



LIVING WELL WITH DIABETES

Anderson County Health Department

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July 2013

Preventing Diabetes Problems

Did you know that diabetes can lead to heart attack, stroke, blindness, or kidney failure?

Too much glucose, a type of sugar, in your blood can cause diabetes problems over time. High blood glucose can cause heart and blood vessel disease, which can lead to heart attacks and strokes. Damage to the eyes can lead to loss of sight or blindness. Nerve damage and poor blood flow can cause foot problems, sometimes leading to amputation.

You can prevent or delay diabetes problems by keeping your blood glucose, blood pressure, and cholesterol under control.

How can I tell if I have diabetes problems?

You may have diabetes problems if:

- ⇒ your blood pressure is 130-140 over 80, or higher
- ⇒ you have pain in your chest
- ⇒ you have blurry or double vision, or feel pain or pressure in your eyes
- ⇒ you have foot problems—such as blisters, ingrown toenails, cracked skin, or signs of infection
- ⇒ your arms, hands, legs, or feet feel numb, or you feel shooting pains

Some diabetes problems don't have symptoms at first. For example, you cannot tell if your kidneys

are damaged until they stop working altogether. Your doctor should test your urine every year to see how well your kidneys are working.

What can I do to stay healthy with diabetes?

Controlling your blood glucose, blood pressure, and cholesterol can make a big difference in staying healthy. Talk with your doctor about what your **ABC** goals should be and how to reach them. **A** stands for the A1C test—a measure of what your blood glucose has been for the last three months. **B** is for blood pressure, and **C** is for cholesterol.

You can take these steps each day to reach your **ABC** goals:

- ⇒ Follow the healthy eating plan that you and your doctor or dietitian have discussed.
- ⇒ Be physically active for 30 to 60 minutes most days.
- ⇒ Take your medicines as directed and keep taking them, even after you've reached your goals.
- ⇒ If you smoke, get help to quit. (1-800-QUIT NOW or 1-800-784-8669)
- ⇒ Ask your doctor if you should take aspirin to prevent a heart attack or stroke.
- ⇒ Check your feet every day for cuts, blisters, sores swelling, redness, or sore toenails.

Learn more about diabetes at www.diabetes.niddk.nih.gov. You can also call the National Diabetes Information Clearinghouse at 1-800-860-8747.



Anderson County Health Department

NEW Hours of Operation Starts June 24th.

Monday – Wednesday	8:00am - 4:30pm
Thursday	8:00am - 6:30pm
Friday	8:00am - 12:00pm

Diabetes Support Group Meetings Tentative Dates for 2013-2014

July 1* CANCELLED	November 4	March 3
August 5	December 2	April 7
September 9**	January 6	May 5
October 7	February 3	June 2

*July date cancelled due to vacation & April's transfer.
 **September date is second Monday of the month due to Labor Day Holiday the first Monday.



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, JULY 1 AT 7:00PM~~
JULY MEETING IS CANCELLED

IN THE COMMUNITY ROOM OF THE
ANDERSON COUNTY HEALTH DEPARTMENT.

Postmaster, please deliver to:

Important Dates in July

~~1 - Diabetes Support Group, 7-8pm~~
CANCELLED

4 - Independence Day HOLIDAY
(Health Department CLOSED)



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FACEBOOK



News from April — Sorry there is no Recipe of the Month!



Dear Diabetes Support Group,

I have bittersweet news for you all. I have recently accepted a position with WEDCO District Health Department (serving Scott, Nicholas & Harrison Counties) as a Public Health Services Manager. In my new position I will continue to work in health education, but I will gain experience in supervision and management, which I am currently lacking. I am very happy and excited to begin this new adventure, as these types of opportunities do not come up very often in the field of Public Health.



However, I am also sad that I will be leaving Anderson County, and you all - whom I have come to know and care about over these last four years. As I type this, it just doesn't seem possible that it has been four years! We have been through a lot together over the years — ups and downs with the health department (similar to blood sugars!!), health crises, surgeries, trips to Florida, and sadly, the death of beloved member and friend, Brenda Bowen. I truly appreciate that I have gotten to know you all so well, and joke and cut up at our monthly meetings. What will I do without my #1 and #2 to fuss at me?!?!



My last day at Anderson County Health Department is June 21. The July meeting is cancelled due to this. Tentative dates for future support group meetings are in this issue, but please stay tuned about possible changes.

If you have a chance, please stop by next week to say good-bye. I would love a chance at a hug! Take care!!

April Thomas