

DICKINSON COUNTY DIABETES SUPPORT GROUP

Memorial Health System



National Diabetes Month 2022

National Institute of Diabetes and Digestive and Kidney Disease

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on managing diabetes by building your health care team.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with health care professionals who can offer you the personal care you need may help improve your health. And while it takes a team to manage diabetes, remember that you are the most important participant in your diabetes care.

Here are some tips to help you manage diabetes and build your health care team:



You are the center of your care

Learn as much as you can about your disease and talk with your primary care provider about how you can get the support you need to meet your goals.



Manage diabetes as early as possible

Take steps to improve your health. Talk with your primary care provider about how you can manage your diabetes, follow the ABCs, and create a diabetes care plan. Research has shown that taking action soon after being diagnosed can help prevent diabetes-related health problems such as kidney disease, vision loss, heart disease, and stroke. If your child has diabetes, be supportive and positive. Work with your child's primary care provider to set specific goals to improve their overall health and well-being.



Build your diabetes health care team

A team of health care professionals can tailor your care for your specific needs. Besides a primary care provider, your health care team may include a nutritionist and a certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes.

Prepare for visits with your providers

Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.

Take notes at your appointment, ask for a summary of your visit, or check your online patient portal

Have a blood pressure check, foot check, and weight check. Talk with your team about medications and new treatment options, as well as the vaccines you should get to reduce your risk of getting sick.



Start with small changes to create healthy habits

Diabetes Support Group meets the first Tuesday of every month.

Join us on November 1, 2022 at 12:00 pm in Memorial Hospital Conference Room B.

National Diabetes Month Continue....



Make physical activity and healthy eating part of your daily routine

Set a goal and try to be active most days of the week and follow a diabetes meal plan. Choose fruits and vegetables, whole grains, lean meats, tofu, beans, seeds, and non-fat or low-fat milk and cheese. Consider joining a support group that teaches techniques for managing stress and ask for help if you feel down, sad, or overwhelmed. Sleeping for 7 to 8 hours each night can help improve your mood and energy level.

WORLD DIABETES DAY

International Diabetes Federation

World Diabetes Day (WDD) was created in 1991 by International Diabetes Federation (IDF) and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nation Resolution 61/225. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

WDD is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.

The World Diabetes Day campaign aims to be the:

Platform to promote IDF advocacy efforts throughout the year.

Global driver to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue

The campaign is represented by a blue circle logo that was adopted in 2007 after the passage of the UN Resolution on Diabetes. The blue circle is the global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.

November's Featured Recipe: Roasted Pumpkin Seeds

Ingredients

- 1 pumpkin
- Optional Seasonings: salt, garlic salt, onion salt, or Cajun/Spicy seasonings

Directions

1. Carve the pumpkin and remove the seeds. (use the pumpkin to make pumpkin puree)
2. Rinse the seeds thoroughly, removing all pumpkin flesh, and blot dry with paper towels.
3. Preheat oven to 375F.
4. Spread seeds evenly on an ungreased cookie sheet and bake for 10-12 minutes or until the seeds are crisp and slightly browned.
5. Optional: You can sprinkle lightly with salt, garlic salt, onion salt, or Cajun/Spicy seasonings, if desired.



Nutrition Facts:

Calories: 125, Saturated fat 1 g, Sodium 5 mg, Protein 5 g, Total Carbohydrates 15g

Serving size: 1-ounce

Source: Diabetic Gourmet

I'm always looking for great ideas for speakers and activities! If you have something you would like more information on, or a topic that you find interesting, please feel free to send me an email or give me a call.

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