

healthybalance

DIABETES EDUCATION

Spring 2011

Preventing long-term consequences of diabetes

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People with diabetes and pre-diabetes may walk around feeling fine and without symptoms. However, this does not necessarily mean that the blood sugar, or glucose, level is normal.

Sometimes it can take years to actually feel something is wrong or for there to be any complications from high glucose. These problems can many times be prevented by controlling diabetes before it actually causes symptoms or damage to your health.

Diabetes can lead to complications with many parts of your body such as the heart, the eyes, the kidneys and feet. One way to protect your heart is to control your blood pressure and cholesterol. This can also help protect your kidneys and all patients should have their kidney function tested with a blood test and a urine test once a year (or as recommended by your doctor). Diabetes is also a leading cause of vision problems and blindness so diabetics should go at least once a year to an eye specialist. High glucose levels can cause damage to blood vessels and nerves. This is often experienced in the feet with numbness, tingling and possibly discomfort or pain. Diabetics should check their feet daily to make sure there are no injuries or cuts that can become infected and they should keep their feet clean and in comfortable shoes. They should contact their doctor if there are any problems.

But, of course, the most important way to prevent complications of diabetes is to control your blood glucose by exercising, keeping weight under control, taking medications and/or insulin as prescribed, monitoring glucose levels as directed by your doctor and having a good knowledge of how well your diabetes is controlled. The best way to be aware of overall control, in addition to glucose logs, is to know what your A1c number is and to keep it at whatever goal your doctor wants for you, usually below 7%. If you don't know about your A1c, ask your doctor. Remember to take care of your diabetes now before you develop problems, even if you feel great otherwise!

Please see the chart on the next page for more information on preventing complications from diabetes.



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/



Gearing up for spring

Spring has officially sprung and with it thoughts of summer parties and celebrations. Individuals with

Rev up your foot care

Check and inspect—check feet for cuts, sores, irritations and inspect insides of shoes for cracks or pebbles. Report problems to your physician.

Tune up your foot care—have your physician check your feet every visit and make an appointment to have them trim any corns or calluses (never trim yourself).

Wash and dry daily—wash feet in lukewarm water and dry gently and well, especially between toes.

Protect feet—apply sunscreen to prevent sunburn and apply lotion to tops and bottoms to keep skin smooth (never apply between toes).

Prevent injury—Avoid going barefoot or wearing sandals. If you feel you must wear sandals, look at your feet often to check for problems.

Preventing complications from diabetes

test	goal	how often	importance
A1c	6.5 to 7% or less	Every 3 to 6 months	Every 1 point drop in A1C (as from 8% to 7%) reduces risk of: <ul style="list-style-type: none"> ◦ Eye, kidney and nerve disease by 40% ◦ Stroke and heart attack risk by 12-14%
Blood pressure	130/80 or less	Every visit	Blood pressure control can lower the risk of: <ul style="list-style-type: none"> ◦ Heart disease or stroke by 33 to 50% ◦ Eye, kidney and nerve disease by 33%
Foot check	Normal sensation No cuts, sores	Every doctor visit Daily at home	Almost 30% of people over 40 who have diabetes have at least one area in the feet that lack feeling
<i>Lipid panel</i> LDL Cholesterol Total cholesterol HDL cholesterol Triglycerides	<100 <200 >45 men >50 women <150	Every year	LDL goal is <70 if one already has heart disease Improved LDL cholesterol can lower risk of heart disease and stroke by 20% to 50%
Dilated eye exam	No retinopathy	Every year	Finding and treating eye disease with laser therapy lowers risk of severe vision loss by 50% to 60%
Urine test for microalbumin	Less than 17	Every year	Finding and treating early kidney disease by lowering blood pressure may reduce the decline in kidney function by 30% to 70%

& summer!

With warm weather, time outdoors and diabetes need to proceed with caution!

Pedicure tips for pretty feet.

You never know how clean a salon's supplies are or on whom they may have been used, so:

- Clip nails before you go. Carefully trim straight across. (Many insurance companies will cover having a podiatrist clip your nails if you are unable to do so).
- Bring your own supplies—pumice stone, file, orange stick, cuticle oil and polish.
- Store your supplies open to air between visits to prevent germs from growing.
- Avoid soaking the feet at the salon.
- Allow the salon to:

Push the cuticles back or use cuticle oil, but never cut the cuticles.

