



COLUMBUS  
COMMUNITY HOSPITAL

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# life with diabetes

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## Traveling with Diabetes

With summer upon us, many of us are thinking about traveling. With diabetes there are a few things you need to think about when traveling. No matter where you are going, you should bring the original pharmacy labels for all the meds on hand, plus a list of your medications (and generic names, if you'll be abroad). Make sure you have your doctor's on-call or emergency numbers. You may want to get extra written prescriptions if you need a refill on the road. No matter how long you're gone, you should bring twice what you need in case any of it gets stolen or damaged. If you're traveling with someone else, put half of your medications in their carry-on. That way if your bag is lost or swiped, you'll still have enough to get you through the rest of the trip.

If you use an insulin pump, you may want to pack both rapid and long acting insulin to use in case of pump failure and you don't have a backup. You should also write down the pump's settings before you leave.

**Two weeks before the trip make a list of supplies you need. Include in your carry on:**

- Doctor's notes and prescription copies if you're traveling internationally
- Your doctor's emergency number
- Medications with the prescription labels attached
- Your glucometer, manual, extra test strips, extra batteries, a backup meter, and control solution
- Syringes, even if you have a pump; it could malfunction.
- One meal for the road for unexpected delays
- Emergency carbs, like preportioned 100-calorie snack packs, granola bars, proportioned whole crackers, small

boxes of raisins, glucose gel or tabs, or sturdy fruit like apples or bananas

- A glucagon kit, if it's been prescribed for you

**In checked luggage, consider packing the following:**


- Ketone testing supplies for those with Type 1
- A backup pump. Some manufacturers will loan you an extra for travel
- A food pack: foil pouch tuna, dehydrated soups, crackers, water packed canned fruits, raisins
- Recipes for diabetes friendly snacks

**Get organized. To keep your supplies organized and safe plan for separate supplies in small plastic bags.**

- A bag for wet supplies, such as injectables or alcohol swabs.
- A bag for dry supplies like pills or powders
- A bag for testing supplies.

It can seem overwhelming to travel with diabetes. But remember that this advance planning is designed to make any emergencies easier to handle. Best of all, it allows you to relax and enjoy your trips. Have a great summer.



 **Save the Date!**  
**Diabetes Awareness Day**  
**OCTOBER 16, 4:00 - 8:00 P.M.**  
**PLATTE CO. AGRICULTURAL PARK**

## “Pain Blockers” for Diabetic Neuropathy

Nerve damage from diabetes is called diabetic neuropathy which is most commonly associated with tingling, pain or numbness in your hands and feet. Pain control with the use of “pain blockers” can be very useful in the treatment of diabetic neuropathy. Pain blocking medications were originally developed for the treatment of other disease states and have been found to beneficially relieve diabetic neuropathy.

**Pain blocking medications include the following:**

- Antidepressants: Elavil (amitriptyline) and Prozac (fluoxetine)
- Anti-seizure medications: Dilatin (phenytoin), Tegretol (carbamazepine) and Neurontin (gabapentin)
- Cymbalta (duloxetine): indicated for major depression and the management of diabetic neuropathy; not for patients under 18 years of age
- Lyrica (pregabalin): indicated for the management of diabetic peripheral neuropathy and post-herpetic neuralgia

There is no guarantee that these “pain blockers” will work; however, it is best to thoroughly discuss these options with your physician.

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## Cooking Right

### Lemon Herb Tilapia with Zucchini

Number of servings: 4

Serving Size: 1 tilapia filet & 1/2 c. zucchini

#### Ingredients

- 1/2 cup lemon juice
- 3 garlic cloves minced
- 1 tsp. dried basil
- 1 tsp. dried tarragon
- 1 tsp. dried thyme
- 4 - 4oz. each tilapia fillets
- 2 small zucchini, thinly sliced length wise
- 1 Tbsp. margarine
- 1/4 tsp. salt
- 1/4 tsp. black pepper

#### Directions

Heat oven to 400 degrees. Combine lemon juice, garlic, and herbs in a medium bowl. Add fish, cover and marinate in the refrigerator for 15 minutes. Remove fish from marinade (reserve the marinade). Spray a 12x12-inch sheet of aluminum foil with cooking spray. Place 2 filets of fish on the foil. Top with half of zucchini. Repeat layering with another layer of fish, then remaining zucchini. Sprinkle chunks of margarine over the top of fish and drizzle 1/4 cup of the marinade over the top. Sprinkle with salt and pepper. Bring foil sides up on both sides and seal. Place on baking sheets and bake in over for 20 minutes.

