

# DIABETES QUARTERLY

Winter 2011

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## Upcoming Events

- Adult Diabetes Support Group at AFH—January 7, 2011—Diabetes Foot Care with Dr. Brandt Gibson
- Adult Diabetes Support Group—February 4, 2011—Successful Weight Loss with Diabetes
- American Diabetes Association Annual Diabetes Expo—Saturday, February 26, 2011. See the article on page 4 for more details.
- Adult Diabetes Support Group—March 4, 2011—Yoga for Diabetes

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## Prevention is the Key: Sick Day Management

By: Brett Rawlins, FNP-C

During this time of year there are many things that people enjoy and are grateful for; the holiday season, fresh snow in the mountains, visiting with friends and family, etc. However, along with this time of year comes the dreadful cold and flu season. If you have diabetes, this can be an especially difficult time for you. I would like to write a few things that might be useful to remember during times of illness.

### Prevention is Key!

For years the Centers for Disease Control and Prevention (CDC) has promoted hand washing as one of the best ways to prevent the spread of infection and illness. According to their website, hand-washing with soap and water is still the best way to reduce the number of bacteria and viruses. If available, alcohol-based hand sanitizer that contains at least 60% alcohol is a good option. However, hand sanitizers do not eliminate all types of bacteria and viruses like hand-washing with soap and water can.

The second best thing you can do to prevent illness is to get a seasonal flu shot. If you have diabetes, you are six times more likely to be hospitalized and three times more likely to die from the flu and its complications than other people according to the CDC. The vaccine is very safe and effective and can reduce cases of the flu by about 80%. Individuals with diabetes (even pregnant women) are encouraged to get the shot vaccine and not the nasal spray type of vaccine. The vaccine used in the shot is made from killed virus. You cannot get the flu from the flu shot.



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*"Hand washing with soap and water is still the **best way** to reduce the number of bacteria and viruses."*

For other questions you can visit the CDC website at [www.cdc.gov/flu](http://www.cdc.gov/flu).

### General Sick Day Guidelines

When our bodies become ill they react in various ways. One way our bodies fight disease is by releasing hormones. The downside to this reaction is these hormones can affect blood glucose by raising blood glucose levels and hampering the effects of insulin.

When you become ill it is important to follow these five simple steps:

  
**Intermountain<sup>®</sup>**  
Utah Valley  
Diabetes Management Clinic

## Healthy New Years Resolutions: What is the HCG diet?

**By: Donelle Gearheart, RD, CD, CDE**

The holidays are over and a new year has begun. It's been said that the average American gains between 5-10 pounds over the holidays and it is common that New Year resolutions include the goal to lose weight.

If you are one of those individuals who are taking the opportunity to make healthful lifestyle changes, you are to be commended. Unfortunately, for many, this includes beginning a new "diet".

Just the word "diet" reflects the idea of a temporary change in eating behavior to lose weight. When people say, "I'm going on a diet", they are usually really saying, "I'm going to restrict my eating UNTIL I lose weight. Then I can quit dieting."

To go "on" automatically sets up the opposite action of going "off". This is a dangerous mindset. "Dieting" rarely, if ever, works. Whatever an individual does to lose weight, he/she must be prepared to continue doing to keep the weight off.

Otherwise, the tendency is to return to old habits and gain back the weight lost, PLUS some additional poundage. In fact, a person that has cyclical weight gain, always ends up fatter than before - even if they weigh the same as they did before dieting - because fluffier fat cells replace leaner protein cells from muscle loss during food restriction.

The dieting industry hits hard with advertisements and enticing promises during this time of year. One current popular fad diet is the HCG diet. Billboards and banners tout its "healthy" benefits. Clients continue to ask about it.

Following is an article by guest contributor Joy Musselman RD, CD of Intermountain - Healthcare, which addresses some concerns about the infamous and popular HCG Diet.

### **The HCG Diet: Is It Effective? - Joy Musselman, RD, CD**

#### **The History of the HCG diet**

In 1954 Dr. Albert T. Simeons contended that regular injections of human chorionic gonadotrophin (HCG) - a hormone found in the urine of pregnant women - coupled with a 500 calorie, fat-free diet would support rapid weight loss, decrease feelings of hunger, and increase fat loss from "problem" areas such as the stomach, hips, thighs, and upper arms.

