



diabetes

A D V I S O R Y

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A quarterly publication from Marshfield Clinic

Living With Diabetes Can Be a Challenge Information and Support Group Offered

Learning more about diabetes and what works for other people with diabetes can help you "live with diabetes". Support groups are a way to get information and share ideas. Marshfield Clinic's Diabetes Self-management Education Program is offering an informational and support group at the following Centers: Eau Claire, Ladysmith, Lakeland, Marshfield, Merrill, Park Falls and Phillips. Each session will provide an informational program with an opportunity to ask questions and interact with others at the group.

Marshfield Clinic's Diabetes Information and Support Group follows these principles:

CONFIDENTIALITY: We ask that participants do not discuss what people share at the group, outside of the group. In order for people to share their feelings and experiences, they need to trust that this information will be kept confidential.

EVERYONE GETS A CHANCE TO SHARE: You don't have to share at a support group if you don't feel like it. If you do want to ask a question or share an idea, the group facilitator will make sure everyone gets their chance to talk.

GROUP FACILITATORS ARE MEDICAL PROFESSIONALS: Each meeting has a facilitator who leads the meeting. Dietitians and nurse educators from the diabetes education program are facilitators at each meeting.

INFORMATION AS WELL AS SUPPORT WILL BE OFFERED: People attend support groups for different reasons. Some want to learn more about diabetes and aren't interested in discussing their feelings or experiences. Others want to share feelings and challenges. Our groups try to have a balance of information and support.

MONTHLY ATTENDANCE IS NOT REQUIRED: We welcome everyone to the meeting and understand that people may come regularly or occasionally. Everyone has different needs. You may attend a group meeting and decide it is not for you. You might not be interested in the topic for the month. That is OK. Our philosophy is to be there every month for anyone that wants to attend, whether it is a large or small group.

Our Diabetes Information and Support Group is held the first Tuesday of the month. There is no cost to participate. If you are interested, please call your diabetes educator or the center nearest to you for more details:

- Eau Claire 715-858-4949
- Ladysmith 715-532-2365
- Lakeland 715-358-1167
- Marshfield 715-387-9357
- Merrill 715-539-0192
- Park Falls 715-462-7457
- Phillips 715-339-2101

Mark your calendar

Call the sponsoring center (phone numbers on reverse side) for program details and registration.

Diabetes Support Groups

Eau Claire Center, Eau Claire
Ladysmith Center, Ladysmith
Lakeland Center, Minocqua
Marshfield Center, Marshfield
Merrill Center, Merrill
Park Falls Center, Park Falls
Phillips Center, Phillips

Diabetes Self-management Education Programs

Chippewa Center, Chippewa Falls
Eau Claire Center, Eau Claire
Ladysmith Center, Ladysmith
Lakeland Center, Minocqua
Marshfield Center, Marshfield (Peds)
Merrill Center, Merrill
Oakwood Center, Eau Claire
Riverview Center, Eau Claire
Wausau Center, Wausau
Weston Center, Weston

Diabetes Class

Starting Point – The Basics of Diabetes, Lakeland Center: a 2-hour class covering the basics of diabetes and pre-diabetes. For dates offered and to register, call 715-358-1000.

Events

Ride the Bus – For \$5, ride the bus to Minneapolis to the Taking Control of Your Diabetes Conference May 19. Bus leaves from Eau Claire, Menomonie, Hudson and Baldwin. Call the Eau Claire Center for details at 715-858-4949.



MARSHFIELD CLINIC®

The foundation of treatment for all persons with diabetes is self-management education. For more information on Marshfield Clinic's Diabetes Self-management Education Program, contact the location nearest you.

Chippewa Center 715-726-4111
Eau Claire Center 715-858-4949
Ladysmith Center 715-532-2300
Lakeland Center 715-358-1158

Marshfield Center 715-387-5251
Merrill Center 715-539-0123
Oakwood Center 715-858-4289
Riverview Center 715-858-4300

Wausau Center 715-847-3820
Weston Center 715-847-3820

Chocolate Hearts and Jelly Beans

Holidays focused on candy are coming soon. Holidays can be tough for families with diabetes. With a little preparation, some creative thinking and some diabetes know-how under your belt, you'll be ready to take any holiday head on. It may be a great time to start some new family traditions!

