

# Gadsden I.S.D.

## Positive Health Positive Pulse

### January 2018

Prepared by: Judy Creegan, MSN, RN  
Director of Nursing and Health Services



#### Health Trends Diabetes in a Nutshell

The hormone insulin is produced by the pancreas. Insulin helps the glucose (sugar) from your food move into the cells to provide energy. When the body does not make or produce enough insulin the glucose stays in the blood and is not able to reach the cells. Diabetes is a disease which occurs when the blood glucose is too high.

The three common types of diabetes are Type 1, Type 2, and gestational diabetes which develops during pregnancy for some women. Diabetes affects 9.4% or approximately 30.3 million people living in the United States. There is also an inherited form known as monogenic diabetes and cystic fibrosis related diabetes.

Type 1 diabetes occurs when the pancreas does not produce insulin. Most people diagnosed with Type 1 diabetes are children or young adults. However, it may occur at any age.

Type 2 diabetes occurs when the pancreas does not make enough or use the insulin well. Type 2 diabetes can occur at any age but usually occurs in the middle aged (45 years) or older populations. This is the most common type of diabetes.

Gestational diabetes occurs in some women when they are pregnant. Most often this type of diabetes will go away after the baby is born. If a woman has gestational diabetes she will have a greater chance of developing Type 2 diabetes later in life.

Symptoms of diabetes may include:

- Extreme thirst
- Frequent urination or urinary infections
- Feeling very hungry (especially after eating)
- Tired or weak feeling
- Fruity smelling breath (Type 1 diabetes)
- Unexplained weight loss
- Sores which heal slowly
- Blurred vision

Diagnosing diabetes may include:

- Random blood sugar test – 200 or higher suggests diabetes
- Glycated Hemoglobin (A1C) – 6.5 % or higher on two separate test indicates diabetes
- Fasting blood sugar test – 126 or higher indicates diabetes
- Additional tests may include antibody testing and urine test to check for the presence of ketones (Type 1 diabetes)

<http://www.diabetes.org/>  
<https://www.mayoclinic.org/diseases-conditions/type-1-diabetes>  
<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>

#### Time to Get Moving – Try Yoga

Many of us find it hard to exercise after we have worked the entire day, juggled our home activities and have not had a moment to ourselves to enjoy a peaceful second. It is a struggle to get the momentum going.

A suggestion: A 20 minute am or pm yoga session will do wonders for the mind, body, and spirit. There are many different versions available to try. YouTube has a variety of great sessions available for those who are hesitant to attend a formal session.

Some of the benefits of yoga include: greater flexibility; increased muscle strength and tone; weight reduction, helps maintain a balanced metabolism, improved respiratory status, and greater energy and vitality.

No matter what your level is – beginning to advanced OR how in or out of shape you may be – there is a yoga routine that will work for you. Yoga is for all sexes, ages, shape and sizes. Take up a warrior pose, move to a swan dive, progress to downward dog and take the first step toward increased health and wellness.

#### Diabetes (continued)

Symptoms of low blood sugar (hypoglycemia) may include:

- |                   |                          |
|-------------------|--------------------------|
| * Pale complexion | * Sweating               |
| * Shakiness       | * Hunger                 |
| * Irritability    | * Nervousness or anxiety |
| * Headaches       | * Lethargy               |
| * Drowsiness      | * Confusion or agitation |
| * Slurred speech  | * Loss of coordination   |
| * Odd behavior    | * Loss of consciousness  |

Symptoms of high blood sugar (hyperglycemia) may include:

- |                                 |                  |
|---------------------------------|------------------|
| * Frequent urination            | * Blurred vision |
| * Fatigue                       | * Nausea         |
| * Increased thirst or dry mouth |                  |

Complications of diabetes can include heart and blood vessel disease (coronary artery disease, chest pain, heart attack, stroke, atherosclerosis, high blood pressure); nerve damage (tingling, burning, numbness, pain to legs); kidney damage; eye damage (retina, poor vision, blindness, cataracts, glaucoma); skin related problems (sores not healing, bacterial and fungal infections); osteoporosis.

If you believe or your loved one might have diabetes contact your primary care provider (PCP) for proper diagnosis and treatment. If you already diagnosed with diabetes it is important to follow the medical guidelines provided by your PCP.

#### Nutrition Corner

##### Brown Rice "Porcupine" Meatballs

Bake: 350°F for 30 min. Serving: 2 meatballs

- ♥ 1 lb of lean (95%) ground beef
- ♥ 1 cp cooked brown rice
- ♥ 1 cp chopped onion
- ♥ 1 tsp smoked paprika
- ♥ 1 tsp black pepper
- ♥ 1 tsp garlic powder
- ♥ 1 egg beaten
- ♥ 16 oz low-sodium vegetable juice

Mix all ingredients except the vegetable juice and make 8 meatballs. Place meatballs in baking dish and cover with the vegetable juice.

Exchanges: 1 Starch, 1 Vegetable, 1 Lean Protein 1/2 Fat

Cal 265 Carbs 21 g Protein 27 g Fat 8 g Saturated Fat 3.2 g Sugars 6 g Dietary Fiber 3 g Cholesterol 115 mg Sodium 160 mg Potassium 710 mg

##### Tex-Mex Chicken Fingers

Bake: 400°F for 20-25 min. Serving: 4

- ♥ 1/3 cup low-fat buttermilk
- ♥ 1 tsp grated lime zest
- ♥ 1 tbsp fresh lime juice
- ♥ 1/2 cp cornmeal
- ♥ 2 tbsp chopped cilantro
- ♥ 1/2 tsp chili powder
- ♥ 1/2 tsp ground cumin
- ♥ 1/2 tsp dried oregano, crumbled
- ♥ 1/8 tsp cayenne
- ♥ 1 pound boneless, skinless chicken breasts/tenders cut in strips

Mix together buttermilk, lime zest, and lime juice in a shallow dish. In a separate shallow dish mix cornmeal, cilantro, chili powder, cumin, oregano, and cayenne.

Dip the chicken in the buttermilk mixture, then in the cornmeal mixture. Arrange the chicken in a single layer in a dish sprayed lightly with non-stick cooking spray.

Exchanges: 1 Starch, 3 Lean Meat  
Cal 200 Carbs 14 g Protein 26 g Fat 4 g Saturated Fat 1 g Sugars 1 g Dietary Fiber 1 g Cholesterol 70 mg Sodium 160 mg

Serve either with a green salad dressed with a little olive oil and lemon juice, if desired.

<http://www.diabetes.org/mfa-recipes/recipes>