
Diabetes Life Lines



A newsletter from your County Extension Office
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Making Travel Manageable

Holiday time frequently includes travel to visit family and friends. Your diabetes management need not suffer during these trips. The National Diabetes Education Program has these suggestions to make your trip less stressful:

Plan ahead. Just like you check your car before you take a trip, also check your diabetes control. See your health care provider about 4-6 weeks before your trip to make sure your A₁C, blood pressure and cholesterol levels are in good shape. At this visit, get a letter explaining your diabetes supplies and medicines and any allergies you might have. Carry this letter all the time to protect you during any emergency. Also get

prescriptions for all your drugs in case you need them while you are gone. If you do not already wear a visible diabetes ID, get one. Visible means either a bracelet or a necklace that could be found quickly by emergency personnel. Some people even have tattoos on their wrist or chest that tell that they have diabetes. If you go to a country where English is not spoken, make sure you have an ID in that language.

Learn to adjust your diabetes medicine if you will be changing time zones. If you are on insulin and going west, you will have a longer day and probably will need more insulin. If you go east, your day will be shorter and you will need less insulin. Frequent monitoring, whether you use insulin or not, will help to keep track of your blood glucose and allow you to adjust as needed.

Pack smart. Take double the medicine you would normally need. If you take insulin, keep it cool in an insulated bag with refrigerated gel packs. Also take a glucagon kit and make sure your travel companions know where it is and how to use it.



Keep food, glucose tablets or gels with you to treat low blood glucose. Also pack a first aid kit. Keep your medical card and emergency phone numbers with you all the time.

Be careful on a road trip. Don't leave medicines in the car or trunk or near a window. Carry a cooler to keep your meds cool. Keep food in the car in case you can't get to a restaurant for meals.

Plan even more carefully if you are flying. Get an aisle seat if you plan to inject insulin in the restroom. Because the plane is pressurized, do not inject air into the insulin bottle before you draw up your dose.

Pack all diabetes supplies in your carry-on luggage. Clearly mark insulin vials, syringes and other insulin delivery systems with the original label and packaging from the pharmacy that identifies the medicine.

If a meal will be served, order the diabetic, low fat or low cholesterol meal option several days before the flight. Alert the flight attendant that you have ordered this meal when you get on the airplane. Don't take any insulin until the meal is in front of you.



Even if you ordered a meal, do not depend on food on the airplane. Carry enough food to cover the entire flight. Then any changes in schedule will not throw you. Keep your snacks and medicines at your seat and not in the overhead bin. If you don't want to drag food from home, buy some on the concourse and take it with you.

If you are traveling with others, make sure at least one person knows you have diabetes. If you are traveling alone, tell the flight attendant.

If you need to buy insulin in another country, know its strength and that you have the right syringe for that

type of insulin, otherwise you will not get the correct dose. Also get a list of local doctors in each country by contacting the American Consulate, American Express or local medical schools before you go.

Protect your legs and feet. Move around every hour during a trip to improve circulation. Never go barefoot even in the pool or shower. Wear well broken-in footwear and socks without seams. Check your feet daily for any wounds, blisters, bruises or other injuries and treat them promptly if they appear.

Five Questions to Ask Your Health Care Team About Your Type 2 Diabetes



Living with diabetes is not easy. Type 2 diabetes is serious and there is a lot to do every day. But, you can learn how to better manage your diabetes.

Choose a goal and make a plan. By

taking it one step at a time, you can do it. Remember, your health care team can help.

The National Diabetes Education Program (NDEP) recommends five questions to ask your health care team to help you learn how to manage your diabetes and live a long, healthy life:

- **What are my ABCs (A1C, blood pressure, and cholesterol) and what should mine be?** A1C is a measure of blood glucose (sugar) levels over the past two to three months. The target for most people with diabetes is less than 7 percent. For most people with diabetes, the target blood pressure is less than 130/80 and the target LDL (bad) cholesterol is less than 100. Keeping your blood
- **How will I know if the medicines I take for diabetes are working?** If your home blood glucose readings and your A1C are within target range, then your medicines plus all your efforts are working. If your blood glucose checks and A1C level are not within your target ranges, then it's time to review how your medicines, food, and activity are balanced. Bring your medicines and blood glucose log to your appointments and talk to your health care team about what may or may not be working for you.
- **Are my children at risk for type 2 diabetes?** Diabetes runs in families. A healthy weight and physical activity help a great deal to reduce risk. As you take steps to manage your own diabetes, think about how you can help your children and grandchildren to stay healthy and avoid diabetes in the future. Ask your health care team about local resources for healthy eating and activity.

glucose, blood pressure, and cholesterol close to these target levels reduces your risk for the long-term problems of diabetes. Ask your health care team to help you choose the best targets for your diabetes.

- **When should I schedule my next routine visit?** Before leaving the health care team's office, ask to schedule your next visit. People with diabetes should get at least two check-ups a year for routine care.

