



Diabetes Update

Summer
2011

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Managing Diabetes in the Heat

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If you are like most people, you look forward to summer as a chance to get outside and enjoy the sun and warm weather. However, the hot days of summer can add a few challenges to your diabetes management plan. You may find that your blood glucose levels are a bit less predictable than usual. You also have to take precautions so that your medications and supplies are kept at normal temperatures. Use the following advice to keep cool and stay safe when the temperatures rise...

Stay hydrated

People with diabetes are more susceptible to heat exhaustion and may be at increased risk for dehydration, especially when blood sugars are elevated. When it's hot outside, drink plenty of fluids – especially water – and limit your caffeine intake. Even when you are not doing physical activity, you should drink fluids at regular intervals. Don't wait until you are thirsty. Pay attention to how you are feeling and remember that safety is your first priority.

Monitor your blood glucose

You may find that your blood glucose is higher or lower than usual when you are out in the heat. Be sure to check more frequently on a hot day, especially if you are active. If you get an abnormal reading, follow your healthcare provider's recommendations for bringing your glucose back to a normal range. If you don't know these guidelines, contact your healthcare provider or diabetes educator for advice.

Dress appropriately

Hats, visors, and light-colored clothing are essential on hot days. Be sure to keep your feet covered and always wear shoes. Bare feet and open-toed sandals can put your feet at risk for burns and other injuries. Also use sunscreen with AT LEAST an SPF 15 on exposed skin any time you are outdoors. Reapply sunscreen every 2-3 hours.



Protect your supplies Glucose monitors, testing strips, and insulin pumps may begin to lose effectiveness in the heat. Keep them protected from extreme temperature changes, which can especially occur in a parked car or in direct sunlight. If your supplies are going to be exposed to direct sunlight for an extended period of time then they should be in a protective case, with a cold pack if necessary.

Protect your medicines

Many diabetes medications, including insulin, can lose effectiveness at high temperatures. Follow the prescription insert instructions for specific storage temperature recommendations. In general, it is always best not to leave any diabetes medicines or devices in a parked car or in direct sunlight on a hot summer day.

Source: *Practical Diabetology*,
May/June 2011 Issue



A Healthy Plate — “MyPlate” Icon Announced As a New Tool to Help Make Healthier Food Choices

The USDA has brought a new food icon to the table, replacing the food pyramid with a plate. Realizing that it is often challenging to determine the best foods to include on a plate, this new tool is meant to show you how to build healthy meals. MyPlate will replace the MyPyramid image as the government’s primary food group symbol and an easy-to-understand visual cue to help you adopt healthy eating habits consistent with the 2010 Dietary Guidelines for Americans.

The 2010 Dietary Guidelines for Americans, launched in January 2011, form the basis of the federal government’s nutrition education programs, federal nutrition assistance programs, and dietary advice provided by health and nutrition professionals. Key messages include:

Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

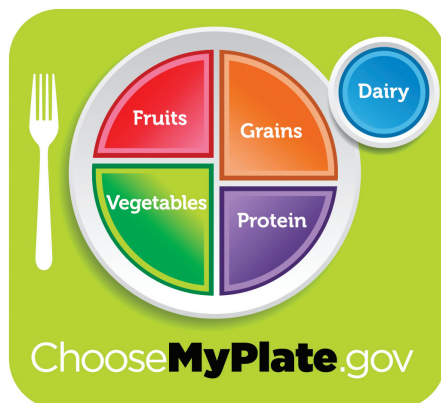
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains

Foods to Reduce

- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- Drink water instead of sugary drinks.

The new website, www.choosemyplate.gov, includes much of the information formerly found on www.mypyramid.gov. The website features practical information and tips to help Americans build healthier diets.

MyPlate illustrates the five food groups using a familiar image, a place setting.



Also available through the website is a new brochure, *Let’s Eat for the Health of It*, which contains strategies to make healthy food choices. It highlights themes from the dietary guidelines such as *Balancing Calories*, *Foods to Reduce*, and *Foods to Increase*.

You can also find “The 10 Tips Nutrition Education Series” handouts that provide easy-to-follow tips in a convenient format, as well as sample menus and recipes. Find simple ways to make small changes toward healthier eating!

