



Stroke and Diabetes

People who have had diabetes at least 10 years are three times more likely than people without diabetes to have an ischemic stroke, according to a study in the American Heart Association’s journal *Stroke*.

An ischemic stroke happens when an artery to the brain is blocked.

Knowing the warning signs and acting quickly can make a big difference.

Stroke Warning signs:

- Numbness or weakness of the face, arm, or leg, especially on one side of the body
- Confusion, trouble talking or understanding
- Difficulty seeing in one or both eyes
- Dizziness, loss of balance or coordination
- Severe headache with no known cause

Nutrition Tip & Activity Boosters

Eat The Same Foods You Normally Do, But Eat A Little Less. At each meal and snack, leave at least one bite of food on your plate.

Take A Standing Break Every Half Hour. Get up and move around for five minutes. Standing burns more calories than sitting. Standing and moving around will also revitalize you.

Find The Farthest Spot In the Parking Lot From Your Destination. When you find it, say, “This is my lucky day!” By adding more walking to your life you are burning more calories, which can help you lose weight.

Treating Hypoglycemia—Low Blood Sugar

In the last few months I’ve asked several clients how many glucose tablets they should chew if they have a low blood sugar. Nearly all have answered “one” which is incorrect.

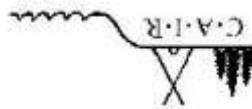
If your blood sugar is 50-69 we recommend treating it with 15 grams of carbohydrate. Each glucose tablet is only 4 grams of carbohydrate so you would need to chew 4 glucose tablets.

If your blood sugar is less than 50 we recommend treating it with 30 grams of carbohydrate or 8 glucose tablets.

Examples of Treatments for Low Blood Sugar



Foods	15 grams of carbohydrate	30 grams of carbohydrate
Orange or apple juice	1/2 cup	1 cup
Non-diet pop	1/2 cup	1 cup
Milk	1 cup	2 cups
Glucose tablets	4 tablets	8 tablets



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Living In Balance Newsletter
Fond du Lac Human Services



Beyond the Basics Diabetes Workshop

Motivation: Tools for Success

Featuring Guest Speaker—

Patti Urbanski, Med, RD, LD, CDE

Registered Dietitian & Certified Diabetes Educator

“Living With Diabetes...Day after Day”



Min No Aya Win
Tuesday, October 23rd, 2012
8:30 am—12:00 pm

To register call Amanda at 878-3731 or
Jenn at 878-2146
Breakfast & Incentives included

Life With Diabetes Workshops

Min No Aya Win · 8:30 am—12:15 pm

Part 1: Thursday, November 1st

Part 2: Thursday, November 15th

CAIR · 8:30 am—12:15 pm

Part 1: Thursday, November 8th

Part 2: Thursday, November 29th

Part 1: What is Diabetes, Meal Planning,
Being Active & Monitoring

Part 2: Complications, Stress & Coping, Med-
ications & Healthy Habits

To register call Amanda at 878-3731
or Jenn at 878-2146
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