



# LIVING WELL WITH DIABETES

VOLUME 5, ISSUE 2

SPRING 2012

## Diabetes and Your Feet

### INSIDE THIS ISSUE:

New Endocrinologist in Morgantown 2

Diabetes and Seasonal Allergies 2

When To Use Control Solution 2

Plant a Rainbow of Colors 3

**RECIPE**— Sesame Green Beans 3

Weight Management Apps 3

Celiac Disease and Gluten-Free Diet 4

**FREE** Diabetes Support Group 4

Spring is the time of year for warmer weather, shorter sleeves, and for some, open shoes. Before putting on those flip-flops and sandals, remember that when you have diabetes you need to take extra care of your feet if you plan to keep them.

First, inspect your feet daily, looking for blisters, dry skin, or open skin. For blisters or open skin, use an antibiotic ointment and keep this area covered until healed. For dry skin, use a moisturizer that contains no alcohol, avoiding the area between your toes. If these areas become infected or take a long time to heal, speak with a healthcare profes-

sional, such as a podiatrist or your family physician for appropriate treatment.

Second, do not go barefoot! If you have lost any sensation in your feet, you won't feel it when you step on something, and that something could become stuck in your skin and lead to infection. This is another reason it is recommended to inspect your feet daily. It is also a good idea to shake out your shoes before putting them on, just in case there may be a rock or cinder in the shoe that could cause a problem for you after walking on it for a while.

When trimming your toenails,

be sure to cut the nail straight across, not in a curved shape. Nails cut in a curved shape are more likely to become ingrown, which could lead to pain and infection. If you like to get pedicures, be sure to take your own equipment to ensure that it is clean and does not carry any risk of infection or fungus from being used on another's feet.

If you haven't had a foot exam by a healthcare professional in the past year, schedule one soon. It is best to have this done before you start having trouble with your feet. This foot exam could be the most important step you take to keep them!

## Gardening and Physical Activity

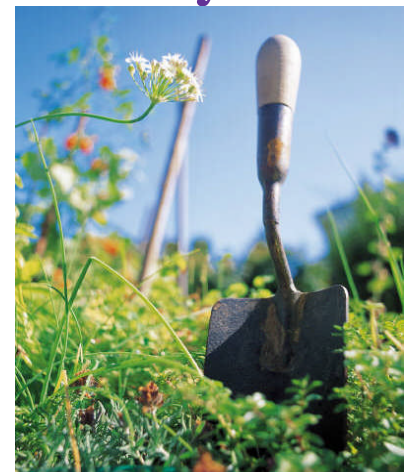
Increased physical activity has been linked to improved health and decreased blood glucose. As the days get longer and warm up, many of us would rather spend that time in our yard rather than walking on a treadmill in the gym.

Gardening is considered a form of physical activity. Gardening is described as "light physical activity" such as weeding or "moderate physical activity" such as raking, hoeing, or digging. Yard work and gardening can be incorporated into your physical activity routine.

Before beginning your gardening tasks, it is important to "warm up" for 5-10 minutes with some stretching exercises. This will help prevent sore muscles, back strain, or injury.

While doing your gardening or yard work, be sure to bend from your knees and use your legs, shoulders, and arms. If possible alternate between right-handed and left-handed activities to balance the muscles used.

As with any physical activity, it is important to "cool down" at the end of your garden activity. This



can be done by walking, picking flowers or vegetables, or enjoying your garden before sitting down.

## New Endocrinologist in Morgantown



Dr Syed N. Haq, MD, has opened a practice in Morgantown and is currently accepting new patients. Dr Haq is an endocrinologist, a doctor who specializes in hormonal diseases such as diabetes, thyroid and other hormonal disorders. He has been in practice in Bridgeport, WV for the past ten years and has decided to relocate to Morgantown. Once he gets busy enough here, Dr. Haq plans to close his Bridgeport office and permanently make Morgantown his home. He is currently the only endocrinolo-

gist in private practice in the Morgantown area.

"Prior to now, diabetic patients in Morgantown had to wait up to six months to see an endocrinologist at WVU or go to Pennsylvania to see one. With the opening of the Advanced Diabetes & Endocrine Center in Morgantown, patients will have easy and fast access to a hormone and diabetes specialist," Dr Haq said.

