



Diabetes Corner

Lake Cumberland District Health Department

Volume 2, Issue 3

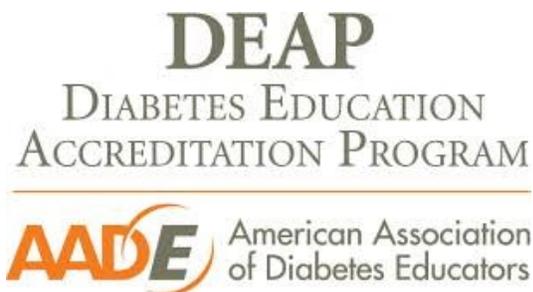
Diabetes Program Receives Accreditation

Our Diabetes Self-Management classes are now Accredited by the American Association of Diabetes Educators! This means that LCDHD has received recognition for meeting the high quality standards of the American Association of Diabetes Education by providing clients with comprehensive, effective diabetes self-management education.

Additionally, the Diabetes Education program is staffed by Licensed Diabetes Educators – a new requirement for Kentucky. This means that our

staff has met the additional educational requirements for the core body of knowledge in diabetes education.

LCDHD is proud to continue to offer this program FREE to anyone in our ten county district!



Take Care of Your Feet

- Manage your diabetes.
- Check your feet every day.
- Be more active.
- Ask your doctor about Medicare coverage for special shoes.
- Wash your feet every day.
- Keep your skin soft and smooth with unscented lotion (but not between your toes).
- Trim your toenails straight across and file the edges with an emery board or nail file.
- Wear shoes and socks at all times.
- Protect your feet from hot and cold.
- Don't smoke.

Rule of 15

Remember to use the following guidelines to treat a low blood sugar (hypoglycemia)

If your blood glucose is 70 mg/dL or below, use the rule of 15 to treat hypoglycemia.

- Treat with 15 grams of carbohydrate
- Check blood glucose in 15 minutes

If your blood glucose is still less than 70mg/dL, eat another 15 grams of carbohydrate and re-check blood glucose in 15 minutes. Repeat as needed until blood glucose is in goal range.



These items contain 15 grams of carbohydrate:

- Glucose tablets (3 five-gram tablets or 4 gram tablets)
- Tube of glucose gel
- 4 ounces fruit juice
- 4 ounces regular soda
- 5 Life Savers

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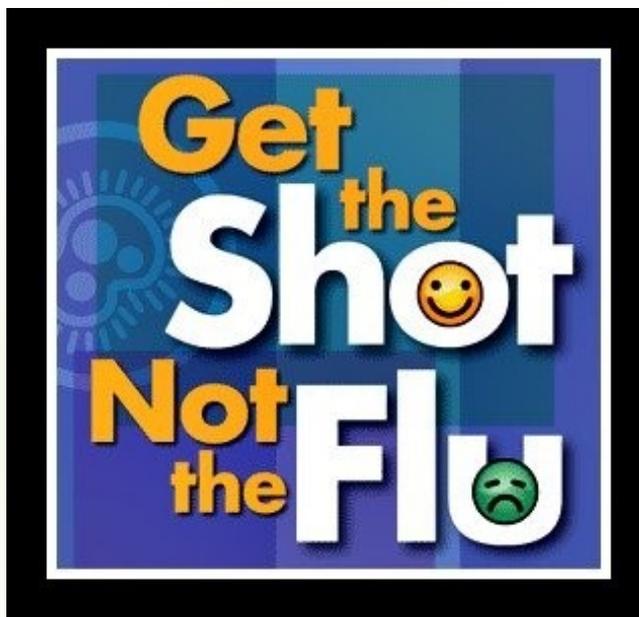
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[www.lcdhd.org/
diabetes/](http://www.lcdhd.org/diabetes/)

We are here to help!



**Have you had your flu
shot yet???**

Favorite Vegetable Soup

Ingredients:

½ lb ground chuck
7 cups peeled, chopped fresh tomatoes
or 2, 28-oz. cans no salt added
diced tomatoes
4 cups water
1, 14.5-oz can no salt added cut green
beans, drained and rinsed
1, 15-oz can no salt added peas,
drained and rinsed
1, 15.25-oz can no salt added corn,
drained and rinsed
2 medium carrots (3 oz each), peeled
and chopped
3 medium potatoes (5 oz each), peeled
and diced
1 medium onion (5 oz), diced
¼ cup dry rice
1/8 teaspoon ground black pepper
1/8 teaspoon red pepper flakes
1/2 teaspoon salt
1/2 teaspoon garlic powder

Instructions:

1. Place ground chuck in a 2-gallon stockpot and brown over medium heat. Remove meat and drain it well. Wipe drippings from pot.
2. Return meat to stockpot, then add tomatoes and water. Bring to a simmer and cook, covered, until tomatoes are soft and a juicy broth is created, about 20 minutes.
3. Add remaining ingredients, cover, and continue cooking 60 additional minutes to allow flavors to blend.



Serving Size: 1 cup
Makes 14 servings

Nutrition Facts:

Calories 115
Total Fat 1 g
Saturated fat 0.5 g
Cholesterol 10 mg
Sodium 130mg
Total Carbohydrates 20g
Dietary Fiber 4g
Protein 7g

Source: www.diabetes.org