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# Diabetes Life Lines



A newsletter from your county Extension office  
Vol. 15 ! No. 4 ! Summer 2001

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## Timely Travel Tips

Planning a trip this summer? Dreaming of a new and exciting place, visiting family and friends or simply having fun? Sure, that's what vacations are all about. But, the fun all goes by the wayside if you take a vacation from diabetes control. Some careful pre-travel planning can help you manage your diabetes while on the road and allow you to get the most enjoyment out of your vacation. A trip abroad for someone taking insulin will obviously take more planning than a brief road trip. Discuss your travel plans ahead of time with your health care team.

Request a letter from your physician

stating your medical condition and a list of medications. Get prescriptions for medications, insulin, syringes and test strips. Find out in detail what changes are needed in insulin and meal schedule if you plan to travel across more than three time zones. Additional insulin will be needed if you travel west and your day is longer and less insulin is required if you travel east and your day is shortened. Review survival skills with a diabetes educator and dietitian for cases of motion sickness, diarrhea, or other illnesses. Discuss what immunizations may be required.

Check with your insurance company regarding medical coverage away from home. Carry a copy of your medical insurance card in your wallet. Be sure to wear a diabetes ID bracelet or necklace and carry a wallet ID card.

Carry twice the number of diabetes supplies you plan to use in a carry-on bag in case your luggage is lost.

Depending on whether you take insulin or oral diabetes medication, you may need:



1) Nonperishable food in case of delays (packaged cheese or peanut butter and crackers, dried fruit, trail mix) and



plenty of glucose tablets or gel if you take insulin or diabetes medication

2) Medication - extra quantities of your usual medication plus remedies for motion sickness, diarrhea, antibiotics, glucagon (for type 1)

3) Monitoring/pump supplies - blood glucose meter ( strips, lancets, extra battery), insulin pump and supplies, ketone strips (for type 1)

A little pre-planning can help prevent travel nightmares. Then you can relax and enjoy your trip! Have a great time!

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## Summertime Foot Care

Summer is a great time to enjoy a more active lifestyle - hiking, biking, walking and trips to the beach. It's a time to get back in shape and get yourself into a more physically active routine. But, you should take some precautions to reduce your risk of foot injuries. Otherwise, your summertime activities could be cut short.

If you're planning to begin walking or running, you should first have a foot exam. This can alert you to the lack of feeling or poor circulation in your feet. Any foot deformities should be noted that might cause injury with running or walking. If you have loss of feeling in your feet, you should limit exercises like

jogging or running as you will not be able to feel the pain of an injury. Non-weight-bearing exercises such as swimming, bicycling and rowing are better choices. Warm up with slow stretches before your activity and cool down with stretches after your exercise.

Beware of hot sand on the beach and hot surfaces at the pool or on the tennis court. Wear old tennis shoes at the pool or on the beach to prevent burns or injury from stepping on sharp objects. If you have reduced or no feeling in your feet (neuropathy), you may not feel the hot sand or cement before it burns your feet. Aqua (water) socks offer some protection, but your feet may still get burned. Wear some type of footwear in the locker room to prevent athlete's foot.

Although the hot weather entices you to go barefoot, don't give in when you have diabetes. It's too risky. Be sure to wear socks and choose good quality shoes to reduce the risk of injury. Whether you're playing tennis, walking, running or golfing, you should wear shoes designed for the sport. Special shoes are made with the type of support and stability to prevent injuries that might occur with the particular type of activity.

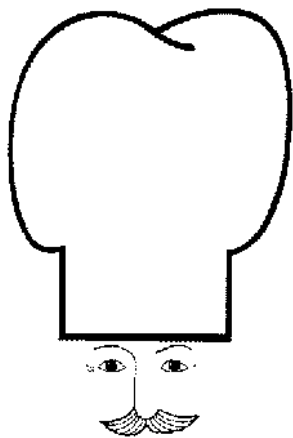


Always check your feet after exercising. If you have a blister and you have neuropathy or poor circulation, see your doctor right away. Don't wait until it gets infected. If you have any type of injury or a foot ulcer (open sore), see your doctor right away. If you develop a callus, try changing shoes that put less pressure on the area of your callus and moisturize the skin. See your podiatrist or healthcare provider for guidelines on how to trim a callus without causing injury.

Enjoy your summertime activities by taking some extra precautions with your feet. They're your transportation and you only have one set to last a lifetime.

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## Diabetes Recipes on the Web



New, exciting recipes are a great way to beat mealtime boredom. And, at the touch of a fingertip, you can have them at no cost. Last year we printed a list of web sites that offered

free, healthy recipes with nutritional information (most list exchanges). This year we've been asked to reprint the list. So, here it is with a few new additions. Check with your local public library if

you do not have access to the internet at home or work.

**www.caloriecontrol.org.** Favorite traditional recipes made healthier submitted by dietitians.

**www.cookinglight.com.** Click on "recipe finder" and search more than 2000 recipes from *Cooking Light* magazine by ingredient, category or nutrition information.

