

Living in Balance

Fall / Winter
2021

Fond du Lac Human Services *Diabetes Newsletter*

Fitness Programs Available

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

YOGA

Mondays 12-1pm

contact Katie Swanson
at katieswan126@gmail.com

GET FIT

Tuesdays & Thursdays
12-1pm

contact Katie Gokee
at katherinegokee@fdlrez.com

Factors Affecting Blood Glucose

With diabetes, your blood glucose level can rise higher and some diabetes medications can make them go lower than normal. Many factors can change your blood glucose levels.

What can make my blood glucose rise?

- Too much food that has more carbohydrates than usual
- Not being active
- Not enough insulin or diabetes medications
- Side effects from other medications, such as steroids
- Illness
- Stress
- Short or long-term pain
- Menstrual periods
- Dehydration

What can make my blood glucose fall?

- Not enough food/fewer carbohydrates
- Alcohol on an empty stomach
- Too much insulin or diabetes medications
- Side effects from other medications
- More physical activity than usual.



Katie joins the diabetes team bringing enthusiasm and experience in health and wellness. She is a personal trainer that can help patients improve and maintain health, fitness, weight, body composition and metabolism.

She can assist with those needing corrective exercise to reduce the stress that sometimes causes pain and decreased movement in the feet, knees and hips.

Katie can meet with you and personalize a program for your concerns.



What is an A1C?

The A1C blood test shows your blood glucose levels over the past 2-3 months. It also helps you know your risk for diabetes complications. The results give you a good idea of how well your diabetes treatment plan is working. The closer your A1C level is to normal, the lower your risk for complications. **An A1C over 8% means blood glucose levels are too high.** Diet, exercise and medication changes are needed to prevent or delay complications from diabetes. You should have your A1C checked every 3-6 months.

Please call 878-2190 if you would like to schedule an appointment to have your A1C checked.

Let your medical team help you reach your A1C goal.

Call 878-2190 for an appointment with:

- Jenn Hall, Certified Diabetes Care and Education Specialist
- Barb Heikkila, Registered Dietitian Nutritionist
- Chris Foss, Health & Wellness Coach
- Katie Gokee, Fitness Trainer
- Pharmacy Cardiometabolic Program

Keeping Your Feet Healthy

- Check your feet every day. Call for an appointment if you find a foot problem. At each clinic visit, take off your shoes and socks and ask your provider to check your feet.
- Wash and dry your feet every day. Apply lotion to the tops and bottoms of your feet, but not between your toes.
- Trim your toenails or ask for help.
- Call 878-2190 to schedule a foot care appointment.



Living Well with Chronic Conditions

via Zoom | Tuesdays

Nov. 4 - Dec. 7 | 2pm - 4:30pm

This program is designed to help participants deal with chronic conditions.

Topics include: techniques to deal with frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility and endurance; appropriate use of medications; communicating effectively with family, friends and health professionals; nutrition and how to evaluate new treatments.

Call Barb at 218-878-2141 for more information and to sign up or go to Yourjuniper.org to find the scheduled class and sign up on line.