Gently use your pumice stone (not the metal kind) and nail file.

Polish your nails, if you must, but bring your own or buy it there new and change polish weekly to make sure your nails are looking healthy.

Alcohol & diabetes

Some tips before indulging

Always eat something when you drink

With alcohol, your liver stops producing glucose. Therefore, it's important to eat when consuming alcohol.

Be prepared for hypoglycemia if on diabetes medication

After consuming alcohol, the danger of developing hypoglycemia (low blood sugar) may last for as long as 8-10 hours. Glucagon will not help treat alcohol-induced hypoglycemia.

Monitor, monitor, monitor!

Test blood sugars 2-3 hours after drinking alcohol. Have a snack before bed to prevent middle-of-the-night crashes.

Wear diabetes identification

Always wear medical identification explaining you have diabetes. Hypoglycemia can mimic alcohol intoxication (confusion and slurred speech).

Don't exercise before drinking

Exercise lowers your blood glucose levels and the effect can last for hours. Drinking alcohol will lower them even further. Remember, dancing counts as exercise!

Check the carbohydrate content

All hard liquor is distilled and therefore a zero-carb liquid. However, regular beer and mixers can be very high in carbohydrates and calories. Don't be fooled by non-alcoholic beverages—they are also generally higher in carbohydrates.

Use moderation

One alcoholic drink in a day for women or two in a day for men.

Check with your doctor or pharmacist

See if you should be drinking at all. Alcohol can interact with many medications and can increase the risk of diabetes complications.

Great low carb recipe!

cinnamon-zucchini muffins (makes 24)

Cook time 23-25 minutes

Carbs 5 grams per muffin

ingredients

4 cups	soy flour or almond meal
1/3 cup	ground flax
1 ½ tsp	baking soda
1 ½ tsp	baking powder
1 ½ tsp	cinnamon
1 tsp	salt
4	eggs
½ cup	vegetable oil (canola)
1 ½ cup	sugar substitute (Splenda)
2	medium zucchini, shredded and patted dry (equivalent to 2 cups)
1 cup	lite sour cream
1 cup	walnuts, chopped (optional)

directions

- 1 Whisk together dry ingredients in a large bowl.
- 2 In a separate bowl add eggs, oil and sugar substitute and mix for 30 seconds or until sugar substitute is dissolved. Stir in shredded zucchini.
- 3 Stir egg mixture into flour mixture. Add sour cream and walnuts.
- 4 Spray muffin tins with cooking spray or use foil liners. Fill muffin tins ¾ full.
- 5 Bake at 350 °F for 23-25 minutes or until lightly brown.

This recipe comes from of DuPage Medical Group Diabetes Education participant: Karen, Plainfield, Illinois



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Our educators

Stacy Centeno, RN, CDE
 Lois Collins, RD, CDE
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Our locations

Bloomingtondale
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 630 286 5090

Downers Grove
 3743 Highland Avenue
 Suite 1001
 Downers Grove, IL 60515
 630 286 5090

Glen Ellyn
 430 Pennsylvania Avenue
 Suite 310
 Glen Ellyn, IL 60137
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Hinsdale
 908 N. Elm Street
 Suite 301
 Hinsdale, IL 60521
 630 286 5090

Naperville
 1020 E. Ogden Avenue
 Suite 304
 Naperville, IL 60563
 630 286 5090



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.

dupagemedicalgroup.com

Let your computer or phone help get you on track this spring.

Education programs

National Diabetes Education Program
www.ndep.nih.gov

- Have diabetes. Will travel.
- The power to control diabetes is in your hands.
- Take care of your feet for a lifetime.

To order hard copies of these topics, please call 1 800 438 5383.

Websites

DiaLog
www.dia-log.com

Diabetes Diary
www.diabetes-diary.com

Log for Life
www.logforlife.com

Diabetes Mall
www.diabetesnet.com

Smartphone/iPhone applications

GoMeals™
www.gomeals.com

Tap & Track-Calorie Tracker
<http://appshopper.com/healthcare-fitness/tap-track>

MyNetDiary
<http://mynetdiary.com/products.do>