

Life with diabetes

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nearly \$10,000**

Ask a CDE

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Diabetic neuropathy, know the signs and symptoms

by Mary Wunderle-McIntosh, MD

Diabetic neuropathy is the term for nerve damage caused by high blood sugars. This is most commonly thought of as numbness or pain in the feet. Many other parts of the body can also be affected by neuropathy when nerves that help control internal organs and blood vessels are damaged by diabetes. Symptoms can vary depending on which nerves are affected.

If the nerves to the heart are affected the result could be decreased exercise tolerance, increased fatigue and a faster than normal heart rate. Nerves that supply blood vessels help blood pressure to rise when we stand up. If those nerves are damaged, this does not happen properly and a person could feel light headed, off balance or even faint.

When nerves to the digestive track are affected, the stomach might not empty

continued on back cover

Counting carbs leads to diabetes management success

When Edna Campau's husband died suddenly a couple years ago, the grief took not only an emotional toll on the 64-year-old Jefferson resident, but made her struggle with diabetes even more challenging.

"It was a really hard time," Edna recalls. "The stress really got to me, and I know I wasn't keeping a good diet. I needed to make some real improvements for my own health."

Edna was diagnosed with type 2 diabetes in 2000 and was able to control her blood glucose levels with diet and exercise at first. Then, as the disease progressed, her physician prescribed an oral medication, Glucovance, which worked up until a few months after her husband's death.

After consulting with her physician, she began a daily insulin program, but was unsuccessful.

Her weight ballooned and she felt physically and emotionally defeated. That's when she asked for a referral to the Diabetes Education program at Samaritan Albany General Hospital (SAGH).

"The program made a world of difference for me," says Edna. "I finally feel like I found the answer to long-term management."

For Edna, that answer came in the form of an insulin-to-carbohydrate ratio program. She learned from the educators and dietitians about counting carbs and how to adjust insulin amounts based on what she eats. She's lost 20 pounds and now feels more in control of her health.



Edna Campau worked with the Diabetes Education program in Albany to help get control of her diabetes.

“The biggest thing I learned is how to count carbs and adjust,” says Edna. “I know if I’m going to eat something with a lot of carbs, I’ll have to eliminate something else. I am always aware of what I’m putting in my mouth now – I can eat anything, but I have to account for it. And I use measuring cups all the time. I highly recommend to other people buying an extra set so you always have them handy.”

Edna also realizes what an important role exercise plays in the management of her disease.

“My goal is to do something physical every day,” she says. “Whether it’s going to the gym in the morning or taking a long walk with my neighbor’s dog.”

Edna’s cholesterol levels have also decreased a bit, but while she knows she’s managing well now, she’s comforted to know that she has a support system to fall back on when she needs it.

“I know I can call the staff (at SAGH) any time,” says Edna. “It’s been three months since I finished the program, but I know there will be times when I need extra support.”

Act Alive raises nearly \$10,000



Dr. Hindmarsh followed by more than 30 Act Alive participants during the Act Alive 5K trail run.

Act Alive, the fundraising event for diabetes services at Samaritan Lebanon Community Hospital (SLCH), raised nearly \$10,000 in its fifth year. Tim Hindmarsh, MD, the hospital and Lebanon Community Hospital (LCH) Foundation held the event July 4 in partnership with Lebanon’s Star-Spangled Celebration.

Approximately 15 people joined a 21-mile bicycle ride as part of the multi-sport Act Alive. Another 32 participated in a 5K trail run, and 66 participated in three Cheadle Lake trail walks with Build Lebanon Trails.

This was the first year that Act Alive was held in partnership with Lebanon’s Star-Spangled Celebration. An official attendance figure wasn’t available, but spectators packed Cheadle Lake Park for the Celebration and fireworks show. Many of them were on hand to see Hindmarsh skydive into the Celebration with Randy McCoy, MD, and two of Hindmarsh’s friends.