The diet developed by Dr. Simeons is very specific and highly regimented.

#### **A Review of the Scientific Literature**

A number of research studies have been published regarding HCG in the treatment of obesity. The most recent scientific publication is a summary of all of the previous studies using the HCG weight loss method. It concluded that "the effect of the [HCG diet] **can be attributed to a diet of 500 calories**, but the HCG [hormone itself] has no specific effect" on overall weight loss or feelings of hunger and is an "inappropriate therapy for weight reduction." [Talk about throwing your money away!]

The HCG diet has many characteristics of a fad diet.

- It promises quick weight loss that is difficult to maintain (as it includes increased losses of bone, muscle, and water leading to weight gain once the diet ends).



*article continued on page 5*

*Sick Day Management, continued from page 1*

1. Don't stop insulin or medications. You may think it would make sense to cut back or stop taking meds since you're not eating as much, but when you're sick, sometimes you need more insulin or medication.

2. Check, please! Check blood glucose levels more frequently, every 3-4 hours. Blood glucose levels can go crazy when you're sick. It is a good idea to keep a closer eye on them during times of illness.

3. Nourish the illness. Even if you have lost your appetite, it is important to eat. Your body is going to

need as much nourishment as it can get to battle the illness.

4. Stay hydrated. If you are vomiting, have diarrhea, or fever, try to drink a cup of fluid each hour to prevent dehydration.

If your blood glucose is **high**, drink fluids such as water, broth, or carbohydrate free Gatorade.

If your glucose is **low**, drink liquids with approximately 15 grams of carbohydrates in them such as juices or Gatorade with carbohydrates.

"Check blood glucose levels more frequently, every three to four hours."

**Call your provider or go to the ER.**

Seek help if you have the

following issues:

- A rise in ketones
- Continued diarrhea or vomiting
- Fever that keeps going up or lasts more than one day,
- Difficulty breathing
- Can't think clearly
- Cannot control your blood glucose levels.

**Additional Information**

There are several good over the counter medications that help with flu and cold like symptoms.

However, people with diabetes must check the labels of the medications, such as cough syrups, to be aware of their sugar content.

If you have type I diabetes, make sure to check your ketone levels. If you have moderate to large ketones, it is common for your body to require 1 ½ to 2 times your correction dose of Humalog or Novolog insulin to bring your glucose levels down.

If you are on insulin, reducing your basal might be necessary to manage low blood sugar levels.

If your blood sugar is low, you might need to reduce your basal insulin by 20%.

Remember we are always willing to help! Please call for questions or help if you become ill.

## Healthy Eating Corner—Homemade Fun Facial Masks

We thought it would be fun to include a recipe to help you unwind from the hustle and bustle of the holidays and pamper yourselves with fun homemade facial masks. The great part is that these great recipes have 0 calories...just remember not to eat it!

### Avocado Mask

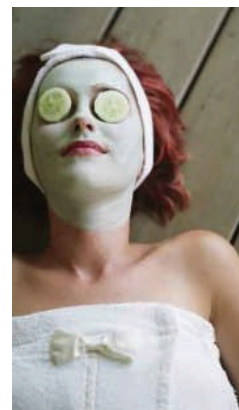
- 1 ripe avocado
- 1 TBSP honey

Mix the 2 ingredients into a paste and apply to face. Leave on for about 15-20 minutes, then rinse well.

### Oats & Honey Mask

- 5 oz plain yogurt
- 1/4—1/2 cup oats
- 1 TBSP honey

Combine all ingredients and apply to face. Leave on for about 20 minutes, then rinse well.



## A Word from our Pharmacist

### Cory Page, PharmD

One of the most notable increases in business while working retail pharmacy was those associated with the cold and flu season. Patients would come in looking for some relief for their cough, itchy throat, congestion, and many other ailments. The patients with diabetes have a particularly difficult time finding what they could safely take when the body gets infected with a virus or other bacteria that seems harmless. As you all know the challenges we face in keeping hydrated, nourished, and keeping our blood glucose within normal ranges. There are a few things noteworthy as you enter this time of year.

