Munch longer**
Not more! Eat slowly and savor each bite.
- 4 Make a plan...to eat**
 - Take a taste of favorite foods to fend off feeling deprived.
 - Don't waste calories.
 - Plan to spend calories and carbohydrates wisely.
See "Check your carbohydrate IQ below"
- 5 Don't arrive hungry**
To curb hunger, have small meals or snacks prior to parties.
- 6 Sit away from the food**
Seat yourself far away from the food.
- 7 Bring a healthy dish**
Bring a healthy dish to share such as a veggie tray or fresh fruit.
- 8 Say no, gracefully**
Practice!
- 9 Leave the leftovers**
It's in the waste or on the waist.
- 10 Limit alcohol**
Alcohol adds calories which can affect blood glucose and sabotage healthy intentions.



Check your carbohydrate IQ

It can be very easy to overdo calories and carbohydrates at family parties and events. Are you aware of how your favorite foods add up?

Blood glucose testing & strip storage

The accuracy of blood glucose strips can be affected by extreme temperatures. It is best to store your strips inside your meter case in their original packaging.

to get the best results from your meter and test strips:

- Don't store them in your car in cold or hot weather.
- Don't leave them in direct sunlight or extreme cold.
- Don't store them in the bathroom (the humidity can affect strip accuracy).
- Do use control solution if you think either is not working correctly and/or call your meter company's help line.

Making recipes healthier—try substituting

- 1 tbsp dry cocoa plus 2 tbsp vegetable oil *for* 1 ounce semisweet chocolate
- Whipped evaporated fat free milk *for* whipping cream
- 2 egg whites or ¼ cup egg substitute *for* 1 whole egg
- Rolled oats *for* dry bread crumbs
- Reduced fat mayonnaise or ½ reduced fat mayo plus ½ nonfat plain yogurt *for* regular mayonnaise

food item	calories	carb grams
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Apple pie (<i>homemade</i>), 1/8th of 9" pie	411	57
Bread stuffing, ½ cup	178	22
Candy cane, medium, 5 inch, ½ oz	40	10
Carrots (<i>steamed</i>), ½ cup	27	6
Cookie, 1 regular size, about 1 oz (<i>average various types</i>)	<i>approx.</i> 135	18
Corn (<i>steamed</i>), ½ cup	83	20
Cranberry sauce (<i>canned, jellied</i>), ¼ cup	110	25
Eggnog, average all brands, ½ cup	170	17
Fanny May® Mint Meltaway (<i>individually wrapped single piece</i>)	230	20
Fudge, chocolate/vanilla, 1 ounce	120	20
Potatoes, mashed (<i>homemade</i>), ½ cup	119	18
Turkey (<i>baked</i>), 4 ounces	153	0
Gravy (<i>canned</i>), ½ cup	63	7
Pumpkin pie (<i>homemade</i>), 1/8th of 9" pie	316	41
Sweet potato (<i>candied</i>), ¾ cup	190	38
Sweet potato (<i>plain baked</i>), small	54	12
Whip cream, whipped, ¼ cup	100	1

Perfect recipe for the holidays!

mint & chocolate meringue cookies

Prep time 10 minutes Cook time 10 minutes

ingredients

- 2 egg whites, at room temperature
- 1/8 tsp green food coloring, 2 drops
- 1/2 tsp vanilla extract
- 1/8 tsp mint extract
- 1/3 cup sugar
- 1/3 cup semi sweet chocolate chips

directions

- 1 Preheat oven to 325 degrees F. Coat nonstick baking sheets with nonstick cooking spray.
- 2 In a large bowl, beat the egg whites, food color, and vanilla and mint extract with an electric mixer until soft peaks form. Gradually beat in the sugar; beat until stiff peaks form.
- 3 Fold in the chocolate chips, then drop by tablespoonfuls onto the baking sheets.
- 4 Bake for 10 minutes. Turn off the oven but leave the cookies in the oven until cool.

nutrition facts

Makes 24 servings

Per serving

Calories 25.7	Total carb 4.2 g
Total fat 0.9 g	Sugars 2 g
Saturated fat 0.5 g	Protein 0.5 g
Unsaturated fat 0.3 g	Dietary fiber 0 g
Sodium 4.6 mg	Potassium 4.6 mg

This recipe comes from *Every Day's a Holiday Diabetic Cookbook* by Art Ginsburg (a.k.a. Mr. Food) and featuring Nicole Johnson, Miss America 1999

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Our educators

Stacy Centeno, RN, CDE
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Our locations

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dupagemedicalgroup.com

Websites for recipes or helpful information

dlife.com (*recipe inside*)
changingdiabetes-us.com
lillydiabetes.com
diabetesselfmanagement.com

We are happy to help guide you with making an appointment with your physician or dietitian at a specific location. Please call our central scheduling office to make an appointment 630 286 5090.