

# Diabetes: Best Care

Commonwealth of Kentucky  
Cabinet for Health and Family Services  
Department for Medicaid Services  
Division of Medical Management and Quality Assurance

Diabetes Member Newsletter

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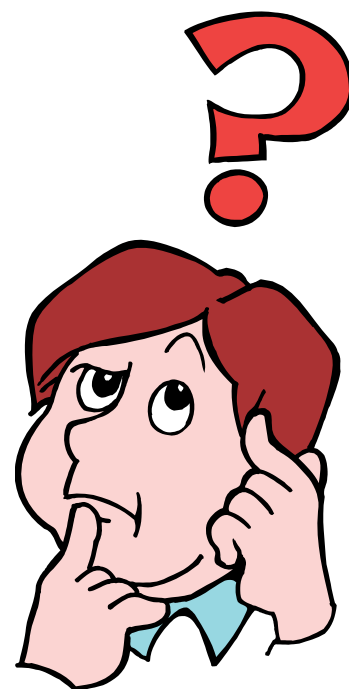
## Diabetes- What is it?

Diabetes affects the way your body uses food for growth and energy. It is a medical condition that keeps your body from using food in a normal manner. Sugar builds up in the blood which causes diabetes. Normally, most food is broken down into glucose (sugar). Glucose absorbed in the blood stream, is used by cells for growth and energy. A hormone called insulin produced in the pancreas, must be there for the glucose to enter the cells. Insulin is needed to convert sugar, starches, and other foods into energy in your body's cells. People with diabetes either do not produce enough insulin or the insulin they produce is not used well by fat, muscle and liver cells.

Diabetes requires good self-management. It is important to keep your blood sugar under control. Your healthcare provider includes your doctor, nurse practitioner, physician assistant, and may also include a nurse, foot care doctor, dietician, diabetes educator, pharmacist. Prevention or control of diabetes problems is needed, for you to stay healthy.

## What Can You Do?

- Know how and when to check your blood sugar. Keep a record with date and time of your blood sugars if done at home.
- Take medications as ordered.
- Eat healthy meals three times a day, with snacks between and at bedtime.
- Talk to your health care provider about what type of exercise is best for you.
- Check about classes, support groups, and other helpful services available.
- Keep appointments with your health care provider. Expect these at every visit:
  - Foot exam
  - Blood pressure check
  - Weight
- Dental check planned every six (6) months.
- Eye exam every year.
- Get a urinalysis every year.
- Get a flu shot every year.
- Read food labels when you go shopping. Look for foods low in sugar, fat and carbohydrates.
- Stop smoking and seek classes to help you quit.





## Taking Care of Your Feet

People with diabetes must take special care of their feet. Diabetes is hard on your feet, and if you are not careful it can cause serious problems, including ulcers and amputations. With good foot care you can prevent or delay foot problems caused by diabetes.



## Tips for Protecting Your Feet!

### **Important tip:**

*Call your healthcare provider right away if you find a cut, sore, blister, or bruise on your foot that does not begin to heal after one day.*

- Take care of your diabetes. Make healthy choices to keep your blood sugar under control.
- Check your feet every day for cuts, blisters, red spots, and swelling. Remember to check the bottoms of your feet and between your toes.
- Wash your feet every day in warm, not hot, water. Dry your feet well. Be sure to dry between your toes.
- Rub a thin coat of skin lotion over the tops and bottoms of your feet. Do not put lotion or cream between your toes because this might cause an infection.
- When having trouble with corns and callouses, and for instructions on care of your toenails, check with your healthcare provider. **NEVER** use razor blades, liquid corn, or callous removers because they can damage the skin.
- **Do not** soak your feet. It can dry out your skin, and dry skin can crack, leading to infection.
- Protect your feet from hot and cold. Keep your feet away from radiators and open fires. Do not put hot water bottles or heating pads on your feet. Wear socks at night if your feet get cold. Check your feet often in cold weather to avoid frostbite.
- Wear your shoes and socks at all times. Shoes should be comfortable and fit well.
- Keep the blood flowing to your feet:
  - Don't smoke.
  - Don't cross your legs for long periods of times.
  - Put your feet up when sitting.
  - Wiggle your toes and move your ankles up and down for 5 minutes two or three times a day.
- Have your healthcare provider check your feet at each visit.

## Healthy Eating Tips

- Check your blood sugar before you eat.
- Curb your appetite, eat a healthy snack.
- Remember always to eat in moderation.
- Exercise by walking in the neighborhood, see the decorations, dance at a party.
- Make healthy choices of foods such as chicken, turkey, fish, fruits and vegetables.
- Yes! You can have your favorite dessert – just take one piece or one scoop.



## Healthy Recipe

### Chocolate Chip Cookies

Yield: 24 cookies

- 1/3 cup (75 mL) margarine, softened
- 1 egg
- 1 tsp (5 mL) vanilla extract
- 2/3 cup (150 mL) SLENDA© Granular
- 3/4 cup (175 mL) all-purpose flour
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1/2 cup (125 mL) semi-sweet chocolate chips



Serving: 2 cookies  
Calories: 62  
Protein: 0.9 g  
Fat: 4.1 g  
Carbohydrates: 5.9 g

#### Directions:

With an electric mixer, cream margarine for 1 minute. Add egg and vanilla and beat on high for 1 minute. Add SLENDA© and beat until well blended. Combine flour, baking soda and salt; beat into mixture until smooth. Stir in chips.

Drop from small spoon onto ungreased baking sheets. Flatten slightly with back of spoon. Bake at 375° F (190° C) for 8 to 10 minutes or until browned on bottoms. Cool on rack. Store in air tight container. Recipe supplied by SLENDA©.

## Alcohol and Diabetes — Know Your Limits

Even a little alcohol can be dangerous for those with diabetes. Alcohol on its own lowers blood glucose (sugar) levels. The sugary mixers in some drinks can raise blood glucose. Drinking makes it hard to see the signs of hypoglycemia (low blood sugar).

#### If you choose to drink, here's some tips:

- Know the alcohol and sugar amount of drinks.
- Limit it to one or two drinks only.
- Make drinks last longer, slowly sip your drink.
- Do not miss a meal. Never drink on an empty stomach – eat a snack.
- Choose mixers that are sugar free, such as diet soft drinks, diet tonic, club soda, or water.
- Light beer and dry wines have less alcohol, carbohydrates and fewer calories.
- Mix wine with sparkling water, club soda or diet soda such as Sprite or 7Up.
- Wear your medical ID when you drink. Low blood sugar can cause shaking, dizziness, and collapse. People may think you are drunk and not get medical help for you.
- Check your blood sugar and eat a snack before going to sleep to avoid a low blood sugar reaction while you sleep.
- If you have nerve damage, diabetic eye disease or high triglycerides in your blood, drinking can make it worse.



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275 E. Main Street, 6C-C  
Frankfort, Kentucky 40621



***Have a Healthy Holiday Season***

***If You Have Diabetes,  
A Flu Shot Can Save Your Life!***

***If you live with diabetes,  
likely to die with the flu.***

***Contact your health care  
local health department for  
and places where flu shots***



***you are more***

***provider or  
dates, times  
are given.***