

diabetes today

HEALTH NEWS AND INFORMATION

Good shoes a must

Your choice of shoes is important if you have diabetes. When selecting and wearing shoes, remember these simple tips:

- Stay away from high-heeled, open-toed or plastic shoes.
- Avoid sandals or thongs with straps that run between your toes.
- Before putting on your shoes, feel around the inside for sharp edges or rough spots. If your shoes aren't smooth inside, choose another pair.
- Always wear socks or stockings.

Source: American Academy of Family Physicians



Keep your eyes on your feet

The best way to prevent foot problems is to stay one step ahead of any serious trouble.

Have your health care provider or foot doctor check your feet right away if you have any of the following:

- Loss of feeling or inability to feel hot or cold temperatures on your feet.
- Tingling, a burning sensation or pain in your feet.
- Changes in the shape or color of your feet.
- Dry, cracked skin on your feet or thickened, yellowish toenails.
- Blisters, sores or ingrown toenails.

Source: American Diabetes Association



WHEN MANAGING YOUR diabetes, a good place to start is at the bottom—with your feet. Diabetes brings an increased risk of foot problems, including loss of circulation and feeling in your feet.

These conditions can lead to undetected blisters or sores, which can become infected.

The American Diabetes Association says that a good foot care plan should include the following steps:

- Wash, dry and inspect your feet every day. Clean feet are important, but make sure to dry them well—especially between your toes.

Check your feet for red spots, cuts, swelling and blisters.

- Use lotion on the tops and bottoms of your feet, but not between your toes,

where moisture can breed germs.

- Wear shoes and socks when you're on your feet. Bare feet can leave you exposed to extreme temperatures and small nicks and cuts

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www.mychp.com.

that can go unnoticed.

- Trim your toenails regularly. If you have trouble reaching or seeing your feet, have a foot doctor or other health care provider cut your nails.

- Have your feet checked by a medical professional at least once a year. And let your doctor know immediately if you notice a change in how your feet look or feel.

HEALTHY facts

DEPRESSION, DIABETES LINKED

Older adults with symptoms of depression may be at risk for developing type 2 diabetes. Over a 10-year period, researchers followed more than 4,600 people 65 and older without diabetes. Those who reported symptoms of depression were more likely to develop type 2 diabetes than people who had no depression symptoms.

—Archives of Internal Medicine

GESTATIONAL DIABETES RAISES TYPE 2 RISK

Women who develop diabetes during pregnancy have a significant risk of developing type 2 diabetes. At 15 years after gestation, they are nearly 10 times more likely to have developed type 2 diabetes than are women who didn't get gestational diabetes.

—Diabetes Care



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A1C TESTING: THE big PICTURE

REGULAR BLOOD SUGAR TESTING at home is an essential part of good diabetes management.

But home tests can't tell you whether your diabetes is truly under control. You also need to know your average blood sugar level over several months.

A simple lab test known as A1C can help determine that.

The A1C test, which your doctor can perform, shows your average blood sugar control over the past two to three months. The results can tell your doctor how well your diabetes treatment plan is working.

The test result is reported as a percentage. According to the

National Institutes of Health, a test result below 7 percent is best. It shows that your blood sugar is in a

desirable range and that your treatment plan is working well.

The lower your A1C is, the lower your chance of possible diabetes complications, such as eye or nerve damage.

If your result is more than 8 percent, your doctor may suggest a change in your treatment plan.

Plan on having an A1C test at least twice a year. Your doctor may recommend more frequent testing if your A1C result is not on target. You may also need to be tested more often if you have a change in your diabetes treatment plan, such as starting a new medicine.

Along with your daily blood

sugar tests, A1C tests can help you keep your blood sugar under the best possible control.

Questions? Call your
disease management
nurse at **816-271-7862.**

traveling WITH DIABETES

GETTING READY FOR A TRIP

requires extra planning if you have diabetes.

To help you prepare for extended travel, here's a checklist from the National Diabetes Education Program.

