
Diabetes Life Lines



A newsletter from your county Extension office
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Staying in Control in the Cold and Flu Season

You made it through the stress of the holidays in fairly good control, despite all the temptations. But, along with all the relatives came some unexpected company



- cold and flu germs, runny noses, coughing, and sneezing. It's definitely the cold and flu season - are

you prepared?

Blood glucose often increases at the first sign of a cold, the flu, or an infection, even if you're eating less. Your liver is releasing extra glucose into your blood, even when you're not eating. So, you need

even more insulin when you're sick than when you're well. That's why it's very important that you or a family member check your blood glucose frequently when you're sick. If you take insulin, you'll probably need to take extra short-acting (regular) or rapid-acting (lispro/aspart) insulin.

Being prepared is the key. You should talk with your diabetes care-team ahead of time about specific guidelines for sick days. If you get written instructions, you'll have them to refer to when you need them. Here are some general tips to keep your blood glucose under control:

1. NEVER skip your insulin or diabetes pills, even if you are unable to eat.
2. Check your blood glucose at least every four hours and write it down.
3. Check your urine for ketones. Ketones are caused by the body breaking down fat for energy instead of glucose and can be very dangerous if left untreated. Ketones are more common during illness in people with type 1 diabetes, but sometimes occur in type 2.
4. Drink plenty of calorie-free fluids, especially if you are vomiting, having diarrhea, or your blood glucose level is high. Try to sip at least eight ounces of liquids like water, broth, or sugar-free



Kool-Aid every hour while you're awake.

5. Call your health care provider if:

- ☞ your blood glucose is over 300 on 2 consecutive blood glucose checks
- ☞ you have moderate to large ketones
- ☞ you are unable to take fluids for more than 6 hours
- ☞ you have a fever over 101.5
- ☞ you have severe abdominal pain
- ☞ you have vomiting more than once
- ☞ you have persistent diarrhea

If you take insulin and are unable to eat your regular meals, try to take in 45-50 grams of carbohydrate in the form of soft foods or liquids every 4 hours to prevent low blood glucose. The following foods/liquids each contain about 15 grams of carbohydrate in the amount listed:

1/2 cup regular gelatin/Jell-O

4 ounces regular 7-up or Sprite

4 ounces apple juice

8 ounces Gatorade

1 cup soup

1 popsicle

6 Saltines

1/2 cup ice-cream

1 slice dry toast

The key to staying healthy during the cold and flu season is being prepared. Although you can't prevent colds, the most effective way to avoid getting the flu is to get a flu shot every year. Keeping your blood glucose well-controlled, getting enough sleep, washing your hands

frequently, eating healthy foods, and staying physically active can also help keep you healthy.

Protect Yourself from Kidney Disease

Your kidneys provide a very important function in your body. But, if you're like most people, you don't think much about your kidneys unless you have a problem. Symptoms of an infection are usually hard to ignore, causing you to seek relief fairly promptly. Unfortunately, kidney disease progresses very slowly over the years and doesn't give you any symptoms to alert you.

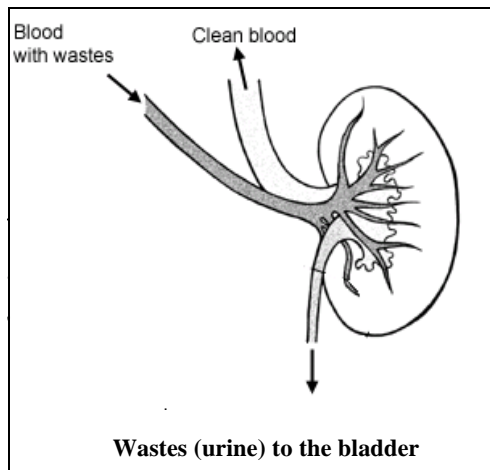
Kidneys filter out waste products and extra fluid from your body. The arteries that go into your kidneys carry blood containing waste products. Your kidneys filter out the impurities and extra fluid into the urine to be excreted. Clean blood then goes back into the bloodstream through the veins.

Years of high blood glucose and/or high blood pressure can lead to damage to the small blood vessels that go to the kidneys. Waste products and extra fluid build up in your blood instead of being excreted in the urine. The kidneys begin allowing nutrients like protein to leak out into your urine instead of staying in the blood. This is called proteinuria. As damage to the kidneys increases, the



kidneys fail, forcing people to rely on dialysis machines to filter out waste products in the blood or opt for a kidney transplant.

The number of people with high blood pressure and type 2 diabetes has increased so dramatically that the demand for



dialysis is reaching an all-time high. Kidney failure affects Native Americans, African Americans, and Hispanics at a much higher rate than Whites. Today there are over 400,000 people with kidney failure. Dialysis centers are filled to capacity and the wait for a kidney transplant can take from several months to over five years.

You can help prevent kidney disease in the following ways:

✓ Keep your blood glucose as close to normal as possible. If your A1c is not below 7%, contact your health care provider to help you get your diabetes in

control.

✓ Keep your blood pressure below 130/80. If you take blood pressure medication, take it as directed.

