



**COLUMBUS
COMMUNITY HOSPITAL**
www.columbushosp.org

life with diabetes

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Ways to Increase Physical Activity

Activity is extremely important with diabetes. Activity helps lower your blood sugar and cholesterol levels. Activity helps your body to use insulin better, improves blood circulation throughout the body and keeps joints flexible. Activity lower blood pressure and relieves stress.

Here are some ways to increase physical activity:

- Walk to the local store instead of driving
- Get off the bus one or two stops before your destination and walk
- Take the stairs instead of the escalator or elevator
- Park farther away when in a parking lot
- Complete small chores on a daily basis, like gardening or vacuuming
- Play with your children and pets
- Dance to music around the house
- Keep a pair of walking shoes handy at all times
- Start a walking group with friends or neighbors and walk around the neighborhood
- Purchase a pedometer to keep track of the number of steps you take

Spring Diabetes Event

**Wed., April 2
6:30 p.m.**

**COLUMBUS COMMUNITY HOSP.
3RD FLOOR CONFERENCE ROOM**

PROGRAM:

6:30 pm

Speaker: Dr. Peter Diedrichsen on "Diabetes and Eye Health"

7:15 pm

Cooking Demonstration by Chef Nader Farahbod, Executive Chef & owner of Billy's Restaurant in Lincoln



Sponsored by:

The Nebraska Pork Producers & Columbus Community Hospital

Please RSVP number attending to Pat at: 562-4499 by April 1, 2008

each day. Increase the number of steps each week.

- Choose aerobic exercise like walking and biking to improve cardiovascular health
- Lift some small weights for strength training to increase strength and muscle and increase metabolic rate
- Attend the FREE Diabetes Activity Group from 7:30 – 8:15 am on Thursday mornings in the Pawnee Room on third floor at Columbus Community Hospital. For more information, contact Joan Plummer, RD LMNT CDE at 562-4462.



Pre-Diabetes

Pre-Diabetes is a blood sugar level higher than normal but not high enough for a diagnosis of diabetes. Because slightly elevated levels of blood sugar usually tend to go higher, it's always considered a good warning sign. Over the past six years, several randomized, controlled studies have demonstrated significant results in prevention of type 2 diabetes, and doctors now see pre-diabetes as a transitional period when meaningful lifestyle changes can be made, primarily exercise and moderate weight loss.

Pre-diabetes is defined as a fasting blood glucose level between 100

and 125 milligrams/deciliter as measured by a blood test taken after a 12-hour fast. There are an estimated 54 million Americans who have pre-diabetes.

Studies have found that insulin resistance and declining production of insulin occur long before the development of diabetes. The progression from normal glucose tolerance to diabetes may take years, and during the transitional phase, there are effective strategies for either delaying or preventing the onset of diabetes. In the diabetes prevention studies, subjects who modified their lifestyle decreased their risk of diabetes by 58% at 3 years.

If you have diabetes, your family members are at risk for developing diabetes, please encourage them to attend one of our pre-diabetes classes at Columbus Community Hospital. They are held quarterly with the next class on Tuesday, April 22 from 6:30-9:00 pm. A physician order is not needed to attend the classes. The cost is \$25. Please call 562-4499 to register.

NEWSLETTER STAFF:

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Cooking Right

Breakfast Quesadillas

Number of servings: 2
Serving Size: ½ quesadilla

Ingredients

- 2 - 8 inch flour tortillas
- ½ cup Egg substitute
- 1 dash black pepper
- 1 dash cayenne pepper
- 2 slices fresh tomato
- 1 slice fat-free cheese
- 1 slice of onion, optional

Directions

Heat oven to 375 degrees. Scramble egg substitute in small skillet. Lay 1 tortilla on a nonstick baking sheet. Spoon cooked egg substitute on top and sprinkle with peppers. Top with tomato, cheese, and onion if desired. Add second tortilla on top. Press lightly. Bake 5 minutes, flip, and bake 5 more minutes or until cheese is melted. Cut into fourths to serve.

Nutrition information per serving: Calories: 216; Total Fat: 36 grams; Total carbohydrate: 30 grams or 2 carbohydrate choices.

Recipe from American Diabetes Association.