First things first

- See your doctor for a checkup four to six weeks before your trip to make sure your diabetes is under control.
- Get immunizations well before you travel if you need them.
- Ask your doctor for an extra prescription for diabetes supplies and a letter describing your medicines, supplies and allergies. The letter could help at airport security and elsewhere.
- Buy a bracelet or necklace that explains you have diabetes. Wear it everywhere.

Pack right

- Take double the amount of diabetes supplies that you'd normally need for the time you're gone. Keep at least half of your supplies with you at all times.
- Take an insulated bag with refrigerated gel packs to keep your insulin cool.
- Pack snacks and glucose gel or tablets in case your blood glucose drops. If you take insulin, include a glucagon emergency kit.
- Put your medical insurance card and emergency phone numbers where you can easily reach them.

Fly smart

- Call your airline a few days before you travel to ask for a diabetic meal.
- Pack food for the entire flight in case of unexpected schedule changes.
- Plan for time zone

changes so you can adjust when and how much medicine to take.


- Keep supplies and emergency snacks at your seat—not in the overhead bin.
- Wait until food is about to be served before taking insulin.

Plan for the road

- Keep a cooler in the car for medicines. Never leave medicines in a hot vehicle.
- Bring extra food in case you can't find a restaurant.

Put safety first

- Check your blood glucose often. Changes during travel can affect your blood glucose in unexpected ways.
- Always tell at least one person traveling with you that you have diabetes. If you're flying alone, tell a flight attendant.



Keep supplies and emergency snacks at your seat.

How to prepare for security screening at the airport

Taking diabetes supplies through airport security will be easier if you follow these recommendations from the American Diabetes Association and the Transportation Security Administration:

- Pack supplies in a separate pouch or bag. If containers of liquids or gels are larger than 3 ounces, declare the items to security personnel.

- Tell the screener that you have diabetes and are carrying supplies (including medicines) with you. Be prepared to show a medication label for your insulin.

Your supplies will undergo x-ray inspection unless you request a visual inspection before the screening process begins. Even so, your supplies may

need to be x-rayed if they can't pass a visual inspection.

- If you have an insulin body pump, you may request a visual inspection instead of walking through a metal detector or being inspected with a hand wand. Remind the screener that the pump can't be removed because it is connected to a catheter.

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reward YOURSELF WITH A SMOKE-FREE LIFE

MANY OF US LEARN AT SOME point that the right thing to do can often be the most difficult—and the most rewarding.

If you're a smoker, the right thing to do is to quit.

Smoking is bad for everyone. But it can be particularly harmful to someone with diabetes.

According to the American Diabetes Association, smoking can:

- Increase cholesterol levels in the blood, which can lead to high blood pressure and an increased risk of heart attack.
- Damage and constrict blood vessels, which can cause foot ulcers, foot infections, blood vessel disease and stroke.
- Cause nerve damage and kidney

disease in people with diabetes at a higher rate than in nonsmokers with diabetes. ■ Raise blood sugar levels, which makes it harder to control diabetes.

And most important, smokers with diabetes are three times more likely to die of cardiovascular disease than nonsmokers with diabetes.

So do the right thing: Stop smoking. It may be the hardest—but the best—thing you ever do.



For help with quitting, visit the American Cancer Society website at www.cancer.org.

HEALTHY. recipe

Simple and spicy Mexican corn

Whether you're after a side dish to spice up a Mexican-style meal or something hot to warm up a cool day, this recipe might be what you're looking for.

Ingredients

- 4 cups frozen corn
- ½ cup salsa or picante sauce, spiciness to taste
- 4 teaspoons lime juice

Instructions

1. Cook corn as usual in steam basket or microwave oven.
2. Drain corn if necessary and place in serving dish with salsa and lime juice.
3. Stir to combine well and serve.

Nutrition information

Makes four servings
Per serving: 166 calories, 0g total fat, (0g saturated fat), 36g carbohydrates, 5g protein, 150mg sodium

Source: American Institute for Cancer Research