

Diabetic Monthly

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

Surviving the Holidays... Instruction By Guest Speakers

By Angie Merchant

Holidays are the perfect time to spend with family and friends. They can also be a time of great anxiety for people with diabetes and their families. Don't let questions on what to eat, how much to eat, and meal timing dampen your holidays. Plan in advance, so you can fully enjoy the holidays, and keep your diabetes management on track.

Support groups this month will focus on preparing properly for the holidays to maintain good diabetic control. There will be many Holiday Survival Tips to help you plan ahead.

This is the support group that many of you have been waiting for... **Dr. Steven Embley** will be teaching the Gunnison support group. **Jason Okerlund, FNP** will be teaching the Monroe support group. They will do a great job and you won't want to miss out. In today's world of healthcare downsizing, we are very fortunate to have two healthcare professionals willing to spend their own time to help us. I invite each of you to take advantage of this opportunity. Support groups are always **FREE** of charge and **EVERYONE** is invited to attend. So, grab a friend or family member and meet us at support group. Can't wait to see you there!! Monroe support group will be on the 4th Tuesday as usual (not the 5th).

November Support Groups



Gunnison Support Group...Dr. Steven Embley

45 East 100 North, Gunnison Utah

November 16, 2010 at 3:00pm – 4:00pm

Happy Thanksgiving

Monroe Support Group...Jason Okerlund, FNP

140 West 100 South, Monroe, Utah

November 23, 2010 at 11:00am – 12:00pm

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Use of Nonprescription Medications

Approximately 1000 active ingredients comprise the more than 100,000 non-prescription medications (also called OTC or Over The Counter medications) available in the United States. According to the Consumer Products Healthcare Association, some of the more frequent ailments that are treated with nonprescription products include cough, cold and flu, pain and fever, allergy and sinus complaints, dermatologic conditions, and gastrointestinal distress. People with diabetes may want to treat a common ailment, but may take something that may adversely affect their blood glucose or blood pressure. The labeling of the product should always be checked prior to administration as nonprescription products are frequently reformulated and ingredients may change. Due to the complexity of the medications involved, consultation with a pharmacist prior to commencing use is especially important.

Alcohol-Free and Sugar-Free Products

Is it necessary for a person with diabetes to purchase alcohol-free and sugar-free products? This depends on the person's glycemic control, medications, and medical conditions. If a product contains carbohydrates, the carbohydrate count needs to be added into the number of grams of carbs the person consumes. The dosage of these products varies by product so, just as with foods, labels have to be read carefully to prevent hyperglycemia or hypoglycemia. The amount of carb in some products may be so small that the potential increase in blood glucose may be minimal. The illness itself also may increase blood glucose levels, so this needs to be considered. To find the carb and alcohol content in products, try looking on the products Web site or call the consumer toll-free phone number listed on the package. The alcohol content can usually be found this way also.

Cough and Cold Products

One common mistake people make is taking a multi-symptom remedy when only a single symptom needs to be treated. Non-prescription products marketed to treat cough and cold symptoms may contain ingredients that adversely affect blood glucose and blood pressure. This effect varies by product and formulation. Selecting a product that treats only the symptom(s) present, and being cognizant of the carbs and alcohol content (especially with liquid formulations), allows people with diabetes to better select products for their care.

In most cases, tablet and gel-cap formulations to treat cough and cold symptoms do not contain any or only contain a limited amount of carb and alcohol. Nasal sprays used to treat nasal congestion and allergies should have limited systemic effects if used according to the directions on the label. Oral decongestants such as pseudoephedrine or phenylephrine should be used with caution mainly due to their effects on increasing blood pressure and heart rate. They should only be given to persons with well-controlled hypertension and at the lowest dose possible for the shortest duration. They should not be used by persons with coronary artery disease (CAD).

Pain and Fever Products

Pain and fever are commonly treated with non-prescription medications. The person with diabetes should be aware that, unless directed by a healthcare professional, NSAIDS (Ibuprofen and naproxen) use should be avoided in those with renal impairment, hypertension, or heart failure. Aspirin may also increase the risk of hypoglycemia if given with Sulfonylurea medications. It is always best to discuss any new medications with your physician before you start taking them.

