

# Diabetic Monthly

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

## Let's Get Motivated !!!

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What motivates YOU??? Let's find out and **DO IT**. We are all different, and we are all motivated by different things. Support groups this month will explore the many ways that you can become motivated to do what's required to control your diabetes (or anything else you may want to do). Hopefully, we will be able to motivate you with one of our tactics. Last month we learned about how to decrease anxiety and depression, but let's take it one step further - Let's become motivated. **YOU CAN DO THIS!!!**

I ran across a quote that I think brings together what support group is trying to do for you. It reads, "Knowledge is Power, and Enthusiasm pulls the switch." By Steve Droke. It is my goal to provide you with both the knowledge and the enthusiasm to manage your diabetes well. I would like to personally invite everyone to join us at support group this month. It is free of charge and everyone is welcome, including your friends and family. Hope you can make it.



*Happy St. Patrick's Day*

### Gunnison Support Group

45 East 100 North Gunnison  
March 16, 2010 at 3:00 - 4:00pm

### Monroe Support Group

140 West 100 South Monroe  
March 23, 2010 at 11:00am - 12:00pm

## Preventing Hypoglycemia

### What is hypoglycemia?

Hypoglycemia occurs when your blood sugar (glucose) level falls below a target range, typically 70 mg/dl or lower. (Ask your healthcare team about your specific target range).

### What causes it?

Sometimes hypoglycemia occurs for no obvious reason, but the most common causes include:

- Delaying or missing a meal or eating less than usual.
- Exercising more than usual.
- Taking more insulin or oral diabetes medication than needed.
- Drinking alcohol without food.
- Unusual stress or illness.

### How do you know?

Testing confirms if your blood sugar level is too low. A level below 70 mg/dl - with or without common symptoms—suggests hypoglycemia that should be treated immediately.

### What are the symptoms of hypoglycemia?

- |                |                   |                             |
|----------------|-------------------|-----------------------------|
| * Shakiness    | * Sweating        | * Slurred speech            |
| * Irritability | * Rapid Heartbeat | * Tingling around lips      |
| * Hunger       | * Weakness        | * Light-headedness          |
| * Dry mouth    | * Confusion       | * Clumsy or jerky movements |



### How do you treat hypoglycemia? (Rule of 15)

\* Blurry vision      \* Pale skin color      \* Headache

If testing confirms low blood sugar or if you have symptoms, quickly consume about **15 grams of fast-acting carbohydrates** (see top of page for recommendations on the next page). **Wait 15 minutes** and retest.

### **If your blood sugar is still below target range:**

- Consume **15** more grams of carbohydrates.
- Retest in **15** minutes.
- If your blood sugar is still low, consume **15** more grams of fast-acting carbohydrate.
- Retest every **15** minutes until your blood sugar is in or above target range, or if unable to get the blood sugar above target range- call your doctor and have someone take you to the emergency room.

**If your blood sugar is in or above target range:**

- Symptoms might continue, but don't over-treat or your blood sugar could go too high.
- If your next meal is more than an hour away, eat a small snack that contains **PROTEIN**.
- Eat your next meal as usual.

**If you take insulin and lose consciousness:**

You need immediate treatment, such as an injection of glucagon, a prescription injection to raise blood sugar. Keep it handy and teach others how to inject it in case you ever need it.

**How do you PREVENT hypoglycemia?**

Good diabetes control is the best prevention. Follow your healthcare team's recommendations for:

- \* Meal planning
- \* Oral Medication
- \* Insulin
- \* Blood sugar testing
- \* Exercise

**Helpful hints:**

1. Always carry a fast-acting glucose source (carbohydrate) to treat hypoglycemia.
2. Keep a glucagons kit with you if you are at risk for severe hypoglycemia.
3. Test you blood sugar regularly, regardless of symptoms.

**Glucose Sources (15 grams of carbohydrates)**

- Glucose tablets or gels directed on package)
- 4 oz fruit juice
- 8 oz skim milk
- 6 oz regular (NOT diet) soft drink
- 3-4 teaspoon granulated sugar
- 1 Tablespoon honey

**Food for Thought:**

*“The difference between the impossible and the possible lies in a person's determination.”*  
Tommy Lasorda

## Recipe of the Month... Grilled Turkey with Garlic Sauce

Total servings: 6    Serving size: 3-4 oz with 2-3 Tbsp

Prep time: 10 minutes

### Ingredients:

1/3 cup minced parsley  
 5 garlic cloves, minced  
 1/3 cup lemon juice  
 3 Tbsp olive oil  
 1 tsp paprika  
 1 tsp cumin  
 Dash cayenne pepper  
 1 ½ lb turkey breast slices, pounded until ¼ in thick  
 1 Tbsp olive oil for brushing on turkey while grilling.

### Exchanges

4 Lean Meat  
**Calories:** 210  
     Calories from Fat: 89  
**Total Fat:** 10 g  
     Saturated Fat: 1.4 g  
**Cholesterol:** 74 mg  
**Sodium:** 53 mg  
**Total Carbohydrate:** 2 g  
     Dietary Fiber: 0g  
     Sugars: 1 g  
**Protein:** 27 g

### Instructions:

1. In a blender, blend all sauce ingredients together.
2. Grill or broil the turkey breasts 6 inches from the heat source, brushing with olive oil to keep moist. Grill on each side about 4 minutes.
3. Top each slice with some of the sauce (about 2-3 Tbsp per slice).

## Tip of the Month

**Question:** Will fever increase my blood glucose and therefore my need for insulin?

**Answer:** It may. Even mild illness may require you to take a little more insulin. And if you develop a fever with chills, muscle aches, and sweating, you are very likely to need increasing doses of insulin. In fact, your requirements of rapid-acting insulin may double. Keep a thermometer at home to determine when your body temperature is above 99 degrees F, because this and frequent blood glucose checks are the keys to knowing when you need more insulin. You and your health care team should develop a plan for what to do if your blood glucose is high when you are sick. Do not hesitate to call them when you are ill.



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