



LIVING WELL WITH DIABETES

Anderson County Health Department

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Diabetes Symptoms to Never Ignore

When you have diabetes, certain symptoms are always reasons to seek medical advice, whether it's a call to your doctor or a trip to the ER.

Frequent Urination, Extreme Thirst or Hunger, or Blurry Vision

These are three common warning signs of uncontrolled high blood sugar.

What to do: You should test your blood sugar and call your doctor. Depending on how high your blood sugar is, medication may fix the problem, or you may need medical care to replace fluids and electrolytes and to get your blood sugar back under control.

If left unchecked, high blood sugar can lead to serious, life-threatening conditions. People with type 1 diabetes can develop diabetic ketoacidosis, in which the body starts breaking down fats instead of sugars, leading to a dangerous buildup of chemicals called ketones (byproducts of fat metabolism).

Uncontrolled type 2 diabetes can lead to "altered consciousness and dehydration... which could be fatal if untreated," says endocrinologist Adrian Vella, MD, of the Mayo Clinic in Rochester, Minn.

Acting Drunk

Strange behavior can also signal low blood sugar. This can happen when a person's medication works too well and overshoots the target.

What to do: Drink some juice or eat a snack. That's usually enough to raise blood sugar levels and get behavior back to normal.

Always wear something visible, such as a bracelet, necklace, or pendant, that says you have diabetes. Doing so can help if you need treatment.

Infections, Swollen or Bloody Gums, Foot Sores

In people with diabetes, infections "can get out of control and they need to be taken very seriously," says Andrew Drexler, MD, who directs UCLA's Gonda Diabetes Center.

What to do: Have your doctor check a cut that's infected or swollen, bloody gums, or a wound that won't heal.

Get regular foot exams by a health care professional -- and check your feet every day. A sore on your foot may be the first sign of a diabetic foot ulcer.

Bathe your feet daily in warm (but not hot) water. Follow up with a moisturizer to prevent dry skin, which may crack and lead to infection.

Check for fungal infections. A red, itchy rash -- especially in moist areas such as skin folds -- can signal a fungal infection. Those are more common in people with uncontrolled diabetes, Vella says.

Eye Problems, Including "Floaters"

Diabetes makes you more likely to get an eye condition called retinopathy, which can lead to vision loss.

What to do: If you develop sudden changes in vision, have eye pain, or see spots or lights floating in your field of vision, call your doctor. You may need to see an ophthalmologist.

Even if you don't have any symptoms, see an ophthalmologist yearly for a routine eye exam.

Heart Disease Symptoms (Not Just Chest Pain)

Diabetes makes you more likely to get heart disease, which can lead to a heart attack or stroke.

What to do: Get any potential heart disease symptoms checked out. Keep in mind that heart symptoms aren't always predictable.

"It can sometimes be shoulder pain, it can sometimes present just as nausea," Drexler says. "But if there's any suspicion that it's cardiac in origin, it's very important to go to the ER."

It's also possible to have heart disease that doesn't have obvious symptoms, so see your doctor regularly and get your heart health, blood pressure, and cholesterol checked.



ANDERSON COUNTY HEALTH DEPARTMENT

ANDERSON COUNTY HEALTH DEPARTMENT
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FOR MORE INFORMATION ABOUT THE
DIABETES SUPPORT GROUP

PLEASE CONTACT:

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THE ANDERSON COUNTY DIABETES SUPPORT
GROUP WILL MEET

MONDAY, APRIL 1 AT 7:00PM

IN THE COMMUNITY ROOM OF THE
ANDERSON COUNTY HEALTH DEPARTMENT.

Postmaster, please deliver to:

Important Dates in April

1 - April Fool's Day

1 - Diabetes Support Group Meeting, 7-8pm

1-7 - National Public Health Week

7 - Holocaust Remembrance Day

21-27 - National Infant Immunization Week

22 - Earth Day

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Recipes of the Month — 2!!

Cran-Raspberry Cooler

1 serving

Ingredients

1/2 cup diet lemon-lime soda
(Sprite, 7-Up or Sierra Mist)

1/2 cup light cran-raspberry
juice

ice

Directions

Fill a tall glass with ice, add
soda and juice. Enjoy!

Nutrition Facts

Calories: 15

Carbs: 4g

Sodium: 23mg

Total Fat: 0g

Fiber: 0g

Protein: 0g

Cholesterol: 0g

Just Peachy Bowls

4 servings

Ingredients

2 large fully-ripened peaches

1 cup fat-free peach yogurt

2 tbsp sliced almonds, pan-toasted

4 sprigs fresh mint (optional)

Directions

1. Remove peach stems, slice peaches in half, remove pits.
2. Place each peach half into a dessert bowl, cut side up. Top each peach with 1/4 cup yogurt.
3. Sprinkle with almonds and top with mint sprigs.

Nutrition Facts

Calories: 90

Carbs: 16g

Sodium: 30mg

Total Fat: 6g

Fiber: 2g

Protein: 4g

Cholesterol: 0g