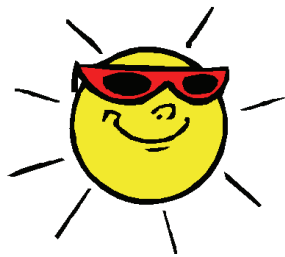


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Summer's Here!



Help protect your eyes from harmful UV rays. See page 7 for more information.

Diabetes Quarterly Newsletter

Diabetes Management Clinic

A Word from Our Providers—Sharon Korhel, APRN

Traveling and Diabetes Care—Sharon A. Korhel, MS, FNP-C, CDE

The warm weather is quickly approaching and plans for a vacation or traveling may already be on your calendar. Preparation for your trip will depend on where you are going and how long you will be gone.

Take your activity into consideration; will you be more active (or less) than usual? Will you be crossing time zones? What resources are available where you are going? Are you going to eat out, or bring your own food?

BEFORE YOU GO

Schedule an exam with your diabetes provider with enough time before you depart so that you can improve your diabetes control if needed.

Immunization shots may be needed if you are traveling abroad and should be given at least one month before leaving.

Check with your primary care provider regarding immunization recommendations.

A medial ID bracelet or necklace should be worn showing you have diabetes.

THE PAPERWORK

In some cases, carrying a

letter that states it is necessary for you to travel with diabetes medications and supplies is helpful.

The letter, written and signed by your diabetes care provider can clear up any questions about carrying medications, insulin and diabetes supplies on board an airplane or other mode of transportation.

Keep a complete list of your medications, such as pills or insulin, with dosing instructions, and diabetes supplies with you.

Having a prescription for insulin or diabetes pills with you to have in case of an emergency is recommended.

MEDICAL SERVICES

Know what health care facilities are available in the area you will travel.

Obtaining a list of English speaking doctors from the International Association for Medical Assistance to Travelers (www.iamat.org) may save you time in case you need extra help while traveling abroad.

In case of an emergency where you don't know where to go, get in touch with the American consulate, the Red Cross or local medical school.

PACK YOUR BAG

Make sure you have more

than enough insulin, pills, or supplies to last you through the trip.

A rule of thumb is to pack twice as much as you think you will need.

Bring at least half of your medication and supplies with you on your carryon bag.

Your glucose meter, test strips for glucose or urine, insulin and syringes, or pen needles should all be in the carryon bag. Pack extra batteries for your glucose meter, insulin pump or sensor.

Don't forget a supply of snacks, hard candy or glucose tablets and a Glucagon injection kit if you take insulin.

TRAVELING WITH INSULIN

Stick with your usual form of insulin while traveling.

Insulin does not need to be refrigerated and should be kept at 33-80 degrees F. Storing it too hot or cold of an environment can alter the strength.

Glucose test strips can also become ineffective when exposed to hot or cold environments.

(continued on page 5)



Please remember to bring an acceptable form of identification and your insurance card to your next appointment.

Diabetes Clinic Updates

We have been asked by the hospital to ask for a valid photo ID and your current insurance card to scan and have on file.

Your ID will be kept on file to protect your medical record. We'll protect your photo ID as carefully as we do your medical record.

Asking for this information is to help us positively identify you and to ensure your safety.

Please help us make this transition smooth by remembering to bring a valid photo ID and your insurance card.

According to Intermountain Healthcare policy, one of the following government/school issued photo ID's is considered an acceptable form of ID:

- Drivers License issued in the United States
- U.S. Passport
- Foreign Passport with visa
- State ID Card
- U.S. Military ID Card or DD-214
- Resident Alien Card
- School ID (with photo).

In absence of a government issued photo ID, non-photo government ID may be presented with a separate form of ID.

Examples of acceptable non-photo government ID include:

- U.S. Birth Certificate
- U.S. Certificate of Birth Abroad
- Social Security Card
- Certificate of Citizenship

We thank you in advance for your help during this period of transition.

Introducing...

...Brett Rawlins, FNP

I would like to take this opportunity to introduce myself as one of the newest members of the Diabetes Clinic at Utah Valley Regional Medical Center.

I was born and raised in Davis County, Utah where I have lived for the majority of my life.