"Local physicians are excited to have Dr. Haq in town," said Tom Cole, Outreach Services

Representative for Mon General Hospital. "We are delighted that Dr Haq has decided to relocate his medical practice to Morgantown," said Cole.

Dr Haq, who did his medical training at the University of Pittsburgh and the University of Cincinnati, will be affiliated with Monongalia General Hospital. His office is located at 200 Wedgewood Drive, Suite 100. This is the same building as the Diabetes Learning Center of Mon General. Referrals and requests for consultation can be made by calling 304-933-3864.

*In an online poll  
25% of  
respondents  
reported that  
seasonal allergies  
caused their  
blood glucose to  
go up.*

## Diabetes and Seasonal Allergies

Many think of spring flowers and showers this time of year, but for some, hay fever comes to mind quicker. Sufferers of seasonal allergies should be aware that some allergy medications can raise blood glucose.

On a poll on the website [www.diabetesdaily.com](http://www.diabetesdaily.com), 25% of respondents reported that they believed that allergies alone caused an increase in blood glucose.

Its impossible to prevent allergy symptoms if you suffer from allergies, but consider these tips to decrease the effect they have on your life.

For indoor allergies, vacuum frequently with a machine that has a HEPA filter. Also, wash sheets weekly in hot water and other bedding one to two times a month.

Pollen is the main cause of out-

door allergies. Try to stay indoors when pollen counts are at their highest, between 5 am and 10 am. Wash hair and change clothes when you come in after spending any time outside.

Decongestants that include epinephrine, phenylephrine, and pseudoephedrine can decrease the effects of insulin or diabetes pills, so speak with your doctor before taking them.

## When To Use Control Solution

Have you ever wondered what that small bottle of fluid that came with your meter really was? That fluid is called control solution and it should be used to test the accuracy of your meter.

Control solution is a colored glucose-containing fluid. Once opened, the solution is good for 3-6 months. The solution is to be used to test blood glu-

cose when you change the code on your meter, or when you open a new box or vial of test strips. The result of a control test should fall within the control test range on the vial or box of test strips. If your control test does not fall within this range, your meter and/or test strips may not be testing your blood glucose accurately. If this occurs, contact the meter manufacturer and inform them of the problem.

Other times that you may want to do a control test include when you are getting unexpected results, such as a false low reading, when the meter has been dropped, or when the meter or strips have been exposed to extreme temperatures. If you do not have control solution, contact the meter manufacturer and ask if a free vial can be sent to your home.





## Plant a Rainbow of Colors

Spring is a great time of year to try one of the new varieties of vegetables available in garden catalogues, lawn centers, or at the grocery store. The Dietary Guidelines recommend we increase the number of vegetables and

fruits in our diet. Recent studies have found that the average American consumes 1.5 cups of vegetables per day instead of the recommended 2.5 cups.

Vegetables provide many vitamins and minerals such as folate, magnesium, and potassium and are also high in fiber. Heart disease, strokes, and some cancers have been linked to individuals who eat few vegetables. Vegetables are also a

low calorie option to help maintain a healthier weight.

A variety of vegetables should be selected daily. Adding dark, green, and leafy vegetables to our meals in addition to red or orange vegetables will increase the number of vitamins and minerals.

Peppers now come in red, green, yellow, purple, and orange varieties. Purple beans

and okra are now available. Heirloom tomatoes vary in color from almost black, to green, yellow, or red. Many new and once exotic vegetables are now in the grocery stores. Tomatillos, hot and sweet peppers, cucumbers (English and Asian), and squash are commonly found in the stores. Be sure to add one of these new varieties to your garden or grocery list.

## Sesame Green Beans

Source: [www.allrecipes.com](http://www.allrecipes.com)

- 1 tbsp olive oil
- 1 tbsp sesame seeds
- 1 pound fresh green beans, cut into 2 inch pieces
- ¼ cup low fat, low sodium chicken broth
- ¼ tsp salt
- Freshly ground black pepper to taste

Heat oil in a large skillet or wok over medium heat.

Add sesame seeds. When seeds start to darken, stir in green beans. Cook, stirring, until beans turn bright green. Pour in chicken broth, salt, and pepper. Cover and cook until beans are tender-crisp, about 10 minutes. Uncover and cook until liquid evaporates.

