

DICKINSON COUNTY DIABETES SUPPORT GROUP

MEMORIAL HEALTH SYSTEM

HEALTHY FEET MATTER

Nearly 7 million people suffer from chronic wounds including diabetic foot ulcers, venous ulcers, and pressure injuries. Early evaluation and treatment is very important to help avoid complications including infection, sepsis, and amputation.

The majority of wound care patients have been diagnosed with diabetes, which can greatly impact wound healing.

Please join us on June 6, 2023 for Diabetes Support Group! This month we will discuss wound prevention and tips to keep your feet healthy!

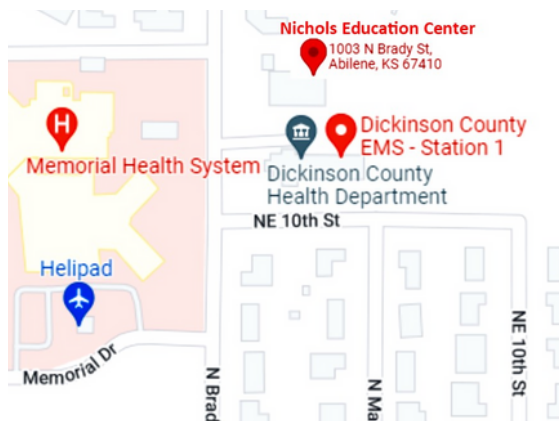
Door prize given at every meeting!



NEW TIME, NEW LOCATION

Dickinson County Diabetes Support Group meets the first Tuesday of every month at 3:00 PM in the Nichols Education Center.

Nichols Education Center
1003 N Brady, Abilene, KS
(basement of Abilene Childcare Learning Center 2 - parking in the back)



BENEFITS OF ATTENDING DIABETES SUPPORT GROUP

IMPROVES KNOWLEDGE
ABOUT DIABETES

TEACHES SELF-CARE

EMPOWERS PEOPLE TO
CREATE HEALTHY
HABITS



Summer Corn Salad with Basil Vinaigrette

Diabetes Strong

Ingredients:

- ½ cup avocado oil (or extra-virgin olive oil)
- 2 tablespoons white wine vinegar
- ¼ cup fresh basil (chopped)
- 4 large ears corn (cooked)
- 1 large tomato (seeded and chopped)
- 3 large spring onions (white part only — thinly sliced)
- 1 cup cucumber (chopped)
- 2 radishes (thinly sliced into half moons)
- kosher salt
- Freshly ground black pepper

Directions:

1. In a large bowl, whisk together the avocado oil and vinegar. Stir in the basil.
2. Stand each ear of cooked corn on a cutting board and remove the cooked kernels. Add the corn to the bowl with the oil mixture.
3. Add the tomatoes, onion, cucumber, and radishes to the bowl. Toss well and season with salt and pepper.

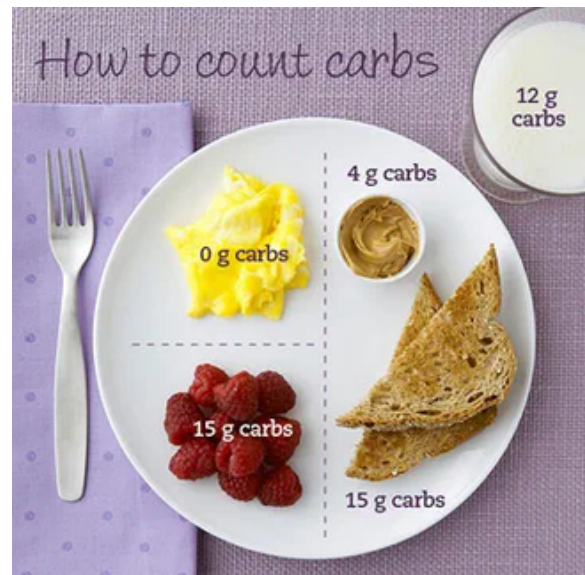
Nutrition Facts (Serves 6):

Calories 228, fat 18.5g, cholesterol 0mg, sodium 191.5mg, carbs 14.7g, pro 2.4g

Q&A

Q: Do I need to follow a low carb diet?

A: Carbohydrates are an important part of a healthy diet. With diabetes, watching portion sizes and getting most of your carbs from fruits, vegetables, whole grains and low fat milk and yogurt is key. Besides counting carbs, people with diabetes can also benefit from eating lower fat, high fiber foods and just enough calories to maintain a healthy weight.



For Information on Diabetes Support Group, please contact:
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