



COLUMBUS
COMMUNITY HOSPITAL
www.columbushosp.org

life with diabetes

March 2009 • Volume 3, Issue 1



Spring Diabetes Event



Wednesday, April 15
6:30 p.m.

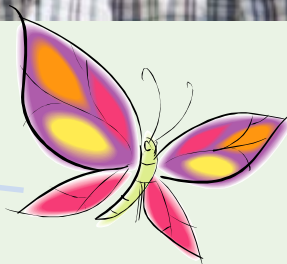
COLUMBUS COMMUNITY HOSPITAL
THIRD FLOOR CONFERENCE ROOM

Please RSVP number attending to Pat at: 562-4499 by April 13, 2009

PROGRAM:

“Diabetes and Hypertension”

Dr. Milton Zadina, M.D.



OTHER PRESENTATION TOPICS:

“Relaxation Techniques for Reducing Stress”

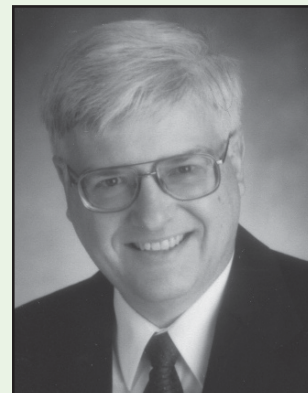
Cindy Sprunk, RN – Cardiac Rehab

“Dash Diet and Reducing Hypertension”

Joan Plummer RD LMNT CDE

“Potassium Rich Produce”

Eric Field, HyVee Produce Manager



PROGRAM SPEAKER
Milton Zadina, M.D.

COLUMBUS COMMUNITY HOSPITAL

Diabetes Self-Management Program New Format

Recognized by the American Diabetes Association

This 6 hour program provides comprehensive diabetes education for the newly diagnosed and also for those with a longstanding history of diabetes.

Six hours of education including: one-hour individual appointment plus two separate 2½ hour group sessions. Ask your physician for a referral.

The In-depth Group Class Sessions are held on Wednesdays and Thursdays at the following times on a rotating schedule.

SESSION DATES & TIMES

9:00 -11:30 am – April 15 & 16, May 20 & 21

1:00 – 3:30 pm- March 18 & 19, April 29 & 30, June 3 & 4

6:00 – 8:30 pm- April 1 & 2, May 6 & 7, June 17 & 18

Self Management Program Details:

The above class content will include: blood glucose monitoring, nutrition, exercise, lifestyle changes, medications, risk reduction, and self management. Moni-



tor teaching and foot exams are part of the initial assessment. This is covered by Medicare and is usually covered by private insurers. Insurance will be filed for patients with a signed physician referral. Please call for information.

NEWSLETTER STAFF:

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Cooking Right

Crunchy Trail Mix

Number of servings: 8
Serving Size: ½ cup

Ingredients

- 1 ½ c. corn square cereal
- 1 ½ c. rice square cereal
- 1 c. fat free pretzels
- ¼ c. almonds
- ¼ c. raisins
- ¾ tsp. ground cinnamon
- ¼ c. Cary's sugar-free syrup
- 1 Tbsp. vegetable oil
- ½ tsp. vanilla extract

Directions

Preheat oven to 325 degrees. In large bowl, combine cereal, pretzels, almonds, raisins, and cinnamon; mix well. In small bowl, combine syrup, oil and vanilla; slowly pour over cereal mixture. Stir well. Spread on 15 x 10 inch baking pan coated with vegetable cooking spray. Bake at 25 to 30 minutes or until golden brown, stirring frequently. Cool. Store in airtight container.

Nutrition information per serving:
Calories: 110; Total carbohydrate: 17 grams.

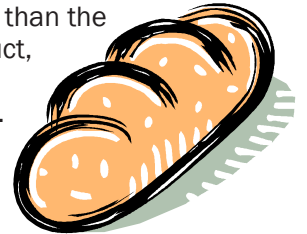
Extra Tips for People with Diabetes

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, 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 between the two foods you may want to buy the sugar-free one. 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 to read the label carefully to make the best choice.

