

# Sweet Nothings

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## Spotlight on Guilford County

Submitted by **Mary Elizabeth Batten, PharmD, RPh**

The Guilford County Department of Public Health is just finishing its first series of Diabetes Self Management Education classes...and what a positive response we have received from participants! Currently our classes are being taught by registered dietitians and licensed pharmacists and are being held in two-hour segments over four consecutive weeks. Our initial participants have been recruited for the program from an established patient base that is enrolled in the Medication Assistance Program (MAP). MAP is a grant-funded program, administered by the health department, that helps uninsured patients obtain their prescription medications at reduced cost or free of charge.

Our classes have been informal in an effort to engage our participants in active discussions about diabetes-related topics. We have been surprised with the level of active participation that our patients have exhibited. Our first group has had great questions that sparked conversation topics we had not realized needed to be included. It is amazing to see how class members tackle their diabetes-related problems, and EVERYONE walks away with his or her knowledge base increased.

We are fortunate to have access to equipment to perform HbA1c values on site so we can monitor and evaluate participants' glucose control as they progress to completion of the program. This is such a valuable tool because individuals receive results in the office within ten minutes and it facilitates open discussions regarding glucose control.

Our approach of partnering nutritionists and pharmacists to lead our classes has proven to be valuable so far. The majority of participants' questions have related to nutrition and medications, so we have been poised to provide answers in a timely and helpful manner. Participants don't often realize the necessity of triple therapy with oral diabetes medications and the why's and when's of insulin initiation. They also have lots of questions regarding OTC medications. This has been a great opportunity to educate patients. It also often becomes apparent that individuals don't appreciate the vital role that good nutrition therapy plays in proper diabetes control. We hope that after completion of the DSME classes, participants have a more comprehensive understanding of their diabetes and how their actions and choices can both positively and negatively affect glucose control.

Most recently, we have been pleased that our first classroom participants understand the "Rule of 15" when they respond to hypoglycemic episodes. Participants have reported they were inclined to eat everything in sight when they experience symptoms associated with hypoglycemia. We have been able to introduce the "Rule of 15" as a new approach to relieving these low blood sugar symptoms. In addition, we have been successful in relieving fears associated with "the needle", or insulin therapy. One of our participants has resisted the idea of insulin therapy since her physician brought up the topic several months ago. After realizing the role of insulin in our armamentarium of medications and the positive results often obtained, she is going to discuss insulin with her physician at her next appointment.

We have also been fortunate to have two Master of Public Health students from UNC-CH assist with our DSME classes. They have observed classroom instruction and provided feedback to us as instructors. Additionally, they have phoned our first participants to gather

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### Remember



*Data reports and PDSAs are due the 5th of each month*

### Did You Know?

The National Kidney Foundation has just released their updated Guidelines based on their Kidney Disease Outcomes Quality Initiative. To access the KDOQI Clinical Practice Guidelines and Clinical Practice Recommendations for Diabetes and Chronic Kidney Disease, go to [www.kidney.org/professionals/KDOQI/guideline\\_diabetes/](http://www.kidney.org/professionals/KDOQI/guideline_diabetes/)



## Spotlight on Guilford County

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information from a questionnaire they developed related to the diabetes class content, presentation styles, day and time preference for classes, and other information that will assist us as we continue with future classes. This participant feedback is invaluable as we modify classes to meet the needs of our participants.

As we are approaching our last class with this group of students, it is bittersweet. As educators, we have learned a tremendous amount from our participants, as we hope they have from us. We already have people calling asking to know when the next set of classes will be offered because they would like to participate. We look forward to providing this service for individuals in Guilford County for many years to come!

### Handling The Holidays

Submitted by Joanne Rinker, MS, RD, CDE

Holidays can be very difficult when you are working on diabetes management. Did you know that most people gain the seasonal “seven” between Thanksgiving and New Year’s? Here is a list of things that you can try to help prevent weight gain and control your blood sugar through the holidays.

