

DICKINSON COUNTY DIABETES SUPPORT GROUP

MEMORIAL HEALTH SYSTEM

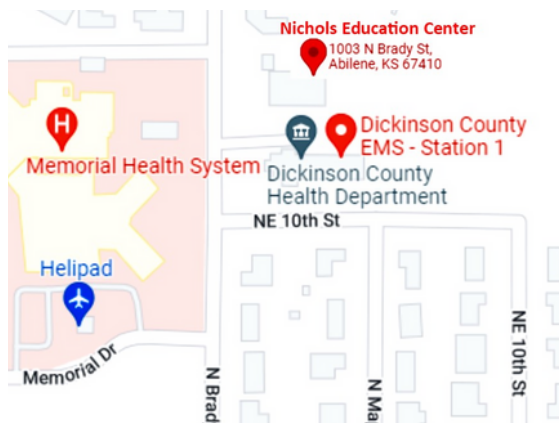
DIABETIC WOUNDS THAT WON'T HEAL?

Having diabetes doesn't necessarily mean that you'll have slow-healing wounds. However, there are certain factors that can cause problems with healing, such as high glucose, poor circulation, diabetic neuropathy, or weakened immune system caused by diabetes.

Please join us on August 1, 2023 for Diabetes Support Group! This month Kathy Stineman, RN with Restorix Health, will be presenting on wound care and diabetes!



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



Philly Cheesesteak Stuffed Peppers

thegirlonbloor.com

Ingredients:

- 2 tbsp olive oil, divided
- 4 green peppers, cut in half and deseeded
- 1 (8oz) sirloin steak
- 1 1/2 cups sliced mushrooms
- 1/2 red pepper, sliced
- 1 small red onion, sliced
- 2 cups mozzarella cheese, grated
- Salt and pepper to taste

Directions:

1. Preheat oven to 400 F. Cut green peppers in half and de-seed them. Drizzle with 1 tbsp olive oil, season generously with salt and pepper and bake in a 9x13 dish covered with tin foil for 10 minutes.
2. Add remaining 1 tbsp of olive oil to a large frying pan and heat over high heat until oil is smoking. Add steak, season generously with salt & pepper, then sear for 1 minute per side. Remove from heat and slice very thinly across the grain.
3. In the same skillet, add mushrooms and cook until they start to release juices, about 2 minutes. Add onions and red pepper, sauteeing for 2-3 minutes until tender and seasoning with salt and pepper.
4. Meanwhile, remove green peppers from oven. Divide steak and veggies among peppers then top with cheese. Bake for 15 minutes or until cheese is melted. Remove and serve!

Nutrition Facts (Serves 4):

Calories 355, fat 19g, chol 79mg, sodium 391mg, carbs 12g, pro 27g

Q&A

Q: I read that people with diabetes should not use heating pads. Why not?

A: This recommendation is more of a caution for those who have neuropathy and may not feel if the pad gets too hot and could be burned as a result.



For Information on Diabetes Support Group, please contact:
Marcy Newcomer, RD, LD, CDCES
785-263-6676