

BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter June 2011

A Publication of the Diabetes Education Department at the New Medical Office Building

UPCOMING EVENTS

Diabetes Support Group

Open to the Community

June 7th at 2pm at the
New Medical Office Building
Speakers: Cathy Olmstead
Topic: Eating on the Run

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Diabetes Self Management Classes for June 2011

June 7th at 3:30 pm
Introduction to Self Management of Diabetes

June 14th at 3:30 pm
Prevention of Diabetes Complications

June 21st at 3:30pm
Meal Planning and Carbohydrate Counting

June 28th at 3:30pm
Update and review self Management and
Meal Planning

All Tuesday classes will held at the MOB

Saturday June 11th 10 am (all day class)
1st floor Conference Room in BSCH cafeteria

Please Note: An MD referral is needed.

Classes offered by:

Tammy Compasso, R.N. C.D.E.

Cathy Olmstead, M.S. R.D. C.D.E.

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Diabetes-Friendly Tips For Handling The Summer Heat:

People with chronic diseases like diabetes as well as people taking certain medications, including heart disease medications and diuretics, which are often used to treat complications of diabetes, are at increased risk of experiencing difficulties in the heat, even though they may not be aware of it.

- **Keep hydrated.** Dehydration, or the loss of body fluids, can happen on these very hot summer days whether you have diabetes or not. If you have diabetes, dehydration also can occur when blood glucose is not under control. When blood glucose is elevated, this can lead to an increase in the body's excretion of urine. To prevent dehydration drink plenty of caffeine-free fluids such as water, seltzer or sugar-free iced tea and lemonade. Limit your intake of alcohol.
- **Watch for signs of heat exhaustion,** especially if you are working or exercising outdoors. People with diabetes and other chronic diseases like heart disease are more susceptible to overheating. Symptoms include: feeling dizzy or fainting, sweating excessively, muscle cramps, skin that is cold or clammy, headaches, rapid heartbeat and/or nausea. If you experience any of these symptoms, move to a cooler environment, drink fluids like water, juice or sports drinks (based on your healthcare provider's instructions) and seek medical attention.
- **Exercise in a cool place** such as an air-conditioned gym, or early in the morning or later in the evening when temperatures may be more moderate.
- **Check blood glucose levels** at least four times per day and more often if you are not feeling well. Remember that heat can cause blood glucose levels to fluctuate. Carry plenty of water and snacks.
- **Store your blood glucose meter, strips and insulin in a cool, dry place.** Do not store insulin in extreme temperatures. Never store insulin in the freezer, in direct sunlight, in the

Recipe...

Border Breakfast Steaks with Cilantro

Serves 4; serving size: ¼ recipe

Ingredients

1 tsp chili powder
¼ tsp ground cumin
¼ tsp onion powder
1 lb trimmed thin round steak, cut into four pieces
¼ cup water
1 medium tomato, diced
¼ cup chopped cilantro
1 medium lime, cut in wedges
¼ cup fat-free sour cream (optional)

1. Combine the chili powder, cumin, and onion powder in a small bowl. Sprinkle evenly over both sides of the beef, pressing down lightly with fingertips to adhere.
2. Place a large nonstick skillet over medium-high heat until hot. Coat lightly with cooking spray, cook the beef 2 minutes, turn, and cook 1 minute or until very pink in center. Place on serving platter and set aside.
3. Add the water and tomatoes to pan residue in skillet over medium-high heat and cook 2 minutes or until reduced slightly, scraping bottom and sides of skillet. Pour evenly over the beef. Season lightly with salt and pepper, if desired.
4. Sprinkle evenly with the cilantro. Serve with lime wedges and top with sour cream, if desired.

Nutrition information: - Exchange/choices - 4 lean meat. Calories: 165; Calories from fat: 55; Total fat: 6.0 g; Saturated fat: 2.0 g; Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: 75 mg; Sodium: 45 mg; Total Carbohydrate: 2 g; Dietary fiber: 1g; Sugars: 1 g; Protein: 25g.

car or the car's glove compartment. Examine your vials of insulin. Clear insulin (Regular, Humalog, Novolog, Apidra, Lantus, and Levemir) should remain clear. NPH insulin should not have any clumping or "frosting" on the vials.

- **For insulin pump users**, excessive perspiration can be a problem in hot weather or during strenuous activities. This can loosen the adhesive securing the infusion set, the part of the device that attaches to your body. If perspiration is a problem, try using a spray of antiperspirant on the insertion site after your usual skin-preparation routine.
- **The pump housing** provides some insulation from the heat. If you are concerned about heat, you can use a protective pouch with a small, cold gel pack placed inside the pouch as a way to protect your insulin from the effects of heat. If you are spending an extended amount of time in the sun, cover the pump with a towel to protect it from prolonged direct sunlight. Disconnecting your pump for up to an hour is another option, but if it is disconnected for a longer time, you will need to adjust your insulin infusion rate accordingly to allow for the missed doses.

If you have diabetes and have questions about coping with heat or other extreme weather conditions, consult with your medical team.

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Reprinted from <http://www.joslin.org/info/Diabetes>

Support Group & Classes are given at The New Medical Office Building located at 161 East Main Street, Port Jervis, NY by Tammy Compasso, R.N. C.D.E. and Cathy Olmstead, M.S. R.D. C.D.E.

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