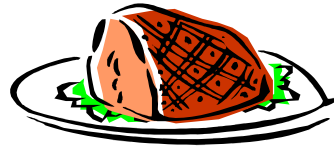
- Anticipate a situation and how to handle it. Imagine successfully making healthier choices and practicing portion control. For example: you know your aunt will have Thanksgiving dinner and she never prepares one healthy item. Bring a huge veggie tray or salad that everyone will be able to enjoy. Then, fill half of your plate with this item so you only have half a plate left for those other foods.
- Don’t allow yourself to become too hungry, which can lead to overeating. Be sure to eat breakfast, lunch and dinner that day and eat a snack (1 yogurt, an apple or 1 oz of nuts) prior to the big feast to keep your appetite in check.
- Get active! Go for a walk, toss the football, rake leaves, build a snowman, walk the dog, play with the kids or grandkids.
- Eat from smaller plates to keep portions down (ask for the salad or dessert plate, rather than the entrée plate) and then don’t go back for seconds. If you are still hungry, eat more veggies that are not “dressed” with fat.
- At parties, move away from the food table and mingle—never sit there!
- Sip on no-calorie drinks.
- Save your calories and carbs for the “special” foods. You can eat mashed potatoes and rolls any time of the year, but your grandmother’s special sweet potato pie only comes once a year.
- Don’t let the “food police” control what you eat. Remember that you know more than they do. When they ask you if you should be eating something, tell them that you planned for that pie or dinner roll and you would like to enjoy the moment!
- Plan for the “food pushers” and have a response for them. If they are trying to get you to have seconds of the rich twice-baked potatoes or sweetened cooked apples, kindly tell them that you had some and it was wonderful, but your blood sugar will thank you later if you pass this time. They will understand that you liked it and why you can’t overindulge.



ENJOY yourself. Try to eat right everyday throughout the months of November and December. Then, as events start to fill up your calendar, plan those days as your days to splurge. Try to limit the splurge to no more than 30 grams of carbs. Those can be burned off with a 1-1.5 mile walk before or after the party.



## Christmas Ham with Guiltless Glaze



### Ingredients:

- 9- to 10-pound hickory-smoked ham (fully cooked), butt portion

### Glaze:

- 1 teaspoon maple extract
- 1 teaspoon dry mustard
- 1 teaspoon white vinegar
- 1 1/4 cups sugar substitute (recommended: Splenda)
- 2 to 3 tablespoons bourbon
- 1 tablespoon whole cloves

### Directions:

Preheat oven to 325 degrees F.

Place ham face-down in a shallow baking pan and cover loosely with aluminum foil.

Place on lower rack of oven and bake for 1 hour.

While the ham is baking, mix together all the glaze ingredients in a bowl and set aside.

After 1 hour of cooking, remove ham from oven, uncover and stand ham up on 1 side. With a sharp knife and in a "tic-tac-toe" fashion, make shallow cuts all over the fatty side of the ham, scoring 1-inch squares. Insert single whole cloves in every corner of the squares created by the cuts. Pour the glaze over the top and let drip down the ham. Place uncovered ham back in the oven and cook for another 30 minutes. Remove from oven and let stand 15 minutes before slicing.

Nutrition Facts: 3oz portion with glaze:

## Melinda's Medication Moment

Submitted by Melinda Rummage, RN, CDE

Avandia (Rosiglitazone) and Actos (Pioglitazone) are known as thiazolidindiones or TZDs. Their primary action is to decrease insulin resistance, increase glucose uptake, fat redistribution; with minor decrease in hepatic glucose output; preserve B-cell function; and decrease vascular inflammation. In other words, they make the insulin work more efficiently, which is one of the main problems associated with type 2 diabetes. The typical dose of Avandia is initially 4 mg/d in single or divided doses. This is then increased to 8 mg/day in 12 weeks, if needed; maximum dose of 8 mg/d with or without food. The typical dose for Actos initially is 15 – 30 mg/day, with a maximum dose with or without food 45 mg for monotherapy, 30 mg for combination therapy. Both drugs have the same side effect of weight gain of 3 – 6 lbs. and edema.