Tip of the Month:

Question: Okay, so I'm suppose to eat healthier and eat more vegetables. I thought fruits had sugars and that vegetables were loaded with carbs- two things I need to avoid. *Which is it? What am I suppose to eat?*



Answer:

You can include fruits and vegetables in your meal plan, even though they contain carbs. Your body uses carbs for fuel every day. In fact, carbs are the brain's preferred fuel source. It is a good idea to get your carbs from nutritious foods like fruits and vegetables. Beans, low-fat dairy products, and whole grains are also healthy sources of carbohydrates.

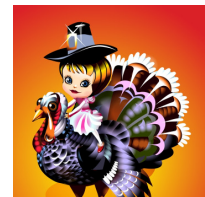
Fruits natural have carbs in them, mainly in the form of sugar. They are also packed with many vitamins, minerals, and some fiber. Choose fruits that are fresh, frozen or canned **without** added sugars. Because they are a significant source of carbs, pay attention to portion sizes and work them into your meal plan carefully.

You should know the difference between the two types of vegetables: starchy and non-starchy. Starchy vegetables include winter squash, green peas, corn, parsnip, plantains, potatoes, yams, and pumpkin. These starchy vegetables contain more carbohydrate in them so they will raise your blood glucose more than non-starchy vegetables. They also have lots of vitamins, minerals, and fiber so they are a healthy carb choice!

Non-starchy veggies include everything else - broccoli, salad greens, carrots, cauliflower, tomatoes, etc. Generally, you can eat more non-starchy vegetables for less calories and carbohydrates. On average, ½ cup of cooked or 1 cup of raw non-starchy veggies contains 5 grams of carbohydrate. For salad greens it is much less and for some like tomatoes, it is more.



Humor Matters **Thanksgiving Joke**



Thanksgiving Divorce

A man in Phoenix calls his son in New York before Thanksgiving And says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing: forty-five years of misery is enough.

"Pop, what are you talking about?" the son screams. We can't stand the sight of each other any longer," the father says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her."

Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting divorced," she shouts, "I'll take care of this!"

She calls Phoenix immediately, and screams at her father, "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife, "Okay," he says, "they're coming for Thanksgiving and paying their own way."

Happy Thanksgiving

Recipe of the Month... Holiday Pumpkin Pie with Maple Ginger Crust

Total Servings: 8

Serving Size: 1/8 of pie

Prep Time: 15 minutes

Cooking Time: 2 hours, 55 minutes (includes cooling time.)

Crust:

1½ cups graham-cracker crumbs
(about 24 cracker squares)
3 Tbsp. Pure maple syrup
1 tsp. Canola oil
1 Egg white, lightly beaten
1 tsp. Finely minced crystallized ginger
½ tsp. Ground ginger

Garnish:

½ cup fat-free whipped topping
Zest of 1 fresh lemon

Filling:

½ cup Splenda Sugar blend
2 tsp. Ground cinnamon
½ tsp. Ground ginger
¼ tsp. Salt
2 Eggs
1 tsp. Vanilla extract
1 can (15 oz) pumpkin puree (not pumpkin pie filling)
1 tsp. Cornstarch
1 can (12 oz) low-fat evaporated milk

Instructions:

1. Preheat the oven to 425 degrees F. In a bowl, combine all ingredients for the crust. Press into a 9-inch, nonstick pie pan, to form an even crust. Set aside.
2. In a bowl, mix together the Splenda, cinnamon, ginger, cloves, and salt.
3. In another bowl, beat the eggs and vanilla together. Add in the Splenda mixture and stir to combine.
4. Add in the pumpkin and stir until the mixture is well blended. Dissolve the cornstarch in about 2 to 3 Tbsp. Of the evaporated milk to the pumpkin mixture, and mix until smooth. The mixture will be thin.
5. Pour the pumpkin pie filling into the prepared crust. Place the pie on a baking sheet. Bake for 15 minutes at 425 degrees F. Lower the heat to 350 degrees F, and bake an additional 40 minutes, or until the filling is set when a knife inserted comes out clean.
6. Remove the pie from the oven, and let cool for 2 hours before serving. Cut into 8 wedges. Top with whipped topping and sprinkle with lemon zest.

Nutrition Facts:

(Holiday Pumpkin Pie with Maple Ginger Crust)

Carb Exchanges: 3 Fat Exchanges: 1

Amount Per Serving:

Calories: 255

Calories from fat: 45

Total Fat: 5 g

Saturated fat: 1.4 g

Trans Fat: 0 g

Cholesterol: 55 mg

Sodium: 285 mg

Total Carbohydrate: 46 g

Dietary Fiber: 3 g

Sugars: 32 g

Protein: 7 g

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