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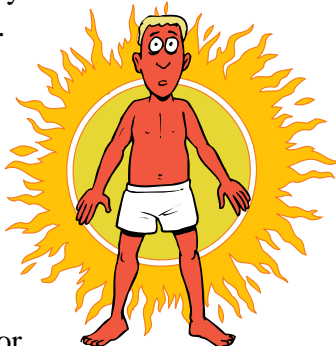
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## Top Ways to Have a Relaxing Vacation — With Diabetes!

Whether you are going on vacation, or you are planning a “stay-cation” at home, summer is a time to kick back and relax. For a person with diabetes that might sound easier than it actually is, but with just a little bit of planning a relaxing vacation can be simple. Here are some tips to ensure that your summer is fancy free and...

- **Footloose:** You’ve heard it before that people with diabetes are at risk for foot problems. It is wise to wear good-fitting shoes every day. Avoid walking barefoot, as it exposes feet to infections and the possibility of cuts and bruises.

- **Thirty block:** Since your skin is your largest organ, make sure you protect it well. Use a sunscreen with at least 15 or 30 SPF. Once you get inside, apply a good skin moisturizer to avoid dryness.



- **Yoga on the go:** If you are in a car or on an airplane, get up and stretch every two hours or so. Not only will it make you feel more energetic, it will help the circulation throughout your body.

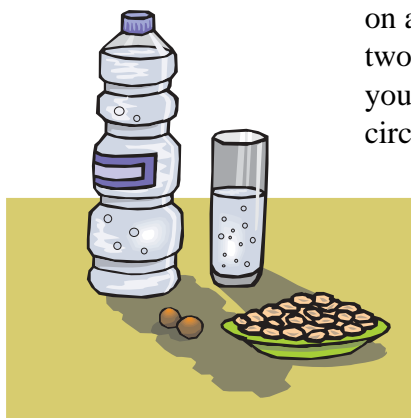
- **Bottled or tap:** Drink plenty of water whether you are lounging at the pool or in your air-conditioned home. Summer’s heat can dehydrate you faster than you think.

- **If you can’t stand the heat...:** Prepare meals in advance and

freeze them or cook early in the morning. This will help keep your kitchen from becoming overly hot and prevent you from eating excessive amounts of take out.

- **Stay out of the kitchen:** On the other hand, summer is the perfect excuse not to cook. Slice or dice fresh summer produce as a quick and easy (not to mention healthy) snack or part of a meal.
- **Don’t stress:** Stress can cause blood sugar levels to rise, so remember the R & R component of vacationing and don’t over plan your trip.
- **BYOS:** Bring your own snacks, even if you anticipate eating in-flight or stopping for a meal. You never know when delays could send blood sugar plummeting.
- **Double up:** Bring twice as much medication, insulin, and supplies as you think you’ll need, particularly if you’re traveling abroad.
- **Carry on:** Always carry your medical supplies on board with you rather than checking them in luggage.
- **Get a doctor’s note:** If you’re flying with medical sharps (i.e., lancets, syringes) or a pump, it’s a good idea to have both the original prescription labels for the insulin and a note from your doctor explaining your medical need.
- **Stay cool:** If you’re traveling in hot climates, get a cooling or insulated bag for insulin and keep supplies out of direct sunlight.

Taken from [www.diabetes.org](http://www.diabetes.org) and [www.dlife.com](http://www.dlife.com).

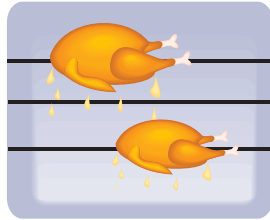


## If You Have Diabetes, You Can Work Out Those Summer Eating Habits!

With all of those summer barbecues and family reunions coming up, you have to keep your eating habits in shape, too! Making healthy food choices - even while on vacation - is a key step to staying healthy, feeling better, and most importantly, keeping your diabetes in control. Here are some tips from the National Diabetes Education Program on how to eat healthy foods and still enjoy all the foods that summer has to offer:

At a summer buffet, start by scanning the table to see what's available. Fill up your plate with mostly vegetables and whole grains.

If there are meat dishes, limit your portion to about the size and thickness of a deck of cards. Choose lean meats, poultry, or fish instead of high fat meats, such as barbecued ribs. Choose grilled chicken (remove the skin) instead of something fried.



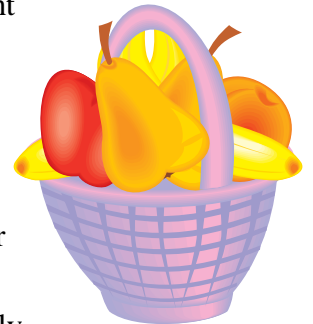
Look for high-fiber foods, such as dried beans and peas, lentils, and dark green vegetables such as broccoli, cabbage, spinach, and kale. Dishes with green beans, three-beans, black beans, and black-eyed peas are always good choices, as are whole grain foods such as brown rice, couscous, and whole wheat bread and pasta.

Watch out for those fatty foods! Limit dishes with a lot of mayonnaise, sour cream, and butter. Choose

veggies that are light on dressing and cheese. For fun, try making your own dressing with a little olive oil and vinegar. If you make a sandwich, use whole wheat bread with mustard or salsa instead of mayonnaise.

