

# Diabetes Corner

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## DID YOU KNOW?

- About one third of all people with diabetes do not know they have the disease.
- Diabetes is the leading cause of blindness in working-age adults.
- People with diabetes are twice as likely to develop heart disease than someone without diabetes.
- Good control of diabetes significantly reduces the risk of developing complications and prevents complications from getting worse.
- Diabetes costs \$174 billion annually, including \$116 billion in direct medical expenses.

## Managing Diabetes: It's Not Easy, But It's Worth It

By the [National Diabetes Education Program](#)

If you have diabetes, you know the day-to-day steps needed to manage diabetes can be hard. Managing diabetes can be easier if you set goals and make a plan.

People who keep their A1C below 7 in the early years after they are diagnosed with diabetes have fewer problems with their eyes, nerves, and kidneys, and have fewer heart attacks later in life. Your A1C measures your blood glucose (blood sugar) over time. Most people, especially those who have just been diagnosed, should aim for an A1C of less than 7. If you have had diabetes for a long time, have other health problems, or have problems with low blood sugar, your A1C target may be higher than 7. Talk with your health care team about your blood glucose targets. Yours may be different from others.

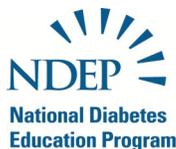


“Diabetes management is not just about your blood glucose,” says Martha Funnell, M.S., R.N., C.D.E., chair of the National Diabetes Education Program (NDEP). “Keeping your blood pressure and cholesterol on target can also help to lower your risk for heart attack and stroke as well as other diabetes problems.”

Managing diabetes isn't easy, but it's worth it. The NDEP offers tips to help. The first step is to set a goal for yourself. Choose something that is important to you and that you believe you can do. Then make a plan by choosing the small steps you will take. For example, start working towards getting 30 minutes of physical activity, such as brisk walking, most days of the week. If you have not been very active in the past, start slowly and try adding a few minutes each day. Ask others for help with your plan.

NDEP has free resources that can help. For more information on managing diabetes, order a free copy of [4 Steps to Control Your Diabetes. For Life.](#) from the National Diabetes Education Program at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-693-NDEP (1-888-693-6337), TTY: 1-866-

## Take Steps to a Healthier You with Diabetes HealthSense



A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Diabetes HealthSense, an online library of resources compiled by the National Diabetes Education Program

(NDEP), has resources to help you make lifestyle changes and cope with the demands of diabetes.

Whether you are living with diabetes or taking steps to prevent or delay type 2 diabetes, Diabetes HealthSense can help you set goals and make a plan for healthy changes – such as eating healthier foods, being more active, managing your

weight, coping better with stress and emotions, or stopping smoking – to live a healthier you.

Take your first step toward living well today by visiting Diabetes HealthSense on the NDEP's website at [www.YourDiabetesInfo.org/HealthSense](http://www.YourDiabetesInfo.org/HealthSense).



A Healthy Today for a Brighter Tomorrow

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County Health Centers
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Whitley City

1-800-928-4416

diabetes@lcdhd.org

We are here to help!

Would you like a chance to win one of three \$500.00 cash incentives just for taking a few minutes to learn more about your health status and how to improve your general fitness and overall well-being? Fill out your wellness profile today! At the end of the profile, you will be given a chance to enter your name into the contest. Just visit our website at www.lcdhd.org and follow the links to the health and wellness calculator.



Come to a Diabetes Class to help you stay or get back on track! Our Diabetes Self-Management Classes are now ACCREDITED by the American Association of Diabetes Educators!

Cucumber & Tomato Salad



Ingredients:

- 2 medium cucumbers
1/2 tsp oregano leaves
1 cup chopped tomato
1/2 cup red onion, sliced
1/2 cup crumbled feta cheese
1/2 tsp minced garlic
1/3 cup distilled white vinegar
1/2 tsp sugar substitute
3 tbsp olive oil
1 pinch salt and pepper

Directions:

- 1. In a small bowl, mix the cucumber, tomato, onion, and feta.
2. In separate bowl, whisk together the garlic, vinegar, sweetener, oil, salt, and pepper.
3. Toss with the cucumber mixture. Chill until serving.

Nutrition Facts:

Makes 6 servings
Amount per serving:
Calories 115.2; Total Carbs 5.1g; Dietary Fiber 1.6g; Sugars 3g; Total Fat 9.5g; Saturated Fat 2.8g; Unsaturated Fat 0.8g; Potassium 163.2 mg; Protein