Since my earliest school days I have been interested in health care, especially diabetes, mostly because of my own personal experience having been diagnosed with diabetes at an early age.

Upon completion of high school, I attended the University of Utah where I graduated with my Bachelor's in Nursing and most recently graduated from Westminster college with my Master's in Nursing as a Family Nurse Practitioner.

While at Westminster College I developed and conducted a study looking at diabetes in the adolescent population.

I have worked in the operating room at the U of U Hospital, Newborn ICU at McKay-Dee Hospital, and at Primary Children's Hospital prior to coming here to the diabetes clinic.

Out of all of the places that I have worked, I am most excited about working here in the clinic with all of those who have diabetes.

My favorite hobbies include spending time with my family, gardening, practicing my Spanish, and the most likely place to run into me outside of the clinic would be at the golf course working on my swing!

It is a pleasure to be here at the diabetes clinic and I

look forward to meeting and working with all of you.

Brett Rawlins, FNP



...Stephanie Cruz, RN

I am very excited to be here at the diabetes clinic!

I have lived the majority of my life in Utah County and am happy to stay right here.

I decided to become a nurse because the workings of the human body have fascinated me from the time I was a small child. I realized the only way I would get my questions answered was by making it my main course of study.

I received my degree as a registered nurse from Ricks College.

I have enjoyed many years working in the Operating

Room at Utah Valley Regional Medical Center before spending a few years in the Mother/Baby Department.

Another passion of mine is humanitarian service. I spent one semester of my study in Israel working in Pediatric and Newborn Units. After receiving my RN, I traveled to Ghana, Africa to help set up an Operating Room where we performed many surgeries, teaching the doctors there how to treat the Buruli Ulcer.

In my free time, I enjoy nature, picnics with my family, hiking, and gardening. I even try to sing and play the piano once in a while.

It is wonderful to be here and look forward to working with you.

Stephanie Cruz RN

Upcoming Health Awareness Dates

July

- UV Safety Awareness Month

September

- Fruit and Veggies—More Matters Month
- National Cholesterol Education Month
- National Yoga Awareness Month
- Whole Grains Month
- Monday, 13 September—National Celiac Disease Awareness Day
- Saturday, 25 September—Family Health & Fitness Day
- Wednesday, 29 September—National Women’s Health & Fitness Day
- Thursday, 30 September—World Heart Day



Save the Date—Upcoming Events

July

- Wednesday, 14 July—Pump Class . Please call (801) 357-7546 to register for the class.
- Wednesday, 14 July—Pre-Diabetes Class at American Fork Hospital. Please call (801) 855-3463 to register for the class.

August

- Saturday, 7 August—Family Link: Summer Social, Sugarhouse Park, SLC—11:30 AM to 1:30 PM
- Wednesday, 11 August—Pump Class . Please call (801) 357-7546 to register for the class.
- Thursday, 19 August—Pre-Diabetes Class at Utah Valley Regional Medical Center. Please call (801) 357-7546 to register for the class.

September

- Wednesday, 8 September—Pump Class . Please call (801) 357-7546 to register for the class.
- Wednesday, 8 September—Pre-Diabetes Class in American Fork. Please call (801) 855-3463 to register for the class.
- Saturday, 25 September—American Diabetes Association’s Utah Step Out: Walk to Fight Diabetes. SLC. TBA

October

- Wednesday, 13 October—Pump Class . Please call (801) 357-7546 to register for the class.
- Thursday, 19 August—Pre-Diabetes Class at Utah Valley Regional Medical Center. Please call (801) 357-7546 to register for the class.
- Friday, October 29—Sweet Kids Annual Halloween Party, Provo—5:00 PM to 8:00 PM



Whole grains, fruits, and vegetables all are necessary components in a healthy balanced diet and will aid in improving overall health.



Dietitian's Corner—Something to Consider

Benefits of Whole Grains, Fruits, & Vegetables—Donna Schofield, RD, CDE

September is Fruits and Veggies – More Matters Month and Whole Grains Month.

Whole grains, fruits, and vegetables all are necessary components in a healthy balanced diet and will aid in improving overall health.

Complex carbohydrates, found in whole grains, compared to simple carbohydrates, found in processed foods or refined grains, give longer lasting energy and added nutrients. They help stabilize blood sugar and reduce food cravings.