It’s not too late to donate toward diabetes services at SLCH. The LCH Foundation administers all proceeds for diabetes class scholarships and other services for uninsured patients.

For more information, call the Act Alive headquarters at (541) 451-7161 or the foundation at (541) 451-6303.

Take steps to enjoy travel, even with diabetes

Whether you are just heading out of town for the weekend, or leaving the country for a month, your diabetes comes along for the trip. And while having diabetes shouldn’t stop you from traveling, it does require thorough pre-trip planning. Here are some tips:

Step one: preparation

Visit your health care provider four to six weeks before you leave. During this check-up, make sure you are up to date on all immunizations. Make sure your cholesterol, A1C and blood-pressure are in healthy ranges. Ask for prescriptions for any medications you are taking, and a list explaining your medications, supplies and any allergies. Carry this information with you at all times on your trip.

Find out your flight length and whether there are meals served on the flight. Pack enough food for the entire trip, and prepare for delays. Plan for any time zone changes and adjust your insulin dosages accordingly, keeping in mind that eastward travel means a shorter day and westward travel means a longer day. Wear identification that explains your diabetes in the languages of the places you are visiting.

Step two: packing

Take twice the amount of medication and supplies that you’d normally need, and keep insulin cool by packing it properly. Pack a glucagon emergency kit. Keep snacks or glucose gel/tablets with you. Have your medical insurance card and emergency phone numbers easily accessible. Don’t forget a first aid kit with all the essentials.

If you’re flying, carry all supplies, snacks and essentials in your carry-on luggage. Clearly label all syringes and insulin delivery systems with pharmaceutical labels. Let the flight attendant know about your diabetes and request an aisle seat if you are using the lavatory for insulin injections. Remember not to inject air into the bottle because of cabin pressurization.

Step three: general traveling

Check your blood glucose as often as you usually do. Changes in diet, activity and time zones can affect blood glucose levels in unexpected ways. Insulin in foreign countries comes in different strengths, so if you purchase any of your medications abroad, adjust for the proper dosages. Make arrangements where you are staying ahead of time to assure that your medications can be safely and securely stored at proper temperatures.

With the right preparation, your diabetes won’t get in the way of your travel plans and will remain under your control at all times and in all places.



TIP OF THE QUARTER

Januvia by Denise Born

Januvia (sitagliptin) is a pill that helps lower blood sugar in patients with type 2 diabetes. It works by increasing the levels of insulin that is naturally produced by the pancreas. As more insulin circulates in the blood, it will help “open the doors of the cell” to allow sugar to enter, giving the cell the energy it needs to work properly and lower the sugar in the blood. Januvia also works by decreasing the amount of sugar that the liver produces resulting in a lower level of sugar in the blood.

The recommended dose is 100 mg daily and can be taken with or without food. A lower dose may be recommended if you have kidney disease. In combining Januvia with a sulfonylurea (Glyburide, Glipizide, or Glimepride), your doctor may need to lower the dose of the sulfonylurea to reduce the risk of low blood sugar. Normally, Januvia taken alone does not cause low blood sugar or cause weight gain.

The most common side effects include upper respiratory tract infection, stuffy nose, sore throat and headache. Allergic reactions, which may be serious, can occur. The allergic reaction may start with a rash and hives. It may get worse as the face, lips, tongue and throat swell, resulting in difficulty with breathing or swallowing. Stop taking the drug and call your doctor immediately if you have an allergic reaction.

If you’re not currently using Januvia, but feel you might be a good candidate, talk to your health care provider about whether or not Januvia should be part of your diabetes management plan.

Sweet potato bites with chipotle black bean spread

Adapted from www.showmevegan.com

Potatoes

2 medium sweet potatoes, peeled and sliced in ¼ inch rounds
1 - 2 Tbsp olive oil

Fresh black pepper, to taste

Preheat oven to 425 degrees. Combine the potatoes, oil and seasonings in a bowl. Put on a cookie sheet and bake for about 15 to 20 minutes, depending on preferred degree of doneness. Remove from oven, blot lightly to remove excess oil and cool slightly.

