

# Diabetic Monthly

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Gunnison Valley Diabetes Self-Management Education Program  
45 East 100 North Gunnison, Utah 84634

## Diabetic Health Fair on ...June 15, 2010

By Angie Merchant

This years Diabetic Health Fair is almost here. I hope that you have received the flyers about the health fair by now. The speakers this year are going to be awesome. There will be more booths this year, and a lot of free diabetic supplies and educational materials. Just a note on two of the booths: Dr. John Black and a representative from "The Eye Center of Ephraim" will only be available from 4:00-6:00pm that day. Dr. Seven Embley will be giving a class on "Preventing Complications of Diabetes" at 4:00-5:00pm, and he will also be available after that time to meet you and answer any questions you may have. He is a new physician that is now practicing at The Gunnison Family Medical Clinic. This will be a great opportunity to get to know him.

Once again this year we will also be doing reduced cost lab tests. The good news is that you will be able to have your labs drawn at the health fair, or buy a voucher at the fair and have them drawn within 1 week at your convenience. This will allow those of you who would like to do a fasting Lipid Panel to do it in the morning. Please remember that the voucher does need to be purchased at the health fair in order to receive the reduced cost.

I have enclosed a flyer about another class, which is "Taking Control" by Steve Wille. He is being flown in from Arizona to present this class. It will be from 2:00-3:00pm. I think you will enjoy his presentation, as it should be something that you can relate to.

The class titled "Insulin Pump Therapy" is for anyone who has ever wondered about insulin pumps, how they work, if it will help them, or any question at all that you have about them. She will also be able to help you if you currently have an insulin pump and have any problems or questions about it. Janette Kirkham, RN, CDE will be giving the presentation. She has experience with insulin pumps for over 30 years.

This is only the second year of having this Diabetic Health Fair. It will be a great learning experience. Please join us and help support our local Diabetic Program. There will be no support groups at any location this month as the Health Fair will take their place.

### Diabetic Health Fair

**June 15, 2010 from 2:00-6:00pm**

**at**

**Gunnison Valley High School (Girls gym)**

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## Monitoring Your Hemoglobin A1C

### What is a hemoglobin A1C test?

Often referred to simply as A1C, it's a lab test that shows your average blood sugar level during the previous two to three months.

### Why up to three months?

Because sugar in your blood attaches to protein in red blood cells, which live up to three months. This test measures how much sugar is attached to living red blood cells, which shows an average blood sugar level over the life of those cells.

The lab reports A1C results to your doctor as a percentage; the higher your average blood sugar levels for the past two to three months, the higher your A1C percentage.

### How is A1C different from self-monitoring?

Daily tests show how well you're controlling your diabetes at the time you check. An A1C test shows the overall control of your diabetes during the past 60-90 days. Effective diabetes management includes daily monitoring and period A1C tests. By monitoring and controlling A1C levels, you can reduce complications from long-term high blood sugar.

### What is a good A1C number?

- For someone without diabetes: 4-6%
- For people with diabetes: as close to normal as possible (<6%) without frequent complications
- If your A1C is 7% or higher, talk with your healthcare team about your treatment plan.

Lowering your A1C by any amount can improve your chances of staying healthy. Achieving an A1C number that's close to normal can reduce the risk of

- Eye problems by 76%
- Nerve damage by 60%
- Kidney problems by 50%



### Tips for staying healthy

1. Ask your doctor for an A1C test at least twice a year.
2. Get tested more often if your blood sugar level stays high or your treatment plan changes.
3. Ask your healthcare team how to reach your A1C goal.
4. Compare your current A1C number to your previous numbers to identify trends.
5. Follow your meal, medicine, monitoring and physical activity plans to keep your diabetes in control.
6. People with diabetes are at high risk for heart attack and stroke, so learn how to control your blood pressure and cholesterol too.

## Recipe of the Month... Spinach Orange Salad

Total Servings: 6 Serving Size: 1 cup

*\*\*\*Try to include a dark salad green like spinach in your meal plan every day.*

### Dressing

- 2 Tbsp canola oil
- 3 Tbsp orange juice
- 1 Tbsp lemon juice
- 1 tsp grated orange peel
- Fresh ground pepper and salt to taste

### Salad

- 5 cups torn fresh spinach leaves, washed and dried
- ½ cup mandarin oranges, packed in their own juice, drained
- ½ cup thinly sliced dried apricots
- 1 small red onion, thinly sliced
- 1 Tbsp toasted pine nuts

### Exchanges

- ½ fruit
- 1 Vegetable
- 1 Fat

Calories.....105  
 Calories from fat....52  
**Total Fat**.....6 g  
 Saturated fat.....1 g  
**Cholesterol**.....0 mg  
**Sodium**.....63 mg  
**Total Carbohydrate**....13 g  
 Dietary fiber.....3 g  
 Sugars.....8 g  
**Protein**.....3 g

**Directions:** Whisk all dressing ingredients together and set aside. In a large bowl, toss together the salad ingredients. Add the dressing and toss to coat. Serve immediately.

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## The Elements of a Newsletter

### *By Author Name*

In the course of adapting this template to suit your needs, you will see a number of different newsletter elements. The following is a list of many of the elements, accompanied by a brief definition.

**Body text.** The text of your articles.

**Byline.** A line of text listing the name of the author of the article.

**Caption text.** Text that describes a graphic. A caption should be a short but descriptive full sentence.

**“Continued from” line.** A line of text indicating the page from which an article is continuing.

**“Continued on” line.** A line of text indicating the page on which an article will be continued.

**Date.** Either the date of publication or the date you expect the newsletter to be at the height of its circulation.

**Graphic.** A photo  of art, chart, diagram, or other content.

**Header.** Text at the top of each page indicating the name of the newsletter and the page number.

**Headline.** The title of an article. A headline needs to be clear in its purpose, brief, and active, and should attract attention by being relevant, inspiring curiosity, or for having some other irresistible quality.

**Newsletter title.** The title of the newsletter.

**Pull quote.** A phrase or sentence taken from an article that appears in large letters on the page, often within a box to set it apart from the article.

**Volume and issue.** Volume refers to the number of years a newsletter has been in circulation. Issue refers to the number of newsletters published so far in the year. The ninth newsletter in its fifth year of circulation would be Volume 5, Issue 9.