Most fruits and vegetables are lower in calories and can satisfy our sweet tooth. They are rich in vitamins and minerals.

Many red and orange fruits and vegetables contain antioxidants and flavonoids that protect cells from damage and improve heart health. Fresh or frozen vegetables will provide nutrients without added salt.

Please note however, If you are taking Coumadin it is best to avoid dark green leafy vegetables in excess as they contain Vitamin K which interferes with blood-thinning medications.

For any concerns regarding interactions between diet and medications, please contact your health care provider.

Dry beans along with these food groups are rich in dietary fiber, complex carbohydrate and other nutrients that can improve heart health, risk for certain types of cancer, weight manage-

ment and glucose control.

Dietary fiber is terrific for weight control by filling one up and helps lower cholesterol.

Fiber also protects against cancer (breast, prostate and colon) and promotes digestive health. It is important to drink plenty of fluid with increased fiber intake.

There are two types of fiber. Soluble fibers are heart healthy and include: oats, barley, psyllium, beans, legumes, nuts and pectin. Insoluble fiber found in wheat bran aids in colon health.

Tips to increase fruits and vegetables intake:

- Top whole grain cereal with banana or berries.
- Keep fruit in basket instead of a candy dish.
- Choose restaurants that offer healthy salad bar options.
- Keep freezer full of vegetable combinations and consider stir-fry meals.
- Pre-wash and bag fresh vegetables for quick snacks and salads.
- Use dried fruit as snacks and in salads.

Tips to increase whole grains intake:

- Read labels for fiber content of grains, especially bread.
- Branch out with a variety of beans and lentils.
- Try whole grains you have not tried before such as barley in soups

or stews; bulgur as hot cereal or in salads; or cornmeal, polenta, couscous or quinoa

- Use recipes that emphasize whole grains

These tips help provide a way to include whole grains, fruits and vegetables into our diet.

However, rapid increases in fiber may lead to constipation and other intestinal discomforts.

To prevent this, make changes gradually to improve tolerance to fiber and remember to drink plenty of fluid.

Start with one half of grain choices coming from whole grain items. Five fruit and vegetable choices a day is a good place to start.

Avoid counting starchy vegetables or fruit juices as a choice to improve intake of non-starchy vegetables and fresh fruits.

Have fun with improving your health and finding new foods that have not been tried in the past.

These tips and ideas will help to improve your diabetes control and may assist in weight loss efforts.

For additional information and ideas on how to make whole grains, fruits, and vegetables more a part of your daily diet, please see the following websites:

- www.fruitsandveggiesmorematters.org
- www.wholegrainscouncil.org

Healthy Eating Corner—Grilled Tuna Nicoise Salad

This Recipe and others can be found online at <http://www.canolainfo.org/heartsmart/>

Makes 4 servings, about 1 1/2 cup salad + 1 tuna steak each

Salad

3/4 lb small red potatoes, diced
 1/2 lb green beans, trimmed
 4 tuna steaks (4 oz each, 3/4 in thick)
 Canola oil cooking spray
 4 cups (2 oz) baby spinach leaves
 16 pitted kalamata olives, coarsely chopped

Vinaigrette

2 Tbsp canola oil
 2 Tbsp red wine vinegar
 1 Tbsp water
 1/8 tsp salt
 1/2 medium clove garlic, minced
 1/8 tsp dried red pepper flakes
 Tbsp fresh oregano leaves, chopped

Instructions:

1. Steam potatoes and green beans 6 minutes or until just tender. Drain and rinse with cold water shaking off excess liquid.
2. While vegetables cook, combine vinaigrette ingredients in a small jar, secure with lid, and shake well to blend completely. Set aside 1/4 cup vinaigrette and brush remaining vinaigrette (1 Tbsp) over fish.
3. Coat a grill pan with cooking spray and heat over medium-high heat until hot. Grill tuna over high heat 3 minutes on each side or until medium-rare or desired degree of doneness. (Note: Do not overcook or fish will be tough).
4. Tip: Fish is always best if purchased and prepared the same day.
5. Divide greens equally on four serving plates. Arrange potatoes, green beans, and olives over greens. Drizzle 1 Tbsp vinaigrette evenly over each salad and top with tuna.
6. You may add hard-boiled eggs to the salad as well as an option.



