



Diabetes Newsletter



PIKE COUNTY HEALTH DEPARTMENT

FEBRUARY, 2008

Tests You Need and Why

Diabetes is a condition that can affect your entire body. When your blood glucose stays too high for too long, it can lead to problems with your heart, blood vessels, eyes, and kidneys. By getting regular tests and checkups, you can help control your glucose level and prevent or delay damage caused by high blood glucose. Watching your health closely lets you react to problems early before they get more serious.

Here's a list of several diabetes-related tests and checkups as well as guidelines for how often each one is needed. Keep in mind that you may need more frequent testing or checkups if you have signs of problems. Your health care provider can suggest the best schedule for you.

A1c test. This blood test shows the average amount of glucose in your blood during the past two to three months. The results indicate how well your blood glucose is controlled and whether your treatment plan needs any changes. Aim for an A1c level of lower than 7 % **How often:** At least two times a year.

Blood lipids test. This blood test checks for several types of fat in your blood. LDL, or "bad", cholesterol can narrow or block blood vessels, possibly leading to a heart attack or stroke - two big problems for people with diabetes. Your total cholesterol should be lower than 200 mg/dl, and your LDL level should be lower than 100 mg/dl. If you have both diabetes and cardiovascular disease, your LDL level should be lower than 70 mg/dl. Triglycerides are another type of harmful fat that raise your risk for heart attack and stroke. Aim for a triglyceride level lower than 150 mg/dl. HDL, or "good", cholesterol helps keep your blood vessels healthy. Your HDL level should be higher than 40 mg/dl for men or 50 mg/dl for women. **How often:** At least once a year.



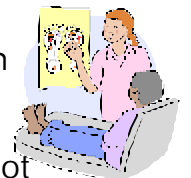
Blood pressure test. Keeping your blood pressure from getting too high helps prevent heart, blood vessel, eye, and kidney problems. The target for most people is a blood pressure reading lower than 130/80 mm Hg. Both numbers matter. The first one is the pressure as your heart beats and pushes blood into your blood vessels. The second one is the pressure as your heart rests between beats. **How often:** At every health care provider visit.

Dental checkup. Having diabetes puts you at increased risk for tooth and gum problems. As a result, it's especially important to have your teeth cleaned and checked at your dentist's office on a regular basis. **How often:** At least twice a year.



Dilated eye exam. High blood glucose and high blood pressure can harm the eyes. In a dilated eye exam, an eye care provider puts drops in your eyes to temporarily enlarge your pupils. This makes it easier for the provider to look inside your eyes for signs of damage. **How often:** Once a year.

Foot exam. Nerve damage, poor blood flow, and infections resulting from diabetes can cause foot problems. Nerve damage can lead to a loss of feeling in the feet or cause ulcers to develop. Poor circulation can mean that sores or infections heal slowly. If these problems aren't treated promptly, they can lead to serious infection or amputation. At every health care provider visit, have your feet checked for sores. In addition, you should have a more comprehensive foot exam so that your provider can check the sense of feeling and circulation in your feet. **How often:** Once a year for the comprehensive exam.



Kidney function tests. Diabetes can damage the kidneys and eventually cause kidney failure. Various tests can help find kidney problems before they become severe. One test checks for a protein called microalbumin in the urine, an early sign of kidney disease. Another test checks for creatinine in the blood, a waste product that builds up when the kidneys aren't working properly. **How often:** Once a year.

Pumpkin Bread Pudding

Nonstick cooking spray
2 slices whole wheat bread
1 cup pumpkin purée
1 tablespoon raisins
3 tablespoons egg substitute
1/2 teaspoon ground cinnamon
1 teaspoon vanilla
1/8 cup sucralose-based sugar substitute
Fat-free whipped topping (optional)

Exchanges: 2 Starch

Cal: 141 Carb: 28 g Protein: 6 g Chol: 0 mg
Cal from Fat: 8 % Total Fat: 1 g Sat fat: <1 g
Sod: 177 mg Fiber: 5 g

1. Preheat oven to 375°F. Lightly spray 2 glass ovenproof ramekins with cooking spray.
2. Toast bread; cut into 1-inch cubes and set aside.
3. Beat pumpkin, raisins, egg substitute, cinnamon, vanilla and sugar substitute together in medium bowl with electric hand mixer 1 minute. Fold in toast cubes.
4. Spread batter evenly in ramekins. Bake at 375°F for 30 minutes. Serve warm with fat-free whipped topping, if desired.

Makes 2 servings

Diabetes Alert Day

Pike County Health Department is offering a FREE blood sugar screening for diabetes on Tuesday, March 25, 2008, Diabetes Alert Day. The American Diabetes Alert is an annual call-to-action held during the fourth week of March for people to find out if they are at risk for diabetes.

**Pike County
Diabetes Support Group
113 E. Jefferson
Pittsfield, IL 62363**

Upcoming Diabetes Events:

For more information call:
Pike County Health Department 285-4407

Diabetes Support Group Meeting

February 14th
March 13th
April 10th

Each meeting is held at 4:00 pm at
Pike County Health Department

Diabetes Alert Day

March 25th
9:00-11:00 am & 2:00-4:00 pm

Look for your next newsletter in May.