Precautions: These drugs should not be used in patients with CHF, or hepatic disease. They can cause mild to moderate edema. Clinical test needed include ALT. Avoid initiation if ALT > 2.5 times the upper limit of normal. Measure the ALT periodically. Discontinue if ALT > 3 times the upper limit of normal. The liver enzymes should be measured baseline before starting the drug and then every 6-12 months. Avandia is approved for use as monotherapy and in combination with metformin, sulfonyleureas, or insulin. Avandia and Actos are expensive, so these drugs are difficult for patients to afford if they are paying out of pocket. These drugs should not be used if patient is pregnant or breastfeeding.

Source: Diabetes Medications Supplement; Working Together to Manage Diabetes; The US Department of Health and Human Services' National Diabetes Education Program (NDEP); used pages 2-4, revised 3-07.



## It's Play Time! Let's Move Our Bodies!

Submitted by Joanne Rinker, MS, RD, CDE

Exercise doesn't have to be boring and hard. You don't have to dread it either. Let's look at some ways to improve your health and let's make it FUN!

**Getting Started!** The hard part is always getting started. Start today! You can find 8-10 minutes to walk, dance around the living room to your favorite music, or walk your pet. It all adds up quickly.

**Start slow!** If you exercise hard and become sore and aching all over, that's not fun and definitely not encouraging. In fact, it may keep from moving forward with your desire to get moving. Start slow and give your body time to adjust. If you haven't been exercising, start with 8-10 minutes of walking daily. Then add a minute every week or two. Once you've been walking for a few of weeks or months, you might want to try something you enjoy more, such as dancing, cycling, joining a walk club. Think of things you enjoyed doing when you were younger, you might still enjoy them now. Think of fun things to do. Ask a family member or friend to join you. Sometimes having someone with you is motivating and encouraging.

### Check off which of these benefits you hope to get from active living:

- Be healthier
- Increase my chances of living longer
- Feel better about myself
- Have less chance of becoming depressed
- Sleep better at night
- Help me look good
- Be in shape
- Get around better
- Have stronger muscles and bones
- Help me stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy myself and have fun

### When you are not physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

Once you've been exercising for a few weeks, increase your time by adding a few minutes, or walk faster, or take two 10 minute walks daily. Within a few months you will be exercising 30-60 minutes daily. Every little bit benefits you. If you only have a few minutes at work for your lunch break, take that few minutes to walk outside or walk up stairs at work. This can also be a great time to clear your mind and check your attitude. Your strength and endurance will build gradually and you are going to see the difference within a short period of time. It's really wonderful how the body works and really feels better with motion.

### How much exercise do we need per week?

Remember we are starting slow. Don't overdo it! But once you've built your time and endurance up, you will reevaluate your goals and look at the recommendations the government has for exercise that keeps us healthy.

**2 hour and 30 minutes per week of aerobic exercise.** Aerobic exercise is exercise that gets the heart rate up. It is physical activity that requires moderate effort. Examples are walking, cycling, dancing, water aerobics, gardening, and yard work such as raking leaves.

**10 minutes per week of strengthening exercises.** These activities include lifting weights, pushups, or sit ups.

Source: U.S. Department of Health and Human Services. "Physical Activity Guidelines for Americans"

[www.health.gov/paguidelines/default.aspx](http://www.health.gov/paguidelines/default.aspx)



## Did You Know?

According to the Centers for Disease Control and Prevention, every 24 hours:

- More than 4,000 adults are diagnosed with diabetes
- About 40 children and adolescents are diagnosed with type 1 diabetes
- Ten children and adolescents are diagnosed with type 2 diabetes
- Approximately 200 people die from diabetes
- Around 200 people with diabetes have a non-traumatic lower-limb amputation
- Roughly 130 people with diabetes develop kidney failure
- Nearly 50 adults go blind

### Managing and Controlling Diabetes Reduces Complications

- Every percentage point drop in A1c blood test results (e.g., from 8.0% to 7.0%) can reduce the risk of eye, kidney, and nerve diseases by 40%.
- Blood pressure control reduces the risk of heart disease and stroke among people with diabetes by 33%–50% and the risk of eye, kidney and nerve diseases by about 33%.
- Detecting and treating early diabetic kidney disease by lowering blood pressure can reduce the decline in kidney function by 30% to 70%.
- Improved control of LDL cholesterol can reduce cardiovascular complications by 20% to 50%.
- Foot care programs that include regular examinations and patient education could prevent up to 85% of diabetes-related amputations.

