

SPECIAL POINTS OF INTEREST

- Tips for Shaping Up at Home
- Facts About Sex and Diabetes
- Do You Have a Sick Day Plan?
- Have a Question? Ask an Educator!
- Healthy Recipe
- Upcoming Events and Holidays

INSIDE THIS ISSUE:

- Sexual Health and Diabetes 2
- Get Your Sick Day Plan Ready 3
- Ask the Educator 3
- Healthy Recipe: Caldo de Res 4
- Upcoming Events and Holidays 4

Diabetes Education News

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Let's Shape Up This New Year!

Physical activity is a very important part of a healthy lifestyle. Exercise helps control blood sugar, cholesterol, blood pressure and stress. Excuses such as bad weather, not having transportation or a babysitter should not stop you from exercising. Many exercises can be done at home or with your children to help you stay active.

If you are watching television, turn commercial breaks into time for exercise. Here are some exercise ideas you can do during commercial breaks:

- Get up from your couch and sit back down 15 times.
- Do 15 jumping jacks.
- Run in place or jump rope.
- If there are stairs in your home, go up and down the stairs 5-8 times.
- Do arm curls with full water bottles, canned goods, or milk jugs. (Fill up the bottles or milk jugs with water or sand.) With your arms on your side hold the bottles then pull up to a 90° angle and lower them slowly. Try 10 on each arm.

If your children are home, have them join you. Make it fun by:

- Starting a dance contest and taking turns being the judge.
- Racing from one side of the room to the other until you feel your heart beating faster.
- Jogging or walking around the couch.
- Seeing who can hop on one leg the longest.

Exercising in your home is easy, and helps save time and money. Be creative and mix up your exercises. Get the whole family to join in and make it family time. Aim for at least 150 minutes per week, and don't let staying home get in the way of your physical activity.



Sexual Health and Diabetes



High blood sugars affect the sexual health in about 35% of women and 75% of men.



You may have heard that if blood sugars stay high, diabetes can cause a lot of problems. Perhaps you may know that it can lead to heart attacks, damaged kidneys and eyes, and amputations. Did you also know that poor diabetes control can cause sexual problems in both males and females?

High blood sugars affect **women** with diabetes by:

- Damaging blood vessels and causing decreased blood flow leading to vaginal dryness.
- Causing vaginal itching and yeast infections.
- Causing nerve damage. Nerve damage can:
 - Lead to poor bladder control
 - Damage the nerves of the genitals making sex painful and difficult to reach orgasm.
- Decreasing sex drive.

High blood sugars affect **men** with diabetes by:

- Damaging the nerves and blood vessels, reducing the blood flow to the penis needed for an erection.
- Causing semen to go into the bladder instead of out of the penis. (This called retrograde ejaculation.)
- Decreasing sex drive and causing sex to become painful.
- Increasing urinary tract and yeast infections.

What to do?

1. Keep your blood sugars under control. The target range is 70-130 mg/dL before meals and less than 180 mg/dL 2 hours after meals. This can help prevent nerve and blood vessel damage.
2. Manage your stress by going for a walk, meditating, or finding a new hobby. Stress can also reduce your sex drive and cause impotence.
3. Stop smoking and drinking alcohol.
4. Keep your blood pressure under control. The goal is less than 130/80.
5. Use lubricant jellies to help with vaginal dryness. Talk to your doctor before doing so.
6. If you feel depressed let the doctor know. Talk openly about any questions you may have. Your doctor can help you.

Get Your Sick Day Plan Ready

Cold weather brings the cold and flu, which can cause problems for people who have diabetes. It is important that you know how to manage your diabetes when ill before you actually get sick. This is what we call a sick day plan.

Tips to follow when you are sick include the following:

- Keep taking your medicines for diabetes. When you get sick, blood sugars may go up. If you do not take your medicines for diabetes your blood sugars could get out of control.
- Check your blood sugars every 2-4 hours. If your blood sugars are more than 300 mg/dL after 3 blood sugar checks, call your doctor or NurseLink (a 24-hour nursing service for University Health System patients) at 358-3000.
- Drink plenty of sugar-free and caffeine-free fluids.
- If you are unable to take your medicines because of illness, have vomited more than 3 times, have diarrhea more than 5 times or longer than 6 hours, make sure to contact your doctor or NurseLink.

Talk to your doctor about a sick day plan before you become ill. The sick day plan may be different for each person. If you are sick and do not know what to do, call NurseLink. The nurses can guide you on what steps to take when you are sick.



“Drink plenty of sugar-free and caffeine-free fluids.”

Dear Educator

Dear Educator,

I just retired and my schedule is all over the place. Sometimes I wake up early and sometimes late. It has been difficult for me to take my medicines at the same time every day. I have seen my blood sugar numbers increase a bit. Do I need to take my medicines at the same time every day?

Thanks
Jon

Dear Jon,

It is important to keep a schedule when managing your diabetes. Get back into a routine by setting an alarm to help you wake up on time to take your medicines. You could also set an alarm on your cell phone to remind you when it's time to take your medicines during the day. Sticking to a schedule and including medicines, meals, and exercise will help keep your blood sugars in control.

Thank you,
Diabetes Nurse Educator

Caldo de Res

Preparation time: 1 hour 30 minutes

Number of servings: 4

Ingredients:

1 pound trimmed top round or sirloin steak, chopped
 8 cups water
 ½ cup unsalted tomato sauce, canned
 ½ green bell pepper, seeded and chopped
 2 stalks green onions, chopped
 1 medium tomato, chopped
 ½ cup cilantro, chopped
 1 medium carrot, chopped
 ½ head green cabbage, quartered
 2 medium potatoes, chopped
 1 stalk celery, chopped
 2 cloves garlic, minced
 1 teaspoon salt
 ¼ teaspoon black pepper
 ¼ teaspoon cumin

Directions:

Fill large pot with water. Bring water to boil. Add trimmed, chopped meat. Reduce to medium heat. Add chopped vegetables, minced garlic and spices (salt, black pepper, cumin). Add tomato sauce and stir. Cover and cook for approximately one hour or until meat is tender. Stir frequently. Caldo will be hot. Allow to cool slightly before serving. Serve with warm, corn tortillas.

**Remember, count one small tortilla as 15 grams of carbohydrate.

Nutritional Information: Calories: 370; Total carbohydrate: 31 grams; Dietary fiber: 6 grams; Protein: 28 grams; Total fat: 10 grams; Saturated fat: 4 grams; Sodium: 122 milligrams

Source: TDI Dietitian



Upcoming Events & Holidays

January

January 16, 2012
 Martin Luther King Jr.
 Day

January 26, 2012
 Healthy Cooking Class
 "Healthy Pizza"



February

February 14, 2012
 Valentine's Day



February 23, 2012
 Healthy Cooking Class
 "Meals for Two"

March

March 17, 2012
 St. Patrick's Day

March 22, 2012
 Healthy Cooking Class
 "Stretching Meals
 Throughout the Week"

***To register for our
 Healthy Cooking Class
 call 210-358-7100.**