✓ Have your urine tested for protein at least once a year.

✓ Follow the food plan recommended by your dietitian.

✓ Get bladder or kidney infections treated right away. Symptoms can include burning or pain with urinating, frequent urge to urinate, cloudy urine, and back pain.

Don't wait until you have kidney disease. Take care to prevent it. Develop healthy lifestyle habits that will help prevent all diabetes complications. Eat healthy foods, be physically active every day, take diabetes medication if needed, and check your blood glucose regularly.

Medicare to Cover Foot Exams

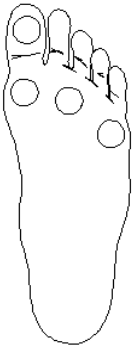
Medicare beneficiaries with diabetes will soon be entitled to two foot exams a year to monitor the loss of sensation in their feet. Damage to the nerve endings, known as neuropathy, can lead to foot ulcers and slow healing or non-healing wounds that can ultimately result in amputation. Doctors trained to test for diabetic neuropathy using a very simple device called a monofilament will be reimbursed for their services. This means that your primary care physician can do



the test if they're trained.

Medicare officials said coverage for foot exams should take effect in about 5-6 months. It will cover foot exams for those not being treated by a foot-care specialist for other reasons.

Foot exams are recommended for all people with diabetes at least once a year to identify conditions that can lead to foot ulcers. People at high risk for foot problems should be evaluated more often. This includes people with decreased



sensation in their feet, poor circulation to the feet, and foot abnormalities that cause increased pressure on certain areas of the foot. Regular foot exams can significantly reduce the number of foot and leg amputations done each year.

You can help reduce your risk for major foot problems by keeping your blood glucose as close to normal as possible, not smoking, checking your feet daily, and getting regular foot exams by your health care provider.

New Simple Name for A1c

Confused over all the different terminology for “glycosylated hemoglobin” or “hemoglobin A1c”? New guidelines from the American College of Endocrinology recommend that everyone adopt a simpler name for the hemoglobin A1c, the test used to monitor long-term blood glucose control. The new name will simply be “A1c.”

It's very important that people with diabetes know their A1c level and their goals. The goal for most people with diabetes is less than 7%. If your A1c is higher than 7%, ask your health care team about your treatment. Any lowering of the A1c toward normal can help reduce your chances of getting eye disease, kidney disease, nerve damage, or heart disease.

Athens Diabetes Wellness Program

The annual Athens Diabetes Wellness Program will be held at the Classic Center in Athens on March 23, 2002. The program includes a full day of diabetes education for people with type 1 and type 2 diabetes and their families. Call the American Diabetes Association in Atlanta to register at 1-888 DIABETES.

Tantalizing Beef Tenderloin

Serve this delicious entree for a special Valentine's Day feast

1/2 cup Merlo wine	2 Tbs. Dijon-style mustard
2 Tbs. reduced-sodium soy sauce	1 3-lb. beef tenderloin
2 Tbs. Worcestershire sauce	1 medium onion, sliced
1 clove garlic, sliced	Pepper to taste

Marinade: Mix together wine, soy sauce, Worcestershire sauce, garlic, and mustard in a sturdy resealable plastic bag. Add beef tenderloin and leave in refrigerator for 8-12 hours. Turn bag occasionally.

Preheat oven to 425°F.

1. Coat a 13x9 inch baking pan with nonstick cooking spray. Remove tenderloin from marinade and place in pan. Sprinkle with pepper and place sliced onions on top. Pour marinade over meat. Do not cover. Roast approximately 45-60 minutes for medium or until internal temperature reaches 145°F with a meat thermometer.
2. Remove meat from oven and cover with foil for 10 minutes before slicing.

Makes 12 servings Serving size: 3 ounces Exchanges: 3 lean meat
Nutrients per serving: Calories 193 Fat 9 grams Carbohydrate 1 gram
Cholesterol 73 milligrams Sodium 114 milligrams Fiber 0 grams

Suggested Menu for Valentine's Day

<u>Menu Item</u>	<u>Exchanges</u>	<u>Carbohydrate</u>
3 ounces <i>Tantalizing Beef Tenderloin</i> *	3 lean meat	†
1/2 cup mashed potatoes	1 starch	15 grams
1/2 cup broccoli	1 vegetable	5 grams
1/2 cup steamed carrots	1 vegetable	5 grams
1/2 cup sugar-free raspberry frozen yogurt	1 1/2 starch	24 grams

* *This month's featured recipe* † Insignificant

Note: Portions may need to be adjusted for your meal plan.

Contributors Janine Freeman, RD, LD, CDE - Extension Nutrition Specialist, Principal Writer and Editor

Editorial Board Jenny Grimm, RN, MSN, CDE, Medical College of Georgia Ian C. Herskowitz, MD, CDE, FACE



The University of Georgia
Cooperative Extension Service

College of Agricultural and Environmental Sciences / Athens, Georgia 30602-4356

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

Janine Freeman, Principal Writer
Janet Rodekohr, Editor

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