Source: [www.cdc.gov/Features/Livingwithdiabetes/](http://www.cdc.gov/Features/Livingwithdiabetes/)

## Oral Health & Oral Hygiene

According to the American Diabetes Association, there are more bacteria in your mouth right now than there are people on earth. If those germs settle into your gums, you've got gum disease.

### Here are the facts:

- More than half of all adults have at least the early stages of gum disease.
- About 80% of adults have gum disease during their lives.
- If you have diabetes, you are at higher risk for gum problems. Poor blood glucose control makes gum problems more likely.
- Gum disease can start at any age. Children and teenagers who have diabetes are at greater risk than those who don't have diabetes.

So, brush, floss and see your dentist regularly!

Source: [www.diabetes.org](http://www.diabetes.org)

## Carb Counting Quiz

If Joanne has one 6-oz. bagel and 8 oz. of orange juice for breakfast, how many servings of carbs did she eat?

- A: 4
- B: 6
- C: 8
- D: 10

(Answer is on page 6)



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*Providing Quality Comprehensive Diabetes Self-Management Education to Empower Persons with Diabetes*

[www.ncdiabetes.org](http://www.ncdiabetes.org)



"Well, as best as I can figure it, one slice of your Aunt Mildred's Holiday Fruitcake is equal to 2 'starch' exchanges, 4 'fat' and 3 'unidentifiable inorganic material of unknown origin' exchanges."

[www.diabeteshealth.com](http://www.diabeteshealth.com)

## Continuing Education

Free continuing education is available at the website for Present Diabetes - [www.presentdiabetes.com](http://www.presentdiabetes.com)

Janet Reaves Memorial Conference on Quality and Chronic Disease  
February 19-20, 2009  
Hilton Raleigh-Durham Airport at Research Triangle Park  
4810 Old Page Road  
Durham, NC 27709

### Opportunities for RDs:

You can do podcasts, download complete courses, read modules, read articles and then pay to take the tests on-line. Even if you just want the education, you can go to this site, read the info and then not take the tests and you will get the information for FREE.

[www.nutritiondimension.com](http://www.nutritiondimension.com)

The CDC is now offering two programs that can be done on-line for CEUs.

Check out this website for more information and to obtain some CEUs without having to leave the office!

[http://www.cdc.gov/diabetes/NDEP/continuing\\_education.htm](http://www.cdc.gov/diabetes/NDEP/continuing_education.htm)

Check out this website for on-line CEU opportunities. These are offered throughout the year on all different topics and available for all disciplines.

<http://www.powerpak.com/>

## Resources

Diabetes in N.C. Fact Sheet : [www.ncdiabetes.org](http://www.ncdiabetes.org)

Take Care of Your Heart - Manage Your Diabetes  
[http://ndep.nih.gov/diabetes/pubs/TCH\\_AsAm\\_flyer\\_Eng.pdf](http://ndep.nih.gov/diabetes/pubs/TCH_AsAm_flyer_Eng.pdf)

Tips to Help you Stay Healthy  
[http://ndep.nih.gov/diabetes/pubs/TipsFeel\\_Eng.pdf](http://ndep.nih.gov/diabetes/pubs/TipsFeel_Eng.pdf)

Diabetes Prevention - Dental  
[http://ndep.nih.gov/diabetes/pubs/PPOD\\_Dental\\_Brochure.pdf](http://ndep.nih.gov/diabetes/pubs/PPOD_Dental_Brochure.pdf)  
<http://apps.nccd.cdc.gov/DDTSTRS/default.aspx>

National Diabetes Education Program. Diabetes Numbers At A Glance 2008

[http://ndep.nih.gov/diabetes/pubs/NumAtGlance\\_Eng.pdf](http://ndep.nih.gov/diabetes/pubs/NumAtGlance_Eng.pdf)

## Answer to Carb Counting Quiz on Page 5

Answer is C.