- If blood sugar starts to climb and you have been taking insulin, you may require more insulin than you previously have due to the illness and the stress placed on the body.
- As Brett mentioned, we need to check our blood glucose regularly while going through an illness to prevent hypoglycemia and/or extreme hyperglycemia
- Over the counter medications, specifically cough syrups have high concentrations of dextrose or other sugars. None of them taste good, but some are safer for us to consume. Examples include: Diabetic Tussin—is a sugar free form of Robitussin®
- Cough drops also contain high amounts of sugar. Nice® Halls Refresh®, Cold Eeze®, Ricola®, Chloraseptic®, and Cepastat® all make a sugar free cough drop. You will need to read the labels carefully because these cough drops are often not separated from the others at the counter of the pharmacy.

I hope that as we go through this winter season we can stay healthy. Should you get a cold or the flu use the appropriate treatment at the appropriate time. There are many other items that could be covered, but from my experience this will give you a good start to what you may be looking for.

If there are any questions regarding what medications would be appropriate and safer for you, ask the pharmacist at your local pharmacy. I am also here to help. Please call if you have questions or need help.

## American Diabetes Association Annual Diabetes Expo

The American Diabetes Association (ADA) Annual Diabetes Expo will be held Saturday, 26 February 2011 at South Town Expo Center in Sandy, UT from 9:00 AM to 4:00 PM. This **FREE** event is the largest Expo for people with diabetes, those at risk for diabetes, their caregivers, healthcare professionals, and anyone interested in healthy living! Everything you need to know about diabetes will be all under one roof. There will be many information exhibitions available throughout the day including:



FREE Health Screenings	Cooking Demonstrations	Fitness Demonstrations	Product & Service Exhibitors	Healthy Living Presentations
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The ADA will have the ADA Experience there so come by and visit and learn about the upcoming events such as ADA Family Link, Tour de Cure, and Step Out: Walk to Stop Diabetes. The American Diabetes Association Bookstore will be open for you to purchase meal planning, dining out guides, and cookbooks along with diabetes care and treatment books.

For more information and updates, please feel free to visit our website at [www.diabetes.org/exposaltlakecity](http://www.diabetes.org/exposaltlakecity) or call 1-888-DIABETES ext. 7072.

Hope to see you there. Beverly Bartel, ADA Utah Chapter Program Manager

What is the HCG Diet?, continued from page 2

- It promotes an extremely low calorie diet that is very restrictive, nutritionally inadequate, and can be dangerous to your health.
- Its effectiveness is not supported by scientific research.
- It does not include activity which is an important component of a healthy weight loss plan.
- Furthermore, one must undergo the time and expense of obtaining and using the HCG hormone supplement [which is now promoted in a pill form rather than the old injections].

**If HCG Is Not the Answer, Then How Can I Lose Weight?**

While it is tempting to use methods such as the HCG diet to achieve rapid weight loss, it would be far better for your overall health to choose a long-term method of weight loss.

Such methods include a nutritious diet, increased physical activity, and lifestyle modification to support gradual, and sustainable weight loss.

**A Guide for Evaluating Weight Loss Tools**

The desire to become thin has created a vast industry of weight loss diets and supplements.

To help you determine if a weight loss method is going to be effective, first ask these questions:

1. Does it promise quick or permanent weight loss?
2. Does it eliminate or restrict foods from one or more food groups?
3. Does it promote food or practices that are known to have negative effects on health?



4. Does it offer proof of effectiveness through personal testimonials rather than sound science?
5. Does it provide rigid menus?
6. Does it not include regular activity and exercise?
7. Does it not include

8. Does it provide far fewer calories than what is needed for an energized, healthy lifestyle?
9. Does it depend on a special product or supplement?

suggestions to consult with your doctor or a Registered Dietitian?

If you answered “YES” to 1 or more of the above questions, the weight loss method is likely *not* an effective, long-term weight loss tool.