Try to drink water, unsweetened tea, or diet soda with your meal. If you choose to drink alcoholic beverages, drink only with a meal and limit it to no more than one (for women) or two (for men) a day.

Don't forget dessert! Dessert is a great opportunity to get in some of your daily fruit intake. Let's face it; what is summer without delicious watermelon or strawberries? Fruit is an excellent source of fiber, vitamins, and minerals, and has zero fat. Those pies and cookies taste good, but have a lot of fat and cholesterol. An occasional treat is ok if you can work it into your meal plan.



Summer is a time to enjoy family, friends, and life. It's also a great time to refocus on feeling better, eating healthy foods, and controlling your diabetes...for life!

*For more tips and free materials on diabetes control, visit the National Diabetes Education Program at [www.ndep.nih.gov](http://www.ndep.nih.gov) or call 1-800-438-5383. Taken from [www.ndep.nih.gov/diabetes](http://www.ndep.nih.gov/diabetes).*

### Providence Diabetes Center Support Group

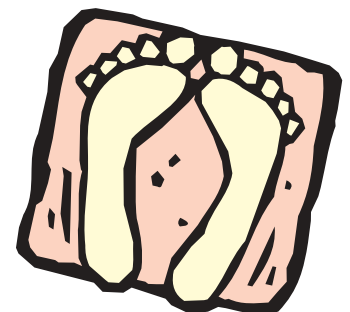
**Come and meet Dr. Robert Joseph, Podiatrist  
with Providence Medical Group!**

Wednesday, June 24, 2009 4:30 - 5:30 p.m.

2912 Springboro West - Suite 317

Refreshments Provided • Free and Open to the Public

Please RSVP to (937) 396-8137



*Layered Vanilla Yogurt Parfaits from “Diabetic Meals in 30 Minutes – or Less!” by Robyn Webb*

- 3 cups plain nonfat yogurt
- 2 tsp vanilla extract
- 3 tsp fructose (or try an alternative such as Splenda®)
- 1 banana, sliced
- 1 cup halved green grapes
- 1 cup sliced strawberries
- 1/4 cup Grape-Nuts® cereal



In a small bowl, combine the yogurt, vanilla, and fructose. Place a bottom layer of the yogurt mixture in parfait, wine, or champagne glasses.

In another bowl, combine the fruits. Add a layer of fruit on top of the yogurt. Continue layering the yogurt and fruit until each glass has three layers, ending with yogurt.

Top each parfait with a sprinkle of Grape-Nuts® cereal. Chill until ready to serve.

Serving size: 1/2 cup yogurt with 1/2 cup fruit

Servings for recipe: 6

Calories: 126 kcal

Total fat: 0 gm

Cholesterol: 3 mg

Sodium: 129 mg

Total carbohydrate: 25 gm

Dietary fiber: 2 gm

Protein: 8 gm

## **Diabetes Self Management Education Classes**

Classes are offered at flexible and convenient locations throughout the Dayton area, including:

- Providence Medical Group Administrative Office
- One Elizabeth Place
- Huber Heights YMCA
- Beavercreek Health Center
- Germantown Public Library



*Call (937) 396-8137 for additional information or ask your physician for a referral to attend diabetes self management education classes!*

### **What patients are saying about the Providence Diabetes Center’s diabetes self management education classes...**

*“I enjoyed the classes and the support.”*

*“The educators were eager to teach and help with my diabetes. The classes were very thorough and I learned good information during every class session.”*

*“The classes made me aware of how important it is to manage diabetes to avoid complications.”*

*“Very helpful and informative...really opened my eyes.”*

*“I feel encouraged, revitalized, and excited to control my diabetes and save my life!”*

*“Thanks! It was informative and I don’t feel so alone in dealing with my diabetes.”*

*- Providence Diabetes Center patients -*

## Exercise Warning Signs

Exercise is an important part of your plan for controlling diabetes, but it is vital to exercise within your limits, know the warning signs of trouble, and when to contact your physician. It is also important to be aware of your body's signals that you may be "overdoing it" or exercising too vigorously, or that your blood sugar level may be dropping.

You should stop IMMEDIATELY and rest if any of the following occur when exercising:

- 1. Shortness of breath:** when exercising you should be able to talk to another person (but not sing – that means you aren't exercising quite enough).
- 2. Chest pain:** this could be a sign of cardiac problems, and should be reported to your medical provider.
- 3. Dizziness/feeling faint.**
- 4. Black halo around objects, vision blurring or going dark, or "sparks":** this can be a sign of a hypoglycemic reaction, and you should check your glucose immediately, or treat yourself as if your glucose is low if you do not have a monitor nearby.
- 5. Pain in the lower extremities:** this can be a sign of circulation problems, and you should discuss this with your medical provider, as well as obtain his/her recommendations on your activity level.

**6. Sweating profusely:** be cautious in hot weather, drink plenty of fluids, and wear loose, cool clothing. Try to exercise in the shade if possible, or inside in air conditioning if there is a heat warning outside.

Be smart when you exercise: know your limits, know the warnings and know when to call your healthcare provider. Also be sure to monitor your blood sugar both before and after exercise.

Taken from [www.diabetes.lifetips.com](http://www.diabetes.lifetips.com).



"Jim was diagnosed with diabetes, and his doctor says he needs to keep active, so I hide his TV remote three times a week."

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Diabetes  
Update  
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