Source: www.choosemyplate.gov

Improve Fitness with Walking!

Walking is a great way to get fit, and it is free! It improves circulation and mobility, promotes weight loss, and even helps reduce stress. There’s no better time to begin a walking routine than right now! Even with the warmer temperatures, walking at a local shopping mall, school, or recreation center all offer indoor opportunities to beat the heat and still fit in physical activity.

If you’re not used to being active, start with 10 minutes each day and build as your energy increases. When you begin, find a comfortable pace and try to add about 3-5 minutes to your walking time each week. A good goal to shoot for is walking 30-45 minutes, five days a week.

Use a Pedometer

You can use a pedometer to track how many steps you take each day. Experts suggest you build up to 10,000 steps a day (this is 5 miles).

Here’s how to start:

- First, check how many steps you do now. Wear the pedometer for a week or two. Find out the average steps you take each day.

- Once you know your starting point, try to up your daily average by 500 steps every couple weeks.
- Before you know it, you'll hit 10,000 steps a day!



These quick tips will put an extra spring in your step:

- Stretch for 5-10 minutes before and after every walk.
- Keep a good posture. Gaze forward, not down at the ground, with your chin level and head up.
- Stay hydrated by drinking 8 ounces of

water before you begin your walk.

- Wear shoes designed for walking for greater comfort and injury prevention.
- Your walks don't have to be long and strenuous to be beneficial. A walk to the store or through the mall counts, too.



Be Safe! Don't forget:

- Wear your diabetes I.D.
- Check your blood glucose level before exercise. If it's too low (under 80 mg/dL), eat a small piece of fruit, a few crackers, or drink a glass of milk.
- Check your blood glucose level after exercise. Learn how your blood glucose reacts to becoming

more active. If you take diabetes medicines and your blood glucose often gets too low, ask your doctor about lowering your doses.

- Carry a snack to eat if you'll be active for a few hours.

Did You Know?

By walking just an extra five minutes a day, you can burn an additional 24 calories per workout. That may not seem like much, but over the course of one year it adds up to a total of 8,760 additional calories burned!

Source: American Diabetes Association (www.diabetes.org)

Save the Date! **Diabetes Dayton**

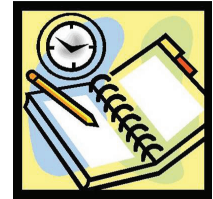
Diabetes Dayton Diabetes Expo 2011

Saturday, 11/12/2011 • 9am – 12 pm
Sinclair Community College Ponitz Center

Opportunity Central

Call (937) 396-8137 to take advantage of these opportunities! Also be sure to visit our website at www.DaytonDiabetes.com!

Diabetes Self-Management Education Classes



Classes are offered at flexible and convenient locations throughout the Dayton area, including the Providence Medical Group Administrative Office, Beavercreek Health Center, and Huber Heights YMCA. Ask your physician for a referral to attend diabetes self-management education classes, or give us a call and we can begin the process for you!

Diabetes Prevention 101

Do you or someone you know have blood glucose levels that are higher than normal but not yet high enough to be classified as diabetes? Have you been diagnosed with "pre-diabetes"? Learn how meal planning, physical activity, and lifestyle changes work together to help prevent or delay the progression to Type 2 diabetes. **Next class: October 20, 2011.**

Diabetes Refresher Class

This class is for those who have had previous diabetes education but are in need of a review of managing diabetes. This unique class will be a fun and interactive session that provides you with the tools to better manage your diabetes! **Next class: September 28, 2011.**

Providence Diabetes Center Empowerment* Group

*“Empower: to enable, to promote the self-actualization or influence of”
Our goal is to provide you with a support and networking group for managing diabetes!



Mark your calendar for our 2011 meetings—
All groups meet from 3:00 p.m. to 4:00 p.m.

Providence Medical Group Administrative Offices—Dayton
July 28, October 27

Huber Heights YMCA
August 25, November 17

NEW LOCATION! DOWNTOWN YMCA!
September 22, December 15

Free and Open to the Public • Please RSVP to (937) 396-8137



“It’s not a rash, it’s moss. You need to start being more active than a tree.”



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