Nutrition information per serving: Calories: 155; Calories from Fat: 50; Total Fat: 6 grams; Sodium: 217mg; Total Carbohydrate: 5 grams.

## Extra Tips for People with Diabetes

A free food is one with less than 20 calories and 5 grams of carbohydrate per serving. Examples include diet soft drinks, sugar-free gelatin dessert, sugar-free ice pops, sugarless gum, and sugar-free syrup.

Sugar-free does not mean carbohydrate-free. Compare the total carbohydrate content of a sugar-free food with that of the standard product. If there is a big difference in carbohydrate content between the two foods, you may want to buy the sugar-free food. If there is little difference in the total grams of carbohydrate between the two foods, choose the one you want based on price and taste. Make sure

you read the label carefully to make the best choice.

“No sugar added” foods do not have any form of sugar added during processing or packaging, and do not contain high-sugar ingredients. But remember, they may still be high in carbohydrate, so you need to check the label.

Fat-free foods can be higher in carbohydrate and contain almost the same calories as the foods they replace. One good example of this is fat-free cookies. Fat-free foods are not necessarily a better choice than the standard product, so read labels carefully.

## For Those of You Who Smoke

Smokers who have diabetes have complications sooner than non-smokers with diabetes. The complications include higher blood pressure, higher levels of cholesterol and triglycerides, which raises the risk of cardiovascular complications. For the person with diabetes, smoking also contributes to early development of blood vessel damage leading to problems with the eye, kidney and nerve damage. In addition, smoking may increase insulin resistance and worsen a person's diabetes control.

Weight gain is often a worry to people who want to quit smoking. The best way to keep your weight gain to a minimum is to attempt to eat healthy and to become more active (as long as it is ok with your doctor). The healthy eating speaks for itself, but the in-

crease in activity has a double benefit. By becoming more active you help divert your attention away from the craving for the cigarette and also help improve your diabetes control.

Until your smoking cessation efforts are under control, try to focus more on weight maintenance and not so much on weight loss. Keep yourself occupied, stay away from cigarettes at all costs. Ask your friends and family for support. Drink lots of water and be determined to not smoke.

The hospital has a Tobacco Cessation program available. For more information, please call 562-3322.



## Diabetes Drugs Linked to Fractures

A recent study in the Archives of Internal Medicine shows further evidence supporting previous findings that the use of two diabetic medications, pioglitazone (Actos) and rosiglitazone (Avandia), are associated with increased risk of fractures of the hip and wrist. An elevated risk is seen in both men and women and is independent of age. In addition, the risk increased as the dosage of each medication increased. No significant fracture risk is associated other classes of oral diabetic medications. Further studies are underway to further verify these results. Any concerns should be addressed with your physician.



### Upcoming Group Diabetes Programs:

#### Diabetes Education Classes: (4 sessions, 2 hours each session)

The 4 session classes begin June 4, June 18, July 9, July 23, August 6, and August 20. These classes are designed to provide education to the person with a history of diabetes or for the person with newly diagnosed diabetes. If you have diabetes and have not been to our group class please contact your health care provider to ask for a referral for insurance reimbursement.

#### Pre-Diabetes Class Tuesday, July 22, 6:30 - 9:00 pm

This class is directed at the person who has “Pre-Diabetes” (formerly known as “Borderline Diabetes”) or if you do not have this diagnosis this class would benefit anyone who is at risk for diabetes. You are at risk for diabetes if you:

- Are over 40
- Are inactive

- Are overweight
- Have a family history of diabetes
- Have high cholesterol or high blood pressure
- Belong to certain ethnic groups.

There is no need for a physician referral for this class.

#### Diabetes Support Group Monday, July 21, 7:00 p.m.

Pawnee Room 3rd Floor  
Topic: Making Healthy Lifestyle Changes through Food Choices  
Speaker: Joan Plummer RD-LMJT Certified Diabetes Educator. No registration required. Open to anyone with diabetes and their support person. No charge for attending this group.

Call 562-4499 for more information on any of these programs.