

Diabetes

Life Lines



October–November 2009

Make the Most of Your Doctor Visits

Do you sometimes feel like your doctor's appointment is a time to get scolded? Perhaps your blood glucose is too high, your weight has gone up, or you haven't kept the records you need. A doctor's visit should be the time to talk about what you want, find out ways to achieve your goals, and talk to someone knowledgeable about your medical concerns.

Your best approach is to have a diabetes team available to help you manage your diabetes. That team often includes the doctor, a nurse, a dietitian, and a pharmacist. Other people on the team might include an exercise specialist, an eye doctor, and a foot doctor.

But, the main person on the team is YOU! Diabetes is an everyday care plan. That is why self-management, the patient managing the diabetes, is the cornerstone to good care. However, you have to do a lot of work ahead of time in order to get the most from your doctor's visit.

Write your concerns on paper before your visit. Everyone leaves the doctor's office thinking, "I should have asked about..." Also, write down all the medications you are taking, or take your prescriptions in with you. If you've had problems or haven't felt well, write down your symptoms, how long they lasted, and when you had them. Symptoms might include sleeplessness, urinary incontinence, difficulty reading, or periods of shakiness or anxiety.

Don't hesitate to ask questions like, "What exactly do I need to do?" or to ask your doctor to explain things again if you don't understand. Your doctor wants you to be clear about what you should do and when. Sometimes doctors forget that not everyone has their background, and they may use words you haven't heard before or aren't quite clear about the meaning. Bring your notebook and ask questions!

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

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In the Kitchen

*recipes in this newsletter or on this website:

<http://urbanext.illinois.edu/diabetesrecipes/>

Breakfast	Amount/Portion
French toast	2 slices
Low calorie syrup	2 tablespoons
Lower fat margarine	1 tablespoon
Pear	1 medium
Skim milk	1 cup (8 ounces)
<i>Total: 582 calories, 83 g carbohydrates, 5.5 carbohydrate choices</i>	
Lunch	
Ham and Cheese Calzone*	1 serving
Lettuce salad with tomato and carrots	1 cup
Fat free Italian dressing	1 tablespoon
Low calorie gelatin	1/2 cup
Low fat graham cracker	1 sheet (4 rectangles)
<i>Total: 547 calories, 63 g carbohydrates, 4 carbohydrate choices</i>	
Dinner	
Baked Parmesan Perch*	1 serving
Steamed summer squash	1 cup
Italian bread	2 slices
Lower fat margarine	1 tablespoon
Peach Raisin Tart*	1 serving
Skim milk	1 cup (8 ounces)
<i>Total: 734 calories, 101 g carbohydrates, 7 carbohydrate choices</i>	
TOTAL FOR THE DAY	
1,863 calories, 247 g carbohydrates, 16.5 carbohydrate choices	
94 grams protein, 56 grams fat, 27% of calories from fat	
<i>Meals may also include a calorie-free beverage (diet soda, tea, coffee, etc.).</i>	

Medication Update

Most of the time, people gain weight when they start taking insulin. Often, people are surprised at the weight gain.



Insulin works to help glucose be used, not only for energy right away, but also to store that energy. Stored energy is the pounds of body weight that can begin to increase with insulin.

Although the insulin is doing what it is supposed to do, the person with diabetes, along with the health care providers, need to gradually adjust the calories eaten to an amount that will help achieve the best weight. This may mean adjusting insulin as well, and monitoring blood glucose levels.

It isn't easy, and it will take time to find the right match between calories and insulin to achieve both weight and blood glucose goals. However, this balance is an essential step towards staying healthy and successfully managing diabetes.

Remember, do not stop or change the dose of your medication until you have *first talked to your healthcare professional.*

Recipe Corner

Ham and Cheese Calzones

4 Servings

Preparation Time: About 25 minutes

1 14-ounce package refrigerated pizza dough
1/4 cup coarse-grain mustard
Cooking spray

8 ounces cubed cooked ham
4 slices provolone cheese

Directions

1. Heat oven to 400°F.
2. Line a baking sheet with foil. Spray with cooking spray.
3. Cut pizza dough into 4 rectangles. Place on baking sheet.
4. Spread lightly with mustard.
5. Add cheese and ham to one triangular side of rectangle. Fold other half over, pinching to seal.
6. Bake 15 minutes or until brown.

Per serving: 459 calories; 29 grams protein; 61 mg. cholesterol; 2 grams fiber;
17 grams fat; 34 calories from fat; 47 grams carbohydrate; 1820 mg. sodium

Baked Parmesan Perch

2 servings

Preparation Time: About 35 minutes

8 ounces perch fillets, thawed
1/4 cup skim milk
1 tablespoon Parmesan cheese

1/2 cup bread crumbs, plain
1/2 teaspoon rosemary
Cooking spray

Directions

1. Preheat oven to 450°F.
2. Spray shallow baking pan with cooking spray.
3. Combine Parmesan cheese, bread crumbs, and rosemary.
4. Dip fillets in milk, then roll in bread crumb mixture.
5. Place fillets in pan and bake for 15 to 20 minutes or until fish flakes easily with fork.

Per serving: 132 calories; 27 grams protein; 105 mg. cholesterol; 1 gram fiber; 3 grams fat;
13 calories from fat; 21 grams carbohydrate; 365 mg. sodium

SNAP Helps Stretch Food Dollars

In today's economy, we all need to watch our budgets and spending. One program that may help if you're feeling the effects of a tighter budget is what we used to call the food stamp program. The official name for the program now is the Supplemental Nutrition Assistance Program (SNAP).

The eligibility for SNAP is based on income and the assets of the household, depending on the household size. To find out if you are eligible, visit www.fns.usda.gov/FSP. In the middle of the page, under **Applicants & Recipients**, click on **Eligibility Requirements**. To see if you might be eligible for SNAP benefits (formerly food stamps), click on the **Pre-Screening Tool**, located in the second paragraph from the top of the page. Click the **Start** button and work through the screening process.

The Pre-Screening Tool is not an application for SNAP. An application for SNAP benefits must be made at your local SNAP Office. The website includes a "Click here" link so that you can find the office that serves your area.

Ideas for your health, home, and family are just a click away!

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Recipes for Diabetes
<http://urbanext.illinois.edu/diabetesrecipes/>

Getting Through Tough Financial Times
<http://web.extension.uiuc.edu/toughtimes/>

You and Your Family
<http://web.extension.uiuc.edu/regions/SIfamily>

SI Gardening
<http://web.extension.uiuc.edu/regions/hort>



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