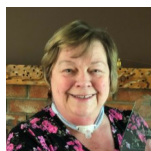




Let's End Diabetes



It's that time of year

Yes, it's that time of the year when a lot of us get colds or heaven forbid that dreaded flu. We won't talk about that other affliction (Covid) that is hanging over all of our heads. As personally these last two weeks I have been hit with a couple of things, first vertigo and then a cold, and since my trach 22 months ago, this is my first cold. A lot of firsts for me, but as a diabetic this brought to mind the old information packet I had received years ago from my diabetic nurse of planning and eating while sick. Below are six helpful tips.

1. Plan ahead - discuss what you should do with your Health Care team before you get sick.
2. Tell your family or friends so they can assist you with your care.
3. If you are having cold or flu-like symptoms test your blood sugars every 2 - 4 hours. If you have Type 1 Diabetes you should also test your urine ketones every four hours - ask your health care team for more information.
4. **Don't stop taking your medications**— being sick can make blood sugars go up even if you aren't eating.
5. **Keep hydrated**— your body needs 9 glasses of fluids a day (2200ml) and may need more if you are experiencing fluid losses (e.g. diarrhea or vomiting)
6. If you are unable to eat as you normally would, try to eat or drink 15g of carbohydrates every 1 to 2 hours. If you cannot tolerate food, replace food with carbohydrate-containing liquids and use small frequent sips to help prevent nausea. For sick day food and drink ideas see the list on page two of this newsletter.

District Step Challenge

The month of November finished off with a total of 59,777,210 reported steps in the challenge. It's not too late to join up, get your club active, come on join in! Here's your chance to win the most awesome size 12 Golden Runner!



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Burn Baby Burn

Each month I will put an activity here with the approximate number of calories they burn. Before launching into any of these activities, be sure to consult your doctor. * All calories are based on a 150 pound person. (A heavier person will burn more calories).

Swimming: Swimming provides an excellent overall body workout, burning up to 360 calories in a half hour (depending on the stroke used). The best swim workout is based on interval training: Swim two lengths, catch your breath, and then repeat.

Did You Know

Food for sick days:

- 1/2 cup fruit juice
- 1 cup milk or yogurt
- 1 cup Gatorade
- 1/2 cup regular Jell-O
- 1 twin popsicle
- 1/2 cup regular pop (not sugar free)
- 1 cup cream soup
- 1/2 cup ice cream, custard or pudding
- 6 soda crackers
- 1 slice toast of 1/2 English muffin
- 1/2 cup apple sauce
- 1/2 cup milkshake or meal replacement

People with diabetes are more prone to infections. High blood sugar levels can weaken a persons immune system defenses. People who have had diabetes for a long time may have peripheral nerve damage and reduced blood flow to their extremities, which increases the chance for infection.

When you have a cold, your body sends out hormones to fight the infection. The downside: That makes it hard for you to use insulin properly, and your blood sugar levels to rise.



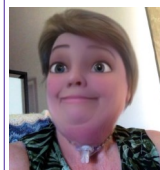
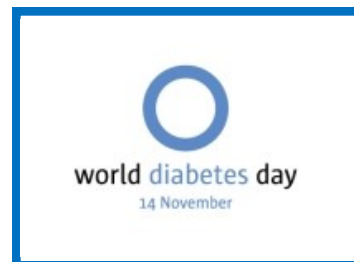
Food to Give Up or Add

Are you constantly asking yourself, "What can I eat?" It's time to stop worrying! Living with diabetes doesn't have to mean feeling deprived. Learn to balance your meals and make the healthiest food choices. Once you get the hang of eating a healthy diet, you can relax and dig in to a wide variety of delicious meals and snacks.



"You're getting too old to celebrate like you used to. It's time to say No-No-No instead of Ho-Ho-Ho!"

A Thought to Ponder



As the MD 19-I Diabetes Chair I feel that if I can bring awareness and education to the Lions of Multiple District 19-I, I will have accomplished something. This newsletter is a way of bringing different articles and information to you to keep you better informed of the affects of diabetes. Thanks for reading, if you have

any input or comments regarding the newsletter please direct them to me at

gdalmaine@gmail.com

PDG Georgia Medwedrich

MD 19-I Diabetes Chair