The Breakdown

Per Serving: 345 Calories; 14 g Fat (2.2 g Saturated Fat, 0 gram Trans Fat); 40 mg Cholesterol; 28 mg Sodium; 26 g Total Carbohydrate; 5 g Dietary Fiber; 2 g Sugars; 29 g Protein. Exchange/Choices: 1 1/2 Starch; 1 Vegetable; 2 Lean Meat; 1 1/2 Fat

(continued from page 1)

A travel pack to keep the insulin cool may be needed when heat exposure might be a risk.

When injecting insulin using a syringe and vial on an airplane, inject half as much air into your insulin bottle as you would normally. If you should run out of insulin, you may substitute another brand if yours is not available.

For example, Humalog, Apidra, or Novolog may be substituted for one another.

U-100 insulin is available in the United States, while U-40 or U-80 may be avail-

able in other countries.

These other insulin's require that you buy new syringes to match the insulin to avoid the wrong dose.

TIME ZONE CHANGES

It is important to test your blood glucose more frequently when traveling. Because of altered food, activity and time changes can all affect blood glucose levels. You may need to change your insulin injection schedule if there is a time zone change of two or more hours.

ARRIVING AT YOUR DESTINATION

Comfortable shoes are a

While on vacation, be sure to "wear protective water shoes if you walk in the water or on the beach and avoid open-toe shoes, including flip-flops or sandals."

must. Bring a couple of pairs of well fitting shoes with you and don't go bare-foot.

Wear protective water shoes if you walk in the water or on the beach. Avoid open-toe shoes, including flip-flops or sandals.

Check your feet daily, looking for blisters, cuts, scratches or swelling.

Bring a small first aid kit to treat minor injuries. If you notice signs of an infection, get medical care.

So make your list and pack your bags. You can travel with diabetes and have a great time!

The future has a way of arriving unannounced. George Will

Prepare your diabetes disaster plan **TODAY**.

If you have questions, please discuss this with your provider.

Diabetes Disaster Plan—Are You Ready?

With the many natural disasters that are occurring in our world, many contemplate their individual readiness. Where are you at on your Diabetes Disaster Plan?

Below are the Diabetes Disaster Plan recommendations from the American College of Endocrinology.

Prepare a portable diabetes disaster kit that is both insulated and waterproof containing the following items:

- List of all medical conditions and prior surgeries.
- Information about your diabetes, including past and present medications, any adverse reactions to medications, and past and present complications.
- List of all your health care professionals with their contact information.
- Letter from your diabetes health care professionals detailing most recent diabetes medication regimen (especially for insulin) and containing most recent lab results.
- List of all medications, which should also include pharmacies and active prescription information and eligible refills.
- A 30-day supply of medications for diabetes and all other medical conditions. This should be insulin, oral antidiabetic agents and a severe hypoglycemia emergency kit (if prescribed by your physician).
- Blood glucose testing supplies, including lancets, test strips, and preferably, at least two glucose meters with extra batteries.
- A cooler and at least four refreezable gel packs for storing insulin (do not use dry ice when storing your medications). Empty plastic bottles and/or sharps containers for syringes, needles, and/or lancets.
- Source of carbohydrate to treat hypoglycemic reactions (e.g. glucose tablets). Ideally you should also have a one or two day supply of food that does not require refrigeration.
- At least a 30day supply of bottled water.
- Pen and/or pencil and notepad to record blood glucose and any other test results and any new signs/symptoms suggesting medical problems.
- Additional medical/first aid supplies like bandages, cotton swabs, dressings, and topical medications to treat cuts or abrasions.

OTHER RECOMMENDATIONS

- Wear shoes at all times and examine your feet often for infection.
- Make sure that all immunizations including tetanus are updated.
- Pack extra comfortable clothing including undergarments.
- Take a cellular phone with extra batteries for you and family members.
- Consider choosing a designated meeting place in case you are separated from you family and unable to reach them by phone.

Thank You for Your Generosity

Thank you for your contribution at our office to the TourdeCure fundraiser for diabetes research.

The event, which occurred on Saturday the 12th of June in Brigham City, went off well in spite of marginal weather and a wicked wind. Both Ben Peay and Robert Day completed the 100 mile route.