What you have, instead, is the latest fad – something that has come with a lot of hype and more often, than not, will quickly fade as another weight loss fad comes to take its place.

Sometimes to resurface years later for another round of hype.

*Joy Musselman, RD, CD*

Do yourself a favor this year. Don’t set yourself up for failure. Do protect your health.

Remember, “diets” don’t work. There is no magic pill, but there is a known formula for success:

- Cut back on your portions.
- Increase your exercise.

If you would like assistance with formulating a long term nutritious eating plan that will allow AND maintain weight loss while addressing your diabetes needs, please consider making an appointment with your dietitian at the Diabetes Management Clinic

**Adult Diabetes Support Group**

The support group is free of charge and open to anyone. The Support Group is held at the Diabetes Management Clinic at American Fork Hospital at 170 N 1100 E, AF. **The clinic is located directly behind the hospital on the east side.** There is a large blue sign with “Education Center” written in large white letters. If you have any questions, contact Elise at (801) 855-3463. See page 1 for dates of upcoming dates for our support group.

## Q & A: Health Reform and Diabetes

Contributed by the American Diabetes Association

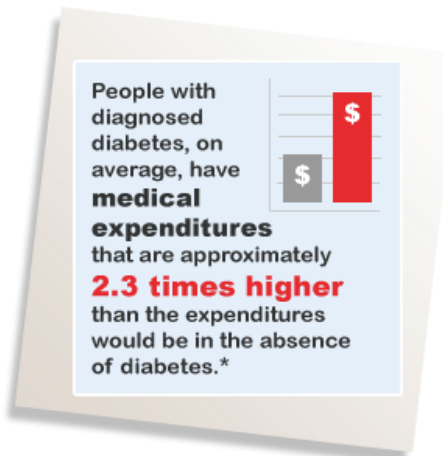
### Q: What is the Patient Protection and Affordable Care Act?

**A:** The Patient Protection and Affordable Care Act, or Affordable Care Act (ACA) as it's more commonly known, is federal health care reform legislation that became law in March 2010. The law includes many new tools in the fight to stop diabetes.



### Q: Why was the law needed?

**A:** Under the old health care system, it was legal to deny health insurance to people with diabetes or force them to pay more for insurance coverage simply because they had diabetes. Even for people who had insurance coverage, their plans sometimes didn't cover the most basic diabetes needs, leaving them with large expenses in addition to the cost for insurance.



\*SOURCE: "Economic Costs of Diabetes in the U.S. in 2007," American Diabetes Association.

This lack of affordable access to care led many people to forgo the care they needed to prevent, delay, or slow the progression of diabetes. That meant cutting back on—or even going without—the doctor visits, insulin, medicines and test strips necessary to managing diabetes.

As a result, many people ended up suffering needlessly from complications of diabetes that might have been prevented had medical care been available to them earlier. **Read the stories about why health care reform was needed at [www.diabetes.org/advocate](http://www.diabetes.org/advocate)**

### Q: I have diabetes. What does the new law mean for me?

**A:** The new law has many important provisions that will impact people with diabetes, including rules about pre-existing conditions, lifetime limits on benefits, drug costs, and programs aimed at preventing type 2 diabetes.

When the law is fully in effect, insurance companies will no longer be allowed to deny coverage because a person has a pre-existing condition such as diabetes. Until then, the law sets up special plans, call the Existing Condition Insurance Plan (PCIP) for the specific purpose of providing health insurance to people who otherwise could not get insurance under the old rules.

PCIP, which is administered by either your state or the U.S. Department of Health and Human Services, will be available until the provisions banning discrimination based on pre-existing conditions are fully implemented in 2014. ([www.pcip.gov](http://www.pcip.gov))

Also, insurers will not be allowed to limit or drop your coverage to avoid paying your diabetes-related medical expenses. You will not be forced to pay more for your health insurance simply because you have diabetes.

**More Q & A on Health Reform and Diabetes in upcoming editions of *Diabetes Quarterly*. If you would like to read more information see [www.advocacy.diabetes.org](http://www.advocacy.diabetes.org).**