

Diabetic Care For *The Good Life...*



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Exercise Can Help Put You *Back in Control*

If you're not into regular exercise, putting together an exercise plan can be a bummer.

But remember, along with your diet and medications, **regular physical activity is an important part of managing diabetes or dealing with prediabetes.** Because when you are active, your cells become more sensitive to insulin so it works more effectively. And you just feel better. And look better

So, however you want to do it - taking regular walks around the block, going for a run, or signing up for a marathon - *getting started is the most important part.*

Get started. But get started safely.

It doesn't matter where you are physically. If you've never set foot in a gym, that's okay - as long as you start doing something now. If you haven't been very active or are

worried about your health, it's important to consult your doctor and start slowly.

Light walking is a great place to start - and a great habit to incorporate into your life. Walk with a loved one or just by yourself while listening to an audio book. Set goals every day and meet them and you'll start feeling like you're back in control of your life.

Even little changes make a big difference.

If you're still struggling with getting started or feeling overwhelmed by the idea of starting a more active life, take heart: every change, no matter how small, makes a difference in your ability to manage diabetes. Even losing 7-10 pounds can have a significant impact on your health. **The power to change is firmly in your hands - so get moving today.**

Need Some Inspiration?

Check these tips and tricks to help you along your fitness journey:

- **Get 150 minutes of exercise weekly:** *it's much easier than you think!* Consider small blocks of 10 minutes, they add up quickly to 150.
- **Putting the fun into fitness:** *Exercise is often recommended prescription-style, not suggest as a fun part of life.* Reframing physical activity is key. Think fun!!! *Just MOVE!!*
- **Break a sitting streak:** *Breaking up sedentary time with light activity can help reduce health risks while netting you stronger muscles and burning calories.* Sit no longer than 20 minutes without a break.
- **Working out with videos or video games:** *Over the past decade or so, a number of developers have created videos and video games designed to get people of all ages on their feet.* A favorite is "Lazy Monster." Check out "SWORK IT" or "Zoomie Run" if you like to run.



What Affects My Blood Sugar?



Ask Yourself a Few Questions.

Many mornings a person with diabetes wakes up and begins the daily routine with a poke of a finger, or a check with a glucose monitor. Yes, note that information in a blood sugar log to share with your health care provider at your next Diabetic Care visit.

But what then? Was your reading in your target range? Was it lower or higher than you expected? As your day begins, plan to keep those readings on target. Ask the question: **WHAT AFFECTS MY BLOOD SUGAR?**

- **Activity?** - Exercise works to lower blood sugar. Do you need a snack before a workout, or to plan extra activity in the day to lower your readings?
- **Eating?** - Eating less food will lower your blood sugar, but eating more food or high carbohydrate food will raise the readings. Is your reading below your target?

- **Medications?** - Medications may need to be timed to when you eat a meal, or it may need to be taken at a regular interval. It all plays into hitting the target.
- **Stress?** - Stress not only makes us feel uncomfortable, but **our bodies react by releasing hormones to increase blood sugar.**
- **Feeling Sick?** - Being sick changes what we eat, but also releases those body hormones that can increase your blood sugar readings. Not eating or drinking while sick can lower the numbers. Being ill is a time that **extra monitoring is needed to stay in target.**
- **Steroid Medication?** - Yes, they get rid of poison ivy, and help with breathing problems, but they also love to raise those blood sugars.

Keep up a healthy daily routine by including the important questions about blood sugar control.



Target Blood Sugar Levels

Fasting Blood Sugar	2 Hour PP	Before Bed
80–110	80–150	110–150

Do the best you can until you know better. Then, when you know better, do better. -Maya Angelo



Guardian Angel We Can Hug!



The Ellsworth area will soon be experiencing “comfort” on a regular basis when **Keren, the LCC Certified Comfort Dog**, begins her rounds in local churches, schools, nursing homes, the hospital, local events and even disaster response situations.

Her local sponsors, the Immanuel Lutheran Church in Ellsworth, says Keren has been taught to be “a friend who brings a calming influence and allows people to open up their hearts and receive help for what is affecting them.”

Keren, a 2-year-old golden retriever, has been in training with the **LCC K-9 Comfort Dog Ministry** since she was 8 weeks old. During her local rounds she will have 9 local handlers who all underwent nine weeks of training themselves before receiving certification. Keren will be available to not only patients but also medical staff for *comfort moments*.

Studies show that stress levels decrease within just 10 minutes of first “petting” on soft fur of our pets. **Lowering your stress, and possibly your blood sugars, is a nice bonus for cuddling up with a furry friend.**

Is It Safe to Drink With Diabetes?

Answers From the ADA FoodHub Site:



People with diabetes do not need to cut alcohol out of their diet, however, there are some important safety considerations.

Alcohol competes with your liver's ability to make glucose (sugar) when your blood sugar is low.

If you are on insulin or other anti-hyperglycemic medications, this can lead to dangerously low blood sugars up to 24 hours after you stop drinking. Alcohol can also cloud your judgement, so you may not realize that your blood sugar is low.

To prevent hypoglycemia, **don't drink on an empty stomach.** Make sure you have food handy while you are drinking and keep an eye on your blood sugar.

