

# Dickinson County

## Diabetes Support Group

Memorial Health System



## Diabetes Technology

Diabetes technology has come a long way! The first blood glucose test strip, the Detrostix, was developed in 1965. It required a very large drop of blood and people with diabetes had to wait approximately 60 seconds to get a reading. Their precision and accuracy were very poor. Diabetes treatment has improved over the years due to innovative technologies. We now have continuous glucose monitors (CGM), smart insulin pens, and insulin pumps that can self-adjust insulin needs based CGM readings. The advancement in diabetes technology has allowed people with diabetes to personalize their diabetes treatment depending on their preferences. New technologies are continuously being developed and offer a wide range options.

Please join us on February 6, 2024 as we look into the current advancements in diabetes technology!

## The When and Where:

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)



## Lemon Raspberry Chia Pudding

Source: [diabetesfoodhub.org](http://diabetesfoodhub.org)

### Ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened vanilla almond milk
- 1/2 teaspoon lemon zest
- 1 1/2 teaspoon lemon juice
- 1 Tablespoon honey
- 2 cups raspberries

### Directions:

1. In a small mixing bowl, whisk together all ingredients except the raspberries. Put mixture in the refrigerator for at least one hour until chia seeds soak up the liquid and it becomes a pudding consistency.
2. To serve, put 1/3 cup pudding in a small bowl with 1/2 cup raspberries.

Makes 4 serving; serving size = 1/3 cup pudding with 1/2 cup raspberries

### Nutrition Facts:

Calories 120, Total Fat 5 g, Protein 3 g, Sodium 50 mg, Total Carbohydrates 18 g, Sugars 7 g



For Information on Diabetes Support  
Group, please contact:  
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