Chipotle black bean spread

1 can black beans, drained and rinsed
1 large garlic clove, cut into chunks
1 Tbsp tahini
2 tsp adobo sauce from canned chipotles
1 Tbsp orange juice
1 tsp extra virgin olive oil

Puree until fluffy in a food processor. Top sweet potatoes with a ½ – 1 tsp of black bean spread and sprinkle with chopped cilantro. Serves 3 to 4 with spread leftover.

Nutrition information: 1 medium sweet potato, cooked, 4 oz = 24 grams of carbohydrate;
¼ cup black beans mix = 10 grams of carbohydrate

Meet Denise Born, diabetes educator



Denise Born, RN, has extensive nursing experience in intensive care and cardiac rehabilitation receiving several awards such as the American Heart Association Hero with a Heart Award, Nurse of the Year and California Society for Cardiac Rehabilitation Award of Excellence.

Most recently Denise worked in cardiac rehabilitation at St. Charles Medical Center in Bend, Ore.

After 28 years of working in the cardiac rehab field, Denise decided to become a diabetes educator, fine tuning her skills and knowledge in diabetes would give her a way to use her expertise of teaching

and inspiring cardiac rehab patients to a new focus. Diabetes runs in Denise's family. Her new career could have more benefits than she could imagine – help prevent and manage diabetes in her own family.

"Making the decision to work as a diabetes educator at Samaritan Albany General Hospital was easy," said Denise. "My co-workers and the community at large have greeted me with warm smiles and made me feel at home. I am excited and look forward to working with more patients and their doctors."

Please join the Samaritan Diabetes Education team in welcoming its newest member, Denise!

Diabetes education and support

UpBeat for Life! Cardiac/diabetes support group

Corvallis: (541) 768-6973

Diabetes foot clinic

Albany: (541) 812-4072

Corvallis: (541) 768-6973

Lebanon: (541) 451-6313

Diabetes support

Albany: (541) 812-4839

Lincoln City: (541) 574-4682

Newport: (541) 574-4682

Siletz: (541) 444-9647

Waldport: (541) 265-6611 ext. 2432

Diabetes management

Albany: (541) 812-4839

Corvallis: (541) 768-6973

Lebanon: (541) 451-6313

Lincoln City and Newport: (541) 574-4682

Diabetes prevention: a guide to better health

Albany: (541) 812-4839

Corvallis: (541) 768-6973

Lebanon: (541) 451-6313

Living Well with Chronic Conditions

Depoe Bay, Lincoln City, Newport, Waldport and Yachats: (541) 265-6611 ext. 2432

Linn and Benton counties: (541) 451-6466

Neuropathy continued from cover

properly. This is called diabetic gastroparesis and can cause bloating, nausea, vomiting or trouble swallowing. If the intestines are affected constipation, diarrhea or even loss of bowel control can occur.

Nerves that control bladder function and sexual function can also be damaged by diabetes.

Bladder symptoms can include the need to urinate frequently, bladder infections, leakage of urine. Decreased libido can affect both men and women, in addition to more gender specific sexual dysfunction symptoms.

Fortunately, taking care of yourself and treating your diabetes can help prevent diabetic neuropathy. Work with your doctor to set goals for diabetes control, such as improving blood sugars, getting more exercise and improving weight. Learn about a healthy diet and work on keeping your blood sugars within your goal.

Take your medications as directed, or work with your doctor to change your medications if needed. If you have high blood pressure or high cholesterol, make sure you set goals and work on those issues as well. Avoid alcohol and tobacco. If you have neuropathy symptoms, controlling your blood sugars can help keep them from getting worse.



Mary Wunderle-McIntosh, MD, is accepting new patients at Park Street Clinic in Lebanon. She can be reached by calling (541) 451-7200.

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