HOW MUCH IS TOO MUCH?

Alcohol consumption recommendations are the same for people with diabetes as the rest of the population; **no more than one drink a day for women and up to two drinks a day for men.** "Binge drinking" or drinking more than four drinks (for women) or five drinks (for men) within two hours, is strongly discouraged for health and safety reasons.

If you are at a sporting event and plan to drink over several hours, pace yourself and don't overindulge. A good rule of thumb is to have no

more than one drink per hour, and no more than three (for women) or four (for men) drinks in a day. And remember to drink plenty of water to stay hydrated!

When it comes to beer, one drink is 12 ounces, or one can/bottle of beer. But remember, some cans and bottles might be more than 12 ounces. For example, large 24 ounce cans are common at many sports stadiums; these would count as two drinks, not one!

If you are pregnant or underage, you should not drink any alcohol. Talk to your doctor if you have other medical conditions like liver or kidney disease, or if you are on any medications.

IS BEER HIGH IN CARBS?

Beer is typically higher in carbs than other alcoholic drinks like wine or liquor. But the carb content of beers can vary widely depending on the type of beer.

"Light" beers have the least carbs, usually 5 or less grams per serving. They are also lower in alcohol content. So if you know you're going to have more than one beer

while you're watching a game, stick with light beers.

Hoppy craft beers like IPAs and stouts tend to be much higher in carbs, usually 15 grams or more per serving.

Beer cans and bottles do not typically come with a nutrition facts label, so it can be hard to know how many calories and carbs are in a serving. You can find nutrition information for some of the major beer brands on websites like www.calorieking.com.

BOTTOM LINE

Moderate alcohol consumption (no more than one to two drinks per day) is perfectly safe for most people with diabetes.

To avoid hypoglycemic, don't drink on an empty stomach and check your blood sugar often while drinking and up to 24 hours after you stop drinking.

If you are planning to drink beer during a sporting event or other occasion, here are a few tips to remember:

- **One serving of beer is 12 ounces.**
- **Choose "light" beers** – they are the lowest in carbs, calories, and alcohol.
- **Pace yourself** - don't have more than one drink per hour, and limit yourself to no more than three or four drinks for the day.

DID YOU KNOW?

ECMC Physical Therapy Department provides individual Strength & Balance Therapy?

Call 785-472-3111 Ext. 2300

Ellsworth Co. Senior Ctr. Public Group Exercises

Call 785-472-3032

Exercise is key to keeping up your strength.

Pat's Ponderings...

Pat Allen, ECMC Cardiac Rehab/MSN, RN

Happy Summer!!!!

Just what does Summer bring to your mind? Sunshine! Smells of freshly mowed grass! Visiting Farmer markets! Family fun at the ball field or lake! Hiking the trails at our parks! Biking the neighborhood! Picnics! Whatever the thought, I trust that you will enjoy **Summer of 2021** with a renewed appreciation for health and freedom to gather and travel as we were not able to do in 2020. *Let the fun begin!*



This summer edition of *The Good Life* highlighted many ways to enjoy your summer and support your diabetes health. I'm reminded of the illustration that diabetes self-care is like a stool with 3 legs: *physical activity, healthful eating, and medications*. If you ignore one of the legs, the stool may wobble. Your daily choices keep your stool stable. Have fun with new activity adventures, try a new food at the Farmer's Market, and experience comfort and less stress by spending time with the Comfort Dog Ministry. Life isn't boring, unless you allow it to be.

The first of July will find me experiencing retirement from the nursing I've enjoyed with ECMC since before the turn of the century. I too will be focusing on keeping my Good Life stool steady. We all must "just keep taking the next step." I hope to find you on my life path as I take my "next step."

Live Well, Eat Healthy, Be Active! It's not always easy, but it's worth it...*Have a blessed and safe Summer! - Pat*

Diabetes & Heart Failure

Small Steps Make Big Changes

Did you know that diabetes and heart failure are related?

Over time, type 2 diabetes weakens your arteries. The inside of your arteries slowly fill with plaque (a fatty substance). The more blocked your arteries become, the harder it is for

your heart to keep up. If you have diabetes, there is a lot you can do to reduce your risk for heart failure, including leading a healthy lifestyle and talking to your doctor.

For more details, visit knowdiabetesbyheart.org.



Know **Diabetes by Heart**™

What You Need to Know: Getting a COVID-19 Vaccine

COVID-19 vaccination is an important tool to protect the health and safety of Americans and end the pandemic, which has taken a staggering toll on people living with diabetes and other underlying health conditions. The three COVID-19 vaccines currently approved by the FDA – Pfizer, BioNTech, Moderna, and Johnson's & Johnson's – are proven to be highly effective at preventing severe illness and death.

Because the distribution of COVID-19 vaccines is being organized on a state-by-state basis, it's important for people to be knowledgeable about when and how they can receive their vaccines. Be sure to investigate your state's plan so that you can protect yourself and others.

The CDC now recognizes that people with Type 1 diabetes and Type 2 diabetes are equally at risk, and most states prioritize both groups equally for access to vaccines. If you have not been vaccinated, you should seek out availability information and get your vaccination as soon as possible.

Excerpt from www.diabetes.org



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