**www.diabetes.org.** The American Diabetes Association site offers a recipe of the day and an archive of recipes from the previous week. Nutritional information with exchanges is included.

**www.diabeticcooking.com.** Includes recipes designed specifically for people with diabetes. Recipes can be searched by category or ingredient. Each recipe includes exchanges and a photograph of the food.

**www.diabeticgourmet.com** Select "recipe archive" or "recipe search" and search recipes from the *Diabetic Gourmet* magazine by meal type, ingredient or preparation time. Recipes are rated for cost and difficulty in preparation. Exchanges and nutritional information are included.

**www.equal.com.** Recipes include the sweetener aspartame (Equal brand) and provide nutritional information and exchanges. Recipes can be searched by category or meal.



**www.foodandhealth.com.** Recipes from Food and Health Communications provide nutritional information; some include exchanges.

**www.mealsforyou.com.** Select recipes by category - low-fat, vegetarian, low sodium, etc. Recipes can be sorted by nutrient content, ingredients, preparation time or other options. A shopping list can be printed.

**www.quakeroatmeal.com.** Includes featured recipes of the month using Quaker Oats plus an archive of recipes. Exchanges are not listed.

**www.splenda.com.** More than 30 recipes were developed using the sweetener sucralose (brand name Splenda.) Each recipe provides nutritional information and exchanges.

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## 24-hour Insulin Now Available

The long-awaited new insulin that lowers blood glucose levels for a 24-hour period has just become available in the U.S. Lantus (insulin glargine), produced by Aventis Pharmaceuticals, is designed to be used just once a day at bedtime for adults and children over age six with diabetes since it lasts the entire day. Because Lantus has virtually no peak action, it can be used without the risk of nighttime hypoglycemia associated with

other longer-acting types of insulin like NPH or Lente.

The new insulin has been studied in people with type 2 diabetes either alone or in combination with oral diabetes medications. Lantus has also been shown to be very effective as a basal or background insulin in type 1 diabetes that will last throughout the day and night. Short or rapid-acting insulin is still necessary for type 1 diabetes to cover the rise in glucose following a meal. For anyone who takes short or fast-acting insulin with meals, the new insulin is not a replacement for mealtime insulin.

An important feature of the insulin is that it cannot be mixed with other types of insulin due to the difference in acidity. Since it is only given once a day at bedtime, this shouldn't present a problem for most people.

This new insulin may allow people with diabetes to take fewer daily insulin injections and still maintain good blood glucose control and at the same time reduce the incidence of low blood glucose reactions.



### Mediterranean-Style Roasted Vegetables

1 1/2 lbs. red potatoes	2 garlic cloves
1 Tbs. olive oil	1/2 tsp. salt (optional)
1 1/2 tsp. olive oil	1/4 tsp. black pepper
1 red pepper	1 Tbs. balsamic vinegar
1 yellow pepper	1/4 cup chopped fresh basil leaves
1 small red onion	

1. Preheat oven to 425°F. Spray large shallow metal roasting pan with nonstick cooking spray. Cut potatoes into 1 1/2-inch chunks; place in pan. Drizzle 1 tablespoon oil over potatoes; toss to coat. Bake 10 minutes.
2. Cut bell peppers into 1 1/2-inch chunks. Cut onion through core into 1/2-inch wedges. Add bell peppers and onion to pan. Drizzle remaining 1 1/2 teaspoons oil over vegetables; sprinkle with garlic, salt and black pepper. Toss well to coat.
3. Return to oven; bake 18 to 20 minutes or until vegetables are brown and tender, stirring once.
4. Transfer to large serving bowl. Drizzle vinegar over vegetables; toss to coat. Add basil; toss again. Serve warm.

Makes 6 servings      Exchanges: 1 1/2 starch, 1 vegetable, 1/2 fat  
 Nutrients per serving: Calories 170      Fat 4 grams      Carbohydrate 33 grams  
 Cholesterol 0 milligrams      Sodium 185 milligrams      Fiber 1 grams  
 Recipe used with permission from *Diabetic Cooking*, April 2000.

<u>Menu Item</u>	<u>Suggested Menu Exchanges</u>	<u>Carbohydrate</u>
3 ounces grilled chicken breast	3 lean meat	
1 serving <i>Mediterranean-Style Roasted Vegetables*</i>	1 1/2 starch, 1 veg, 1/2 fat	33 grams
Tossed lettuce and tomato salad	free	†
1 Tbs. fat-free salad dressing	free	†
1/2 cup fresh peaches	1 fruit	15 grams

\* *This month's featured recipe*      † Insignificant  
 Note: Portions may need to be adjusted for your meal plan.

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Dear Friend,

*Diabetes Life Lines* is a bi-monthly publication sent to you by your local county Extension agent.

It is written by Food and Nutrition Specialists at the University of Georgia, College of Family and Consumer Sciences. This newsletter brings you the latest information on diabetes, nutrition, the diabetic exchange system, recipes, and important events.

If you would like more information, please contact your local county Extension office.

Yours truly,

County Extension Agent

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