



# Diabetes Corner

*Don't forget to check out our community calendar on our website for upcoming classes near you!*



*Congratulations to Vicky Albertson & Janet Cowherd for successfully completing the national Certification Exam for Diabetes Educators! We are very proud of our two new CDE's!*

## *Know Your Diabetes ABCs - A1C, Blood Pressure and Cholesterol*

Talk to your health care team about how to manage your A1C (blood glucose or sugar), Blood pressure, and Cholesterol. This will help lower your chances of having a heart attack, a stroke, or other diabetes problems. Here's what the ABCs of diabetes stand for:

### A for the A1C test

The A1C Test shows you what your blood glucose has been over the last three months. The A1C goal for many people is below 7. High blood glucose levels can harm your heart and blood vessels, kidneys, feet, and eyes.

### B for Blood pressure

The blood pressure goal for most people with diabetes is below 140/90. It may be different for you. Ask what your goal should be.

High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

### C for Cholesterol.

Ask what your cholesterol numbers should be.

LDL or "bad" cholesterol can build up and clog your blood vessels. It can cause a heart attack or a stroke.

HDL or "good" cholesterol helps remove cholesterol

from your blood vessels.

### Actions you could take:

Ask your health care team:

- What your A1C, blood pressure, and Cholesterol numbers are
- What should your ABC numbers should be
- What you can do to reach your targets



Article from [www.niddk.nih.gov](http://www.niddk.nih.gov)

## *Peanut Butter Cookies*

### Ingredients

- 1 cup sugar
- 1 cup peanut butter
- 1 egg
- Sugar

### Directions

1. Preheat oven to 375 degrees F. Grease cookie sheets or line with parchment paper and set aside.

2. In a medium bowl, stir together the 1 cup sugar, the peanut butter, and egg until well mixed.

3. Using your hands, roll peanut butter mixture into 1-inch balls; place 2 inches apart on prepared cookie sheets. Flatten each ball slightly with a drinking glass that has been lightly greased and dipped in

sugar.

4. Bake about 9 minutes or until edges are set and bottoms are lightly browned.

Makes 36 cookies.

### Nutrition Facts:

PER COOKIE: 66 cal., 4 g total fat (1 g sat. fat), 6 mg chol., 35 mg sodium, 7 g carb. (6 g sugars), 2 g protein



From [www.diabeticlivingonline.com](http://www.diabeticlivingonline.com)

## Lake Cumberland District Health Department

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1-800-928-4416  
diabetes@lcdhd.org  
www lcdhd.org

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

We are here to help!



1 cup =		Baseball
3/4 cup =		Tennis Ball
1/2 cup =		Computer Mouse
1/4 cup =		Egg
3 oz. =		Deck of Cards
2 tablespoons =		Ping Pong Ball



**REMEMBER...  
PORTIONS  
ALWAYS  
MATTER!**

### Your Pharmacist

Talk to your pharmacist about your medicines. Ask for help picking out the most appropriate over-the-counter products and ask about any interactions with food, alcoholic beverages or other medicines. Read the warning labels.



## Summer Foot Care for People With Diabetes

People with vision loss and diabetes need to take increased precautions during the summer months to prevent injury to their feet. "Our concerns for diabetes patients in extreme heat involve swelling, dryness, cracking from wearing sandals, and problems associated with walking barefoot, such as puncture wounds, burns, and blisters from hot pavement," said Thanh Dinh, DPM, FACFAS, a foot and ankle surgeon working in the diabetes clinic at Boston's Beth Israel Deaconess-Joslin Foot Center.

The following tips, brought to you by the Center for the Visually



Impaired in Georgia, will keep your feet happy this summer!

- Never walk barefoot on the beach, at the pool, in the locker room, or inside your house. This will help you avoid sharp objects, burns from hot pavement or sand, abrasions from rough, anti-slip surfaces, and contact

with viruses or bacteria, which can lead to fungal infections or other foot problems.

- Apply sunscreen to the tops and bottoms of your feet to protect against sunburn.
- Use caution when walking or getting your feet too close to campfires.
- If needed, moisturize your feet, but do not apply lotion between your toes.
- Wear support stockings and elevate your feet when possible if you experience swelling. This can help to prevent impaired circulation and nerve function.