



A Guide to Managing Your Diabetes

MIDTOWN HEALTH CENTER, NORFOLK NE

WWW.MIDTOWNHEALTHTIPS.WORDPRESS.COM

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Get Active This Spring!

Physical activity is an area of our health that often gets underrated. Check out these benefits!

- Helps us maintain a healthy body weight
- Boosts and stabilizes our moods
- Prevents injuries and chronic pain (builds stronger muscles to support your bones)
- Improves sexual health
- Creates strong social bonds (do it with a friend!)

- Gives us a sense of accomplishment and boosts confidence

It can be hard to know where to start. Keep it easy—just start moving! Choose an activity you like.

A good goal is 30 minutes a day, but you can break it down: 15 min twice a day, or 10 min three times a day.

Stick with it, and you will be able to do more activity as you get stronger. Stay positive. When exercise makes us feel bad, we are

less likely to stick with it. Set a goal that is realistic, and celebrate your progress!

- Walk, jog, or bike with a pet, friends, or family
- Work in the yard, garden, or house
- Use soup cans or water bottles instead of buying weights
- Do stretches or strength moves while sitting or lying down to prevent stress on joints
- Find a YouTube video or DVD to follow

Why do I need to see the eye doctor? Source: www.diabetes.org

If you have diabetes, your healthcare team may have suggested you visit the eye doctor.

Eye exams are important for everyone, but they are especially important for people who have diabetes.

You should have an eye exam once per year, even if you don't experience any vision changes.

Diabetes can cause the vessels in your eyes to swell and leak blood into your eyes. This could be

happening even if you don't feel it. It can be stopped before it gets worse, but only if you catch it right away.

Keeping your blood sugar well controlled also helps to prevent eye problems!

Patient Portal

- Secure website to view your medical info from our clinic
- Secure messaging feature to contact clinic with questions
- To create an account, ask about the Patient Portal next time you visit the clinic
- Must have a working email address
- Free of charge

Meet with a Nurse Case Manager:

- Meet for diabetes education
- Help with weight loss
- Make a plan that works for you
- Get encouragement to stick with your plan
- Free of charge to all patients at our clinic
- Call **402-371-8000** to set up a meeting today

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Cooking Tools: How to Make a Vinaigrette www.cooksmarts.com



Spring is a great time to try fresh new recipes!

Vinaigrettes are easier to make than you might think. Making your own is healthy and can save money.

You can use it for a salad dressing, meat marinade, or to give flavor to steamed vegetables.

Let's start with the basic recipe, then you can mix and match to make it your own.

Vinaigrette Basic Ratio:

-60% Oil (2 Tbsp.)

-30% Vinegar (1 Tbsp.)

-10% Other Flavors (1/2 to 1 tsp of each used)

**You can make the batch as small or large as you need

Types of oil to use: Canola, Olive, Vegetable

Types of vinegar to use: White, Balsamic, Red or White Wine, Apple Cider

Other flavors:

-Thickeners & Sweeteners: mustard, dijon, jam or jelly, maple syrup, honey, brown sugar

-Spices: garlic, pepper, herbs (basil, oregano, thyme, rosemary)

Example Recipe:(Larger Batch) 1/2 cup Canola Oil, 1/4 cup Balsamic Vinegar, 1 Tbsp Dijon, 1 Tbsp Grape Jelly, 1 tsp Thyme, Salt & Pepper to taste

What Others Are Saying About Diabetes Class!

“THIS CLASS HAS GIVEN ME MORE CONFIDENCE ABOUT MY DIABETES”

In January, we kicked off our first Group Diabetes Class! Here is an update on how it went.

Three patients of the clinic with diabetes participated, and two support persons attended as well.

The class is lead by MHC's nurse case managers. It is held once a week at the clinic. It is part support group, part informational.

The course is called “Conversation Map for Diabetes”.

The small group gathers around the colorful map, and together talks through each of the scenarios on the map, much like a board game.

Members talk about what it is like to live each day with diabetes, how they have learned to solve problems,

struggles they have had, and share new information with each other about how to improve.

“This class has given me a lot of confidence about my diabetes.”-January Group Member

We offer classes in the afternoons and in the evenings. New groups will be starting each month. Call to sign up today!

What medications are right for me?



It can be overwhelming to hear about how many kinds of diabetes medications there are. How do you know if you are taking the right ones?

It is a good thing that we have different kinds of medicine. Each patient can respond a little differently to medications.

If your blood sugars are too high or if you have bad side effects, there may be other medications you can try.

However, in order for your doctor to know what med will work the best— it is important for you to do your homework. When you bring your blood sugar log

to your appointment, this helps guide your doctor's decision about which med to choose.

Medication alone isn't enough. Working towards your healthy eating and exercise goals will also improve your blood sugar control, combined with the right medications.