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

Fat-free foods can be high in carbohydrate and contain almost the same calories as the food 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 the labels carefully.



Upcoming Diabetes Classes:

Advanced Carbohydrate Counting

This two-hour class will give more intensive instruction on carbohydrate counting. It will include carbohydrate choices vs. gram, practice with sample menus, fat, calories, eating out and calculating carbohydrate in recipes. It will be offered on Thursdays every two weeks from 9-11 am, 1-3 pm, or 4-6 pm.

Upcoming classes are: March 26th 1-3 pm, April 9th 4-6 pm, April 23 9-11 am, May 7th 1-3 pm, May 14th 4-6 pm, May 28th 9-11 am, June 11th 1-3 pm, June 25th 4-6 pm.

Intensive Insulin Management

This two-hour class will review types of insulin, insulin administration, pattern management, carbohydrate to insulin ratio, and insulin sensitivity.

It will also discuss how to handle insulin administration with sick days, steroid use, and stress.

This class will be offered on Wednesdays every two weeks from 9-11 am or 1-3 pm. Upcoming classes are: March 25th 1-3 pm, April 8th 1-3 pm, April 22nd 9-11 am, May 6th 1-3 pm, May 13th 1-3 pm, May 27th 9-11 am, June 10th 1-3 pm, and June 24th 1-3 pm.

Diabetes In The Fast Lane

If you have specific questions regarding your diabetes, carbohydrate counting, medication, insulin adjusting etc., come see us on Tuesdays from 9am–Noon. You do not need a physician referral to come. The diabetes educators will be available for ten minute appointments to discuss your concerns and education needs. You may schedule an appointment by calling 562-4462 or 562-3322. Walk-ins are also welcome. Cost is \$15 due at time of appointment. Medicare and insurance will not be billed. Pertinent information will be sent to your physician. This program will begin April 21st. Please come to the Prairie Room on 3rd floor.

Pre-Diabetes Classes

2 ½ hour class offered quarterly on 4th Tuesday in January, April, July and October from 6:30-9:00 pm in the Third Floor Conference Center for people who are at risk for Pre-diabetes or Type 2 diabetes. A physician referral is not required. Cost is \$25 due at class session. Next class session is April 28th.

Healthy Options, Healthier You

This program will discuss nutrition, portion control and how to make smart food choices for better health. You will receive a complimentary: “Managing Your Diabetes” Education Book; a 14-day menu guide, and portion placemat. Free blood glucose meters will also be available from Lifescan. The event will be held on Thursday, June 4th from 7-8 pm at the Platte Room on 3rd floor at Columbus Community Hospital. Featured Speaker: Joan Plummer RD, LMNT CDE. This event is sponsored by CCS Medical. RSVP to Joan at 562-4462.

Refresher Diabetes Update Class

This two hour class will cover monitoring, blood sugar control, complications, carbohydrate counting and exercise. This class will be offered quarterly.

This class is covered by Medicare once per calendar year and a great way to brush up on your diabetes knowledge. Insurance will be filed with a signed physician referral. Refresher classes will be held April 22nd and May 27th from 1-3 pm.

NEW!

FREE Diabetes Support Group

Monday, May 18th

COLUMBUS COMMUNITY HOSPITAL
THIRD FLOOR, PLATTE ROOM

Please join us for the second in a series of programs titled “Control Diabetes for Life”, a new educational program developed by the University of Nebraska. Many interesting topics will be discussed by Diabetes Educators from throughout the state via satellite. A variety of recipes will be provided. Columbus Hospital’s Certified Diabetes Educators will be available for questions.

This session will have presentation on the following topics: “Making Exercise Fun” and “Accepting Diabetes”. A snack will be provided by the Platte County Extension office. Please RSVP to Mindy at the Platte County Extension Office at 563-4901 to allow for adequate printed materials

Spring Diabetes Event

Wednesday, April 15th

Dr. Zadina to speak on high blood pressure. See info on front of this newsletter