

Diabetes

Life Lines



June–July2008

Glucose Management Important During Hospital Stays

Whether you are planning a surgery or find yourself hospitalized with an acute condition, one of the most important questions to ask your surgeon or doctor is “Who is taking care of my blood glucose?” If you take care of someone with diabetes, write the answer to this question down and put it in your wallet for when you need it. Also add, “What have my friend’s blood glucose levels been running? How close is this to his/her target value?”

Blood glucose may seem like the least of your worries if you have had a heart attack, stroke, or surgery of any kind. However, many research studies have found that well managed pre- and post-operative or inpatient blood glucose was associated with better outcomes.

Many larger medical centers will have a diabetes team that includes an endocrinologist, a nurse, a pharmacist, and a dietitian to prescribe the correct medications and monitor the patient’s blood glucose, while the primary doctor or surgeon focuses on the reason for the hospitalization. Make sure you are referred to this team if your hospital has one.

If your medical center doesn’t have a diabetes team or if your insurance won’t cover the costs associated with the team, talk to the person who will be monitoring your diabetes. Ask what target blood glucose ranges are best during your hospitalization, and how often your blood glucose will be checked.

Remember, better blood glucose control and frequent monitoring can help you recover more quickly!

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

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In the Kitchen

*Visit www.urbanext.uiuc.edu/diabetesrecipes/ for recipes in menu .

Breakfast

Low-fat vanilla yogurt with granola cereal
Red/green grapes, chopped pineapple, and blueberry mix

Breakfast Total: 560 kcal, 84 gm carbohydrate; 5.5 carb units

Lunch

Oven-fried chicken*
Baked potato with whipped margarine, sour cream and chives

Beets, sliced and boiled
Banana

Lunch Total: 651 kcal, 86 gm carbohydrate; 5.5 carb units

Dinner

Spinach lasagna*
Lettuce salad with tomatoes, carrots, croutons, and soy bacon bits,
served with fat-free Italian dressing

Applesauce
Fat-free chocolate pudding snack
Dinner Total: 549 kcal, 88 gm carbohydrate; 6 carb units

Total for the Day: 1760 kcal, 2578 gm carbohydrates, 17 carb units
Meals may also include a calorie-free drink (diet soda, tea, coffee, etc.)

Total Amount/Portion

1 cup yogurt, ½ cup granola
¼ cup grapes, ¼ cup pineapple,
¼ cup blueberries

Total Amount/Portion

1 serving, 1 breast half
1 potato, 1 tbsp margarine,
1 tbsp sour cream, 1 tsp. chives
½ cup
1 extra-small banana (3 oz.) or
1/2 medium banana

Total Amount/Portion

1 serving
1 ¼ cup salad, 12 croutons,
1 tbsp bacon bits, 2 tbsp dressing
1/2 cup
4-oz. container

Getting the Scoop on Carbs

Carbohydrates are often talked about as good or bad; diets may be low or high in *carbs*. But, what is a carbohydrate anyway?

A carbohydrate is a macro-nutrient, meaning it is a nutrient found in large quantities in food. The name *carbohydrate* comes from its chemical make-up. “Carbo” means carbon, and “hydrate” means water, which is hydrogen and oxygen.

Carbohydrates can be simple or complex. These categories are based on how easily they are digested. Either way, carbohydrates are your body’s main source of energy.

Most foods have at least some carbohydrates. Foods with large amounts of carbohydrate include foods from the bread and starch group, fruits and fruit juices, and many foods from the dairy group such as milk, yogurt, and ice cream.

Carbohydrates have a big influence on blood glucose levels. You need to know which foods have carbohydrates in them. Check your plate and check food labels. Identifying carbohydrate-rich foods will help you manage your blood glucose.

Recipe Corner

Turkey and Potato Skillet

Makes 5 servings

1 pound lean ground turkey
1 medium onion, thinly sliced
2 medium or 1 large potato, about 1.5 pounds thinly sliced
1 can (15.5 oz.) sloppy joe sauce
1/4 cup water

Directions

1. Crumble turkey into a non-stick skillet. Layer onions and potatoes. Cover with sloppy joe sauce.
2. Cover and cook on medium heat 15 to 20 minutes, until meat is browned. With a rubber spatula, divide the mixture into sections that can be turned so the potatoes are on the bottom and the turkey on the top.
3. Cover and cook an additional 15 to 20 minutes until the potatoes are tender. Add water as needed to prevent sticking.

Total preparation and cooking time: 35 to 45 minutes

Per serving: 271 calories; 22 grams protein; 64 grams cholesterol; 3 grams fiber; 7 grams fat; 22% calories from fat; 31 grams carbohydrate; 557 mg. sodium

Rice Tabbouleh

Makes 10 1/2-cup servings

1 cup rice	2 cups chopped parsley
2 cups water	1 1/2 cups chopped tomato
2 tablespoons olive oil	3 chopped scallions
2 tablespoons lemon juice	

Directions

1. Combine rice and water in saucepan. Heat to boiling. Lower heat and cover, cooking about 10 to 15 minutes, until water is absorbed.
2. In a mixing bowl, combine oil and lemon juice. Add rice and toss.
3. Stir in remaining ingredients.

Total preparation and cooking time: 20 to 25 minutes

Per serving: 103 calories; 2 grams protein; 0 grams cholesterol; 1 gram fiber; 3 grams fat; 26% calories from fat; 17 grams carbohydrate; 11 mg. sodium

Medication Update



Many people have several prescription medications. They may have these prescriptions from different doctors or even get them through different pharmacies or supply services. It is difficult for the pharmacist and doctor if they don't know everything the patient is taking.

At least once a year, update your doctor and pharmacist on all your medications. Include any over-the-counter drugs or supplements you may be taking.

Giving your pharmacist and doctor this list will help them decide if any drug-drug or drug-supplement interactions are possible. One might make your blood glucose look higher than it really is, or they may work in opposition to each other.

If you have several doctors, like your podiatrist, general doctor, and your optometrist, they should all have a complete list of your medications. Even your dentist should have this list!

Make a list now and mark your calendar to update your medication list next year at this time.

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