

Living in Balance

Fond du Lac Human Services *Diabetes Newsletter*

Fall
2020

Fitness Classes

Want to stay fit while social distancing? FDL Human Services is holding fitness classes through Zoom meetings.

Please email Katie Hughes at Kathleenhughes@fdlrez.com if you are interested in more information.

YOGA
Mondays 12-1pm

PIYO
Tuesdays & Thursdays
12-1pm

GET FIT
Wednesdays 12-1pm

Health & Wellness Coaching

A Health & Wellness Coach is:

1. A partner in personal growth.
2. Someone who listens, observes and guides you on your health and wellness goals.
3. A source of support to help you focus on specific behaviors and the things you can control.

If you are interested, call Chris Foss at 218-481-3779.

A1C

What Is it? The A1C is a blood test that tells you what your average blood sugar levels have been for the past 2 to 3 months. It measures how much sugar is attached to your red blood cells. Because you are always making new red blood cells to replace old ones, your A1C changes over time as your blood sugar levels change.

What is the A1C target? The American Diabetes Association's target for A1C for most adults is less than 7%, but no single goal is right for everyone.

This is a great discussion to have with your primary provider. Your provider may recommend a higher or lower target depending on your age and other factors. The closer you get to your target, the better your chances of preventing or delaying problems from diabetes that can develop over time. Studies have shown that for every one-point decrease in A1C levels, you reduce your risk of long-term diabetes complications by up to 40 percent.

What does my A1C level mean? The A1C gives an overall idea of what's going on. Sometimes, your A1C result may be higher or lower than you expected. That may be because your blood sugar levels are a certain level at the time you're checking it, but at other times your levels may be very high or very low.

How are we doing at FDL? According to the Annual Diabetes Audit, 58% of our patients with diabetes had an A1C under 8% in 2019.

When should A1C be checked? Normally, we recommend having your A1C checked every 3 to 6 months. Clinic appointments have been limited due to COVID precautions, so many patients are overdue for their A1C. If you are planning to come to MNAW or CAIR for any reason, please contact scheduling to see if your A1C can be checked.

We would like to help you lower your A1C. If your A1C is above target, we can discuss changes that could be made with diet, activity, or medications. Call Jenn Hall at 218-409-4878 if you'd like help lowering your A1C.

Immunizations for Adults with Diabetes

Why do people with diabetes need immunizations? People living with diabetes may have a harder time fighting off infections due to weaker immune systems and could be at increased risk for more serious complications from an illness compared to people without diabetes. Immunization provides the best protection against vaccine-preventable diseases. Vaccines are one of the safest ways for people with diabetes to protect their health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.



A1C	Average Blood Glucose
6%	126 mg/dL
6.5%	140 mg/dL
7%	154 mg/dL
7.5%	169 mg/dL
8%	183 mg/dL
8.5%	197 mg/dL
9%	212 mg/dL
9.5%	226 mg/dL
10%	240 mg/dL
10.5%	255 mg/dL

What Immunizations are recommended for diabetes and why?

- **Pneumococcal:** to protect against serious pneumococcal diseases. People with diabetes are at increased risk for death from pneumonia (lung infection), bacteremia (blood infection), and meningitis (infection of the lining of the brain and spinal cord).
- **Influenza:** recommended every year to protect against seasonal flu. Influenza can raise blood sugar to very high levels.
- **Hepatitis B vaccine series:** to protect against hepatitis B which is a serious liver infection caused by the hepatitis B virus. The disease is most commonly spread by exposure to infected bodily fluids. People with diabetes have higher rates of hepatitis B than the rest of the population. Outbreaks of hepatitis B associated with blood sugar monitoring procedures (blood sugar meters, finger stick devices, and other equipment such as insulin pens) have happened among people with diabetes.
- **Zoster and/or Shingrix:** to protect against shingles if you are 50 years or older. Shingles is a reactivation of the chickenpox virus in the body causing a painful skin rash with blisters. Anyone who's had chickenpox may develop shingles. It isn't known what reactivates the virus. Shingrix is replacing the Zoster vaccine. It is recommended for people 50 years and older and is a two-dose series given 2-6 months apart. According to the Centers for Disease Control and Prevention, those who had the Zoster vaccine will benefit from getting the Shingrix vaccine.
- **Tdap:** a combination vaccine that protects against three potentially life-threatening bacterial diseases including tetanus, diphtheria, and pertussis (whooping cough). A Td vaccine booster is recommended every 10 years.

Immune System Boosters

1. Adequate sleep
2. Consistent exercise
3. Stress-relieving activities
4. Nutrient-rich foods:
 - a. Chickpeas (also known by its popular Spanish-derived name, the garbanzo bean): A plant-based source of protein that is an excellent source of fiber and zinc. Try adding them to salads or enjoy in hummus.
 - b. Salmon, sardines, or herring for Omega-3 fatty acids
 - c. Carrots for vitamin A
 - d. Brazil nuts for selenium which supports thyroid health. Slice a Brazil nut into thin strips and add to your oatmeal or salad.
 - e. Walnuts for vitamin E and Omega-3 fatty acids
 - f. Bell peppers for vitamin C. Cut into strips for a crunchy snack.
 - g. Lentils for zinc and fiber. Try making a batch of lentil soup.



Appointments

We realize clinic services have been limited to protect the community and our staff from COVID-19, but your diabetes care is very important to us.

If you are experiencing blood sugars over 250, your body will have difficulty fighting off illness such as COVID-19 and the flu. Your primary care provider is available for telephone, telehealth and in person clinic appointments if needed.

Our registered dietitian (Barb Heikkila) and diabetes care and education specialist (Jenn Hall) are both available for either telehealth or telephone appointments.

Please call 218-878-2190 to schedule appointments.

Easy Avocado & Egg Toast

The first time I saw this, I thought it was a strange combination. I'm sure glad I tried it. Now 4 out of the 5 people in our household enjoy it. You can slice the avocado or mash it. Prepare the egg any style you like – poached, over-easy, hard-boiled or even scrambled! Some people add hot sauce or salsa. This easy breakfast idea provides carbohydrate, protein and healthy fat. Try it...I think you will like it!

