



# Diabetes Newsletter



PIKE COUNTY HEALTH DEPARTMENT

CELEBRATING 40 YEARS OF SERVICE

OCTOBER, 2006

**IF YOU HAVE DIABETES, A FLU SHOT COULD SAVE YOUR LIFE.**

For people with diabetes, the flu can be more than aches and pains. It can mean longer illness, hospitalization, even death, because diabetes can make the immune system more vulnerable to severe cases of the flu.

- ▶ People with diabetes are almost 3 times more likely to die with influenza (“the flu”) or pneumonia.
- ▶ People with diabetes are 6 times more likely to be hospitalized with flu complications.

## **Can a flu shot give me the flu?**

**NO.** Flu vaccines do not contain a live virus, so they cannot infect you. Some people coincidentally catch a cold a week or two following immunization. This is not a result of their flu vaccine - flu is not a cold. If you do develop the flu despite vaccination, the vaccine will still help prevent lower respiratory tract involvement or other secondary complications, thereby reducing the risk of hospitalization and death.

## **Do I need a flu shot every year?**

**YES.** Flu viruses vary from year to year, so it’s important to get a shot each year to be sure you’re protected.

## **Does my family need flu shots too?**

**YES.** The flu is highly contagious, so immunizing your family not only keeps them healthy, it decreases your chances of catching the flu from your loved ones.



## **What else can I do to prevent the flu?**

- ☒ Wash your hands frequently with soap and warm water. Teach children the same healthy habit.
- ☒ Cover your nose and mouth when you cough and sneeze, preferably with a facial tissue or your arm, not your hands. Promptly discard used facial tissues.
- ☒ Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick.
- ☒ Stay home from work or school until you recover.
- ☒ Contact your medical provider if you are experiencing severe symptoms that you believe require medical attention.
- ☒ Do not share things that go into the mouth, such as drinking cups, straws, etc.
- ☒ Frequently clean commonly touched surfaces (door knobs, refrigerator handle, phone, water faucets) if someone in your house has a cold or the flu.
- ☒ Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eye, nose or mouth.

**Those who develop flu-like symptoms should drink fluids, rest and stay home!**

Pike County Health Department flu clinic schedule will be posted at a later date.

## Roadhouse Chili

1 lb. lean, thin-cut round steak, trimmed of fat  
1/2 cup finely chopped onion  
1 tsp. minced garlic  
2 Tbsp. olive oil  
3 cans light-skinned low-sodium or regular kidney beans, drained  
1 1/2 cups mild or medium salsa  
2 15-oz. cans low-sodium or regular tomato sauce  
1 Tbsp. chili powder, or to taste  
1 tsp. ground cumin  
1 tsp. granulated sugar  
1/8 tsp. black pepper  
Salt to taste (optional)

*Total Servings: 9*

*Serving Size: 1 generous cup*

*Prep Time: 20 minutes*

1. Cut the round steak into thin slices. Then cut across the



In a Dutch oven or similar large heavy pot, combine the round steak, onion, garlic, and oil. Cook over medium heat, stirring frequently, until the beef has changed color.  
2. Add the kidney beans, salsa, tomato sauce, chili powder, cumin, sugar, black pepper, and salt, if desired.  
3. Bring to a boil. Reduce heat, cover, and simmer 45 minutes to 1 hour, stirring occasionally, until the flavors are well blended. Serve in bowls.

Exchanges: 1.5 Starches, 2 Lean Meats, 1 Vegetable

Cal: 247	Cal from fat: 51	Tot fat: 6 g
Sat fat: 1 g	Chol: 26 mg	Sod: 161 mg
Carb: 30 g	Dietary Fib: 9 g	Sugars: 7 g
Protein: 18 g		

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

### **Upcoming Diabetes Events:**

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

November 9, 2006

Diabetes Support Group

Pike County Health Department  
4:00 - 5:00 pm

Speaker: Nathan DeWitt, PA  
Quincy Medical Group, Pittsfield