Making Healthy Food Choices

Knowing what to eat can be confusing. Everywhere you turn, there is news about what is or isn't good for you. Some basic principles have stood the test of time. Here are a few tips on making healthful food choices.

- Eat lots of fruits and vegetables. Try picking from the rainbow of colors to maximize variety.
- Choose whole grain foods over processed grain products. Try brown rice with your stir fry or whole wheat pasta with your favorite pasta sauce.



- Include dried beans like kidney or pinto and

lentils into your meals, can be added to soups or salads.

- Include fish in your meals 2 to 3 times per week.
- Choose lean cuts of meats; look for the words round or loin when selecting cuts of beef or pork. Remove skin from poultry and turkey.
- Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.
- Limit sweetened beverages.
- Choose liquid oils for cooking instead of solid fats that can be high in saturated and trans fat. If you're trying to lose weight, watch for portion sizes of added fat.

Many Things Affect Insulin Requirements

(This is a first segment in a series of articles discussing how different things can affect blood glucose control for the person who takes insulin.)

Insulin injections are used to imitate what would normally happen in your body if you did not have diabetes. Insulin is used by the body to maintain a normal blood sugar. Insulin can only be given in injections and cannot be given in a pill.

Both people with type 1 and type 2 diabetes use insulin. Type 1 diabetes is usually diagnosed in childhood. Insulin is always needed to control blood sugars from the point of diagnosis onward. In this type of diabetes the person suddenly no longer makes any insulin at all which is why the person has to take shots of insulin to keep blood sugars in a normal range. Type 1 diabetes is treated with insulin shots alone. Oral medications that are used for type 2 diabetes do not work for the person with type 1 diabetes.

Type 2 diabetes is usually diagnosed in people over 40, but is being diagnosed more and more in younger people. In type 2 diabetes insulin production slows down gradually and can usually be treated initially with oral medications because the body is still making some insulin on its own. With type 2 diabetes insulin may be used at any time in addition to oral medications to help control blood sugars or may even be used exclusively if oral medications can no longer keep blood sugars in a normal range.

Many things can influence how much insulin your body needs to keep your glucose levels in control. A valuable tool in helping you manage your diabetes is using your blood sugar monitor. By checking your sugars at different times during the day, such as before and after you eat and exercise you can actually see how different factors affect blood sugar levels. Your health care providers can help you understand how to manage your glucose levels. Blood Sugar monitoring is addressed with all diabetes education through the hospital's Diabetes Education Department. Please call 562-4499 to discuss what options you have to receive diabetes education.

NEXT ISSUE TOPIC: Foods that affect blood glucose the most.

The ACCORD Trial

(February 2008)

In response to data presented from the ACCORD trial in February 2008, the American Diabetes Association encourages people not to change their course of treatment without first consulting their health care team.

The ACCORD trial randomly assigned patients with diabetes and cardiovascular disease or multiple cardiovascular risk factors to an intensive treatment program targeting normal blood glucose values and an A₁C less than 6 percent or a standard treatment program aiming for an A₁C between 7 and 7.9 percent. The participants in the intensive group were switched to the standard program because of an increased death rate in the intensive group i.e. 14 deaths per 1000 patients per year versus 11 deaths per 1000 patients per year. The exact reason for the deaths is not known yet; however, data indicates that the detrimental effect of intensive therapy was not due to hypoglycemic events or other specific drug combination therapies.

The American Diabetes Association continues to advise people with diabetes to strive for an A₁C less than 7 percent. In addition, each patient's treatment must be tailored to the individual patient as intensive blood sugar control may not be warranted for all diabetics. Treatment goals can only be determined by you and a healthcare professional. For those patients with diabetes who have existing cardiac disease, remember to strive for goals that include appropriate management of blood pressure and cholesterol.

Upcoming Diabetes Programs:

Group Diabetes Classes:

(4 sessions, 2 hours each session)

The four class sessions will be starting March 19, April 2, April 16, April 30 and May 14. These classes are for the person with a history of diabetes or newly diagnosed diabetes. These classes need a physician referral. Call 562-4499 for more information.

Diabetes Support Group

Monday, May 19, 7:00 p.m. Pawnee Room 3rd Floor