Serves 4

### Nutrition Information:

- 78 calories
- 4.6 grams total fat
- 152 mg sodium
- 8.6 grams carbohydrate

*Spring is sooner  
recognized by  
plants than by  
men.*

*Chinese Proverb*

## Weight Management Apps

There are currently thousands of apps available for smart phones and tablets to assist in tracking foods and physical activity. In a recent issue of *Food & Nutrition*, Sarah Krieger, a registered dietitian, reviewed several of the apps available. The top five are listed here.

The top rated app was Calorie Counter and Diet Tracker by MyFitness Pal. It includes the

ability to track your intake of many nutrients and minerals, as well as track the amount of calories burned regularly. It also offers a tutorial for first-time users.

Calorie Counter: Diets & Activities by Arawella is an excellent tool for tracking food and exercise when trying to lose weight or maintain weight already lost.

Calorie Counter and Diet Tracker by CalorieCount.com is an app that tracks food, exercise, and weight, as well as all nutrients on a Nutrition Facts Label. This is helpful for those trying to tracking sodium intake daily.

Sparkpeople Diet and Fitness Tracker includes meal plans customized for your personal weight goals. It also allows you



to track your weight changes over time.

The Calorie Tracker by Livestrong.com has a large food database and allows you to track both meals and physical activity.

# Celiac Disease and Gluten-Free Diet

It seems more common to see foods in the market labeled “Gluten Free” and many people have started trying this type of diet, assuming it will help them. The fact is that a gluten-free diet is challenging to follow and many gluten-free foods are higher in carbohydrate. As of this time, the only condition that a gluten-free diet is recommended to treat is celiac disease.

Celiac disease is a digestive disease that damages the small intestine and prevents absorption of nutrients from food. People with this condition do not tolerate gluten, which is the protein found in wheat, rye, and barley. Gluten is also an additive in other foods, medications, and cosmetics. When people with celiac disease consume gluten from any source, damage is done to the small intestines. This damage can lead to malnutrition, weight loss, iron deficiency, and even osteoporosis.

Celiac disease is genetic and it is estimated that 1 in 133 people in the US have it. Celiac disease is often misdiagnosed

because the symptoms, when present, are similar to those for other conditions. Lab tests for the presence of antibodies in the blood may help determine the risk of celiac disease, but they aren't used to positively diagnose the condition. The only way to diagnose the disease is through a biopsy of the small intestines.

## Symptoms in Adults

Fatigue	Bone or joint pain
Arthritis	Osteoporosis
Depression	Infertility
Canker sores in the mouth	Iron-deficiency anemia
Seizures	Weight loss

Researchers estimate that up to 10% of children with type 1 diabetes also have celiac disease. The American Diabetes Association recommends testing for celiac disease in all children diagnosed with type 1 diabetes. Both of these conditions are autoimmune diseases and they have been found to share some of the same genes, but the full extent of the similari-

ties are not known. Currently, there is no scientific evidence that people with type 1 diabetes need to follow a gluten-free diet unless they also have celiac disease.

The exact cause of type 1 diabetes is unknown, but some think that in people with the gene for this disease environmental factors, including diet, may cause the immune reaction that leads to diagnosis. Early research indicates that things such as milk protein or wheat protein may play a role in its development, but findings are conflicting and inconclusive at this time.

If you think you may have celiac disease, it is important that you speak with your healthcare provider before beginning a gluten-free diet. Once a gluten-free diet is started, the tests to diagnose celiac disease could give a false negative result. If warranted, contact a registered dietitian to assist you in following this strict diet.

## **FREE DIABETES SUPPORT GROUP!**

**Join us on the following dates at 11:30 am in the  
Conference Center of Mon General**

**April 18th: Diabetes Success Stories**

**Speakers Include People Living with Diabetes**

**May 16th: Stroke Prevention and Diabetes**

**By Karen Rembold, RN, MSN , MBA**

**June 20th: Picnic Party and Games**

**Food provided by Diabetes Learning Center Staff**



**Mon General**

**Diabetes Learning Center**

200 Wedgewood Drive, Suite 107  
Morgantown, WV 26505

**Phone: (304)598-0763 Fax: (304)598-0264**

Andrea McCarty, MS, RD, LD, CDE, Coordinator

LeeAnne Pruitt, Secretary

Beth Semmens, RD, LD, Educator

Karen Rembold, RN, MSN, MBA, Educator



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.