The Diabetes Management

Clinic received donations totaling \$1,191.00 from our wonderful patients.

The SelectHealth biking team collectively raised \$79,424.00.

The total donations for Utah TourdeCure was \$406,429.00.

All donations are used to support the programs of

the American Diabetes Association. Such programs include research grants to continue the efforts to find a cure for diabetes.

Thanks again for your support of this cause.

Sincerely,

Robert W. Day, MD

Ben Peay, RN

TIP:
 Look for sunglasses that block about 99 to 100 percent of both UV-A and UV-B radiation and screen out 75 to 90 percent of visible light.

American Optometric Association's Tips for Keeping Eyes Healthy

Most Americans understand the importance of protecting their skin from the sun but they seldom make an effort to protect their eyes.

Many are unaware that exposure to ultraviolet (UV) radiation can harm the eyes and affect vision as well.

According to the American Optometric Association (AOA), even on an overcast day, harmful UV rays can cause sunburn of both the skin and the cornea of the eye.

Over time, unprotected exposure to the sun can increase the possible risk of certain types of cataracts and potentially damage the retina, which would lead to total blindness.

Americans should also know that UV damage is cumulative, so it's never too late to begin protecting the eyes from the sun's harmful rays.

The following **top five tips from the American Optometric Association** can help

prevent further eye damage from exposure to UV radiation:

1. Wear protective eyewear anytime your eyes are exposed to UV light, even on cloudy days and during winter months.
2. Look for quality sunglasses that offer good protection. Sunglasses should block out 99 to 100 percent of both UV-A and UV-B radiation and screen out 75 to 90 percent of visible light.
3. Check to make sure your sunglass lenses are perfectly matched in color and free of distortion and imperfection.
4. Purchase gray-colored lenses. They reduce light intensity without altering



5. Don't forget protection for children and teenagers. They typically spend more time in the sun than adults.

Additionally, be sure to receive routine comprehensive eye exams. It's a good way to monitor eye health, maintain

good vision, and keep up to date on the latest in UV radiation protection.

Article written by the American Optometric Association.

For more information on UV protection, please visit: <http://www.aoa.org/>

Dear Patient's and Friends of the Diabetes Management Clinic,

I am honored and humbled to have been given this chance to write a letter to you in the newsletter.

Through my employment at the Diabetes Management Clinic I have had the great opportunity of taking care of many of you and your diabetes.

You have allowed me to learn with you and we have had the chance to grow in many ways. We have grown from strangers to friends and from

working separately to working as partners. Our common goal has been for your diabetes management.

Many of you know that I have accepted a position closer to my home. I still think of many of you and miss the association.

I take comfort in knowing that your diabetes care has been left in great hands. I know your care is a priority for all of the staff at the

Diabetes Management Clinic.

I wish you all the best of luck and the best in your future.

Thank you for letting me get to know you, and serve as your healthcare provider. It has been one of the best experiences in my life.

With heartfelt thanks,
Becky Moyes, FNP

Adult Diabetes Support Group Events

The Adult Diabetes Support Group is free of charge and open to anyone. All Support Group classes are held at the Diabetes Management Clinic at 11L00 AM at the American Fork Hospital at 170 North 1100 East, American Fork. **The Diabetes Management 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 or would like additional information, please contact Elise at (801) 855-3463 or elise.christensen@imail.org. If you send an email and do not get a response, please call Elise at (801) 855-3463. Your email may have fallen into a spam box.

All 2010 Support Group Classes will be held the first Friday of each month at 11:00 AM.

- **2 July 2010** —Stretching and Flexibility Exercise
Dr. Paul Baird will be returning to show us stretching and flexibility exercises.
- **6 August 2010**—Nutrition Information for Your Favorite Recipes
Would you like to know how your favorite recipes fit into your meal plan? Come with your favorite recipes and we will teach you how to determine the nutrition content of those recipes.
- **3 September 2010**—Discussion led by Dr. Paul Baird on how thoughts affect our health.
- **1 October 2010**—Yoga with Judy Arnold

If you're interested in receiving monthly email updates and reminders, please send an email to Elise Christensen at elise.christensen@imail.org.

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