Planning and preparation are crucial. The more you know about what's going to happen, the better you can plan for good diabetes care. Some specifics include:

- What are your family traditions around this holiday? How will they impact your diabetes if at all? Of the ones that will affect your diabetes, which need to stay or can some be replaced with new traditions.
- Talk with those who may buy you candy and review with them food labeling information letting them know that all sugar-free candies are not free foods. You may want to suggest an alternative to candy, such as a puzzle, CD, DVD, book, supplies for a hobby, or jewelry.

- Schedules – What does the family schedule look like for the upcoming holiday? Are you going out of town or having visitors stay at your home or are you staying at a hotel? Will you be eating at home, at a relative's home, or in a restaurant?
- Menus – Once you know what the day will consist of, look at your menus. Do you have traditional recipes that you make every year or will you try new ones this year? There's no reason why every menu item has to be changed just because you have diabetes, however you may need to fine-tune it a bit. Knowing the menu ahead of time will allow you to become familiar with how the food fits into your meal plan or to find an alternative recipe.
- There's always a way to fit a piece of your favorite treat into your meal plan. Keep in mind it may mean eating less of other foods, getting more exercise, increasing insulin doses or a combination of all three.

With a little planning ahead, having diabetes should not slow you down from enjoying family and friends during the holidays!

Recipe Corner

Tortellini Soup

(Compliments of Healthy Calendar Diabetic Cooking)

- Cooking spray
- 2 cups Italian sausage, reduced fat
- ½ cup onion, finely diced
- ¼ cup balsamic vinegar
- 1½ tsp dried basil
- 1½ tsp dried oregano
- 1 – 15 oz can tomatoes, canned, diced
- 3 – 14.5 oz cans chicken broth, reduced fat, low sodium
- 2½ cups tortellini, 3 cheese, uncooked
- ½ tsp black pepper, ground

Coat a large soup pot with cooking spray. Add sausage and onion and cook over medium high heat for 7 minutes or until sausage begins to brown.

Add vinegar to pan. Cook for 2 minutes or until vinegar is almost evaporated.

Add basil and oregano and cook for 1 more minute. Add tomatoes and broth. Bring to a boil, then reduce heat and simmer for 5 minutes.

Add tortellini and pepper. Cook for 10 minutes.

Number of servings: 7; Serving size: 1-cup; Amount per serving: 216 calories; 43 mg cholesterol; 858 mg sodium; 7 grams total fat; 2 grams saturated fat; 23 total carbohydrate; 2 g dietary fiber.

New in Diabetes Management

Sitagliptin phosphate (Januvia) has been added to the list of pills that can be prescribed for the treatment of Type 2 diabetes. This medication can be used alone or in combination with certain other diabetes medications.

Like other diabetes pills, sitagliptin phosphate is used along with diet and exercise to lower blood sugar. This new medication enhances a natural body system called the incretion system. This system helps to regulate blood sugar by affecting the cells in the pancreas that make insulin and limit the amount of sugar stored in the liver.

Sitagliptin phosphate works by lowering blood sugar when it is high, especially after and between meals; improving the level of insulin produced after a meal; and decreasing the amount of sugar made by the body. It only works when your sugar is high, therefore low blood sugar is unlikely.

Sitagliptin phosphate is taken once a day with or without food. Common side effects include headache, sore throat, stuffy or runny nose, stomach discomfort and diarrhea. It should not be used by people with kidney disease.

If you have questions about this new medication, contact your diabetes educator or medical provider.

QUICK TIP

Winter cold can be dangerous for your feet. Be aware that diabetes can affect your sense of how cold your feet are. This loss of sensitivity to the cold can lead to frostbite and other cold related foot damage. It may be helpful to rely on your fingertips, nose and ears to judge how cold your feet may be getting.