How can I learn more about type 2 diabetes? Ask your health care team about local diabetes education programs, organizations, and support groups that can help you learn how to better live and cope with diabetes. NDEP has free online resources for people with type 2 diabetes and prevention materials for your family. Request a copy of *4 Steps to Control Your Diabetes. For Life.* by contacting the NDEP at www.YourDiabetesInfo.org or by calling 1-888-693-NDEP (6337); TTY: 1-866-569-1161.

Time for that Flu Shot Again

The Centers for Disease Control and Prevention are again recommending that people with diabetes over the age of 6 months be vaccinated against the flu. People who have close contact with a person with diabetes should also be vaccinated. Flu shots are available in doctor's offices, pharmacies and some grocery and discount stores.

Contact your health care provider before you get the shot to be sure the vaccine is right for you. Some people do have allergies or other health conditions that make the flu shot undesirable.

Why do this every year? The types of flu that occur each year change. This year the flu shot will protect against the H1N1 virus that was such a concern recently. It will also protect you against two other flu viruses that are likely to appear.



Unfortunately during a flu epidemic, deaths among people with diabetes can increase 5-15%. Also people with diabetes are six

times more likely to be hospitalized with flu complications. Pneumonia is a possible serious complication so getting a pneumococcal vaccine is also recommended. Typically you only need the vaccine for pneumonia once in your life.

If you have had a flu shot before, you will only need one dose of the vaccine. However, children who have not gotten it previously will need two doses. The flu shot is made from "killed" virus so it cannot cause the flu. No vaccine is 100% effective, but

if you happen to get the flu anyway, your symptoms are likely to be milder.

Both the flu and pneumonia vaccines are covered by Medicare, Part B. Other health insurance often covers them as well. But even if you do not have coverage, taking the shot will be a lot cheaper than being ill with the flu.

American Diabetes Month[®]

November is Diabetes Month, a time to communicate how serious diabetes is and how important diabetes prevention and control are. For years the American Diabetes Association has used this month to raise awareness about diabetes and its serious complications.

In 2009, the Association launched a national movement to Stop Diabetes.[®] The goal was to gather the support of millions of Americans to confront, fight and stop diabetes.

Currently 24 million Americans have diabetes and 57 million are at risk. If trends continue as they have, one out of three children

born today will get diabetes. All of us know diabetes can have serious health consequences so drastic action is needed.

This year the ADA is asking the nation a simple question: ***How will you Stop Diabetes? The future is in your hands.***

The Stop Diabetes Movement wants you to get involved by sharing your story about dealing with diabetes, acting by going to the Stop Diabetes web site

www.stopdiabetes.com

or calling 800-Diabetes, learning more about diabetes and giving time and money to support research to find a cure. You can also become an advocate for the cause by receiving critical alerts and information to help stop diabetes in your community.

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Recipe Corner

Cran-Raspberry Panna Cotta (from the Oregon Dairy Council)

Here is a nice light dessert that is not too high in fat or carbohydrate for the holidays.

1 rounded teaspoon of unflavored gelatin	½ teaspoon vanilla
1 tablespoon cold water	1 tablespoon orange juice concentrate
1 ½ cups low fat milk	¾ cup canned whole berry cranberry sauce
½ cup sugar	¾ cup raspberries, fresh or frozen
½ cup low fat plain yogurt	¼ cup dark chocolate shavings or curls
½ cup light sour cream	

1. In a medium sauce pan, soften gelatin in cold water. Add the milk and sugar. Cook on medium heat, stirring constantly until gelatin dissolves.
2. Cool about 10 minutes.
3. Add yogurt, sour cream, vanilla, and orange juice concentrate.
4. Mix with a wire whip until smooth.
5. Pour into six 6-ounce glasses or stemware. Chill at least six hours or overnight. These are the panna cotta.
6. Mix the cranberry sauce with the raspberries. Crush fruit lightly or blend until smooth.
7. Spoon the cranberry-raspberry mixture equally over the panna cotta.
8. Garnish with chocolate.

Serving option: Use a 1 ½ quart glass bowl instead of 6 glasses. Layer ingredients as described.

6 servings

Nutrition Information per serving:

Calories: 245 Carbohydrate: 27 grams Protein: 5 grams Fat: 5 grams
Sodium: 101 milligrams Fiber: 1.5 grams

Exchanges: 2 other carbohydrates and 1 fat

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Dear Friend,

Diabetes Life Lines is a bi-monthly publication sent to you by your local county Extension agent.

It is written by Food and Nutrition Specialists at the University of Georgia, College of Family and Consumer Sciences. This newsletter brings you the latest information on diabetes, nutrition, the diabetic exchange system, recipes, and important events.

If you would like more information, please contact your local county Extension office.

Yours truly,

County Extension Agent

Connie Crawley, Principal Writer

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