

Diabetes

Life Lines



August-September 2009

BUN Number May Affect How Image Tests Are Done

People with diabetes are at a greater risk for kidney disease than the general population. The kidneys filter toxins out of your body through the blood vessels. You might think of the kidneys like a car filter or vacuum cleaner filter. High blood glucose can injure blood vessels, and then the filtering is not as good as it should be.

This can lead to weight gain, retention of salt and water, protein in your urine, and waste materials building up in your blood. About 30 percent of people living with Type 1 diabetes and around 10 to 40 percent of people with Type 2 diabetes will eventually suffer from kidney failure.

There are tests to evaluate your kidney function. One is called a BUN (blood urea nitrogen) to creatinine ratio. The normal level for your BUN should be between 10 to 20 mg/dL and your creatinine should be between 0.6 to 1.4 mg/dL.

High numbers for your BUN and creatinine may cause your health care team to do things differently because the kidneys aren't working well. One change may be how they order x-rays or other imaging testing. Imaging testing is done using dye to make certain organs, certain tissues, and certain blood vessels become visible on X-rays. It may also be used for a CT scan, ultrasound, or magnetic resonance imaging (MRI). However, the dye might cause more problems with your kidneys.

This is why it is important to tell the nurse, doctor, and technician that you have diabetes. If your BUN levels are high, your doctor may not give you the dye as part of your x-ray.



X-Ray

To get this newsletter by mail, contact your local U of I Extension office.

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In the Kitchen

Breakfast

	Amount/Portion
Scrambled egg beaters	1/2 cup
Whole grain waffles	2 waffles
Trans fat free margarine	1 tablespoon
Orange	1 medium

Total: 295 calories, 63 g carbohydrates, 4 carbohydrate choices

Snack

2% cheese slice	1 slice
Saltine crackers	8 crackers

Total: 154 calories, 18 g carbohydrates, 1 carbohydrate choice

Lunch

Whole wheat spaghetti	2 ounces (1/8 of package)
Jar spaghetti sauce with meat	1/2 cup
Garlic Texas toast	1 slice
Steamed broccoli	1 cup

Total: 500 calories, 62 g carbohydrates, 4 carbohydrate choices

Snack

Apple	1 medium
Peanut butter	2 tablespoons

Total: 270 calories, 20 g carbohydrates, 1.5 carbohydrate choices

Dinner

Grilled pork chop	3 ounces
Baked potato	1 medium
Reduced fat sour cream	2 tablespoons
Green beans	1 cup
Trans fat free margarine	1 tablespoon
Diced peaches in light syrup	1 4-ounce can
Skim milk	1 cup

Total: 507 calories, 62 g carbohydrates, 4 carbohydrate choices

TOTAL FOR THE DAY

1,726 calories, 225g carbohydrates, 14.5 carb choices

Meals may also include a calorie-free beverage (diet soda, tea, coffee, etc.).

Medication Update

Always tell your nurse, technician, and doctor about your medications.



They probably have a list already, but it is better to be sure they know. Also, tell them all the over-the-counter drugs you take, as well as any supplements.

Many people with diabetes take Metformin (Glucophage).

Sometimes they need an x-ray, and sometimes those x-rays work better with a dye to help the x-ray take a better picture. One type of dye is called iodated contrast material. When people who take metformin need to have iodinated contrast material for a test, certain precautions need to be taken. The reason? When metformin and iodinated contrast are taken together, your kidneys may not be able to remove the metformin from the blood.

Before having an x-ray or surgery, tell your doctor and technician that you are taking metformin. You will need to temporarily stop this medication before your exam or procedure. Your doctor will also tell you when it is okay to start taking it after the exam so there are no complications. Remember . . . do not stop, start, or change the dose of your medication until you have first talked to your healthcare professional.

Recipe Corner

Two Potato Bake

8 Servings

1 cup instant potato flakes	2/3 cup skim milk
1/3 cup Parmesan cheese	16 frozen potato wedges (24-ounce package)
1 1/4 cup water	1 cup no fat sour cream
1 tablespoon chopped garlic	Cooking spray

Directions

1. Heat oven to 400°F. Spray 2-quart baking dish with non-fat cooking spray.
2. Bring water to boil in saucepan. Add potato flakes and skim milk. Fluff flakes to make mashed potatoes.
3. Add sour cream, Parmesan cheese, and garlic. Mix well.
4. Place in the baking dish. Arrange potato wedges in a spiral on top of mashed potato mixture. Bake 30 to 35 minutes until hot.

Per serving: 121 calories; 5 grams protein; 6 mg. cholesterol; 1 gram fiber;
3 grams fat; 20 calories from fat; 20 grams carbohydrate; 227 mg. sodium

Chocolate Banana Bread

14 servings, 1 slice each

1/2 cup margarine, softened	1 teaspoon vanilla
1/2 cup Splenda®	2 cups flour
1/2 cup sugar	1/4 cup cocoa
2 eggs	1 teaspoon baking soda
1 cup mashed, ripe bananas (about 2 medium)	1/2 teaspoon salt
1/4 cup skim milk	1/4 cup finely chopped nuts

Directions

1. Preheat oven to 350°F.
2. Thoroughly mix together margarine and sugars. Add eggs, bananas, milk, and vanilla; stir well.
3. Add the rest of ingredients and mix until just barely combined. Pour batter into a greased 8½ x 4½ inch loaf pan. Bake for 55 minutes or until toothpick inserted near center comes out clean.
4. Cool for 10 minutes before removing from pan; cool completely before wrapping for storage.

Per serving: 198 calories; 4 grams protein; 27 mg. cholesterol; 1 gram fiber; 8 grams fat;
36 calories from fat; 27 grams carbohydrate; 247 mg. sodium

When You Need a Test . . .

Several different tests in the x-ray department require you to do different things related to eating and drinking prior to, during, and after your test.

When you are having a barium swallow or x-rays of your upper stomach and intestines, you might be asked to stop eating and drinking 12 hours before the test. A barium swallow looks at the upper and middle sections of your gastrointestinal tract. During the test you will also be asked to drink barium contrast material. The barium will light up on the screen allowing the radiologist to watch it as it travels through your esophagus, stomach, and the beginning of your small intestine.

When the contrast is in your body, the radiologist will take “pictures” or X-rays needed to diagnose your symptoms. After the test is over and for the next few days, you need to drink a lot of fluids. This helps get the barium out of your body quicker.

Remind your doctor you have diabetes if an x-ray is ordered. Ask whether the tests require you to change your diet or medications for your diabetes.

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