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KYHEALTH CHOICES

Diabetes News

How to make changes successfully

To be a success at making lifestyle changes you need to answer YES to the question, "Are you ready, willing and able to change?" In order for people to change, making the change must be important to them. In other words, you must have good reasons to change. For example, maybe you want to live long enough to see your grandchildren grow up. You must have more reasons to change than reasons not to change. You must be confident and believe that you can change.

To succeed, take what you want to do and break it down into small steps. Then think about a few things you are ready, willing and able to change. Leave other habits that you do not feel ready, willing and able to change for another time.

Foot Complications

People with diabetes can develop many different foot problems. Even ordinary problems can get worse and lead to serious problems. Poor blood flow or changes in the shape of your feet or toes may also cause problems.

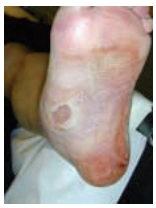
Neuropathy

Foot problems most often happen when there is nerve damage, also called neuropathy, which results in loss of feeling in your feet. Although it can hurt, diabetic nerve damage can also lessen your ability to feel pain, heat and cold. Loss of feeling often means you may not feel a foot injury. You could have a tack or stone in your shoe and walk on it all day without knowing. You could get a blister and not feel it. You might not notice a foot injury until the skin breaks down and becomes infected.

Skin Changes

Diabetes can cause changes in the skin of your foot. At times your foot may become very dry. The skin may peel and crack. The problem is that the nerves that control the oil and moisture in your foot no longer work. After bathing dry your feet and seal in the remaining moisture with a thin coat of plain petroleum jelly or unscented hand cream. Do not put oils or creams between your toes. The extra moisture can lead to infection. Also, do not soak your feet—that can dry your skin.

Calluses



Calluses occur more often and build up faster on the feet of people with diabetes. Too many calluses may mean that you will need specialty shoes (therapeutic) and inserts. Talk to your healthcare provider to see if you need specialty shoes. Calluses, if not trimmed, get very thick, break down and turn into ulcers (open sores). Never try to cut calluses or corns yourself—this can lead to ulcers and infection. Let your healthcare provider cut your calluses. Also, do not try to remove calluses and corns with chemical agents. These products can burn your skin. Using a pumice stone every day will help keep calluses under control. It is best to use the pumice stone on wet skin. Put on lotion right after you use the pumice stone.

Setting goals

For each goal, think about four things:

1. How long will you try to reach this goal? Keep it short.
2. Is it easy to do in your regular daily life? Keep it realistic.
3. Is it limited in scope? Be specific.
4. How often will you do this?

Keep your goals realistic. Don't try to do too much too quickly. Let's look at three examples of realistic goals.

1. **Eating:** For the next month (how long), four days each week (how often) I will eat two pieces of fruit a day—one at breakfast and one as an afternoon snack.
2. **Eating:** The next five times (how long) I go to a fast food restaurant (how often), I will order small French fries and a single hamburger, rather than large French fries and double hamburger.
3. **Physically active:** For the next month (how long), four days each week (how often) I will take a 15 minute walk after lunch three days a week.

Notice those three goals are all realistic and specific. The eating goals are not "I will eat more fruit" or "I will eat healthier." The activity goal is not "I'll walk more." These goals aren't specific.

Set 1 to 3 goals at a time. Write them down. Put them in a place where you will see them often—on the refrigerator, your bathroom or bedroom mirror or in your purse or wallet.

FREE Diabetes Emergency Necklace

Complete the form below to request a FREE diabetes ID necklace send a self-addressed and stamped envelope to the address below or you can order online at www.diabeteswellness.net. For orders placed online you will be charged $2.95 for shipping and handling. This ID necklace is important when you are unable to speak for yourself in an emergency situation. In case of an emergency, the attending healthcare provider or paramedic needs to know you have diabetes before treating you.

Tear here

Name

Street Address

City State Zip

Send a self-addressed, stamped envelope to: Free Diabetes Necklace
Diabetes Research and Wellness Foundation™
P.O. Box 96046
Washington, DC 20090-6046

Be Active, But How?

Being active is a big part of living a healthy lifestyle. It offers up many health benefits. This is true for people of all ages and especially true for people with or at risk for pre-diabetes or type 2 diabetes. Check out the benefits of being active, how much activity is best for you and get a few tips to become more active now.

Top 10 benefits of being active

1. Improve blood glucose monitoring. Activity makes your body more sensitive to the insulin your body makes. Activity also burns glucose (calories). Both actions lower blood glucose.
2. Lower blood pressure. Activity helps your heart pump stronger and slower.
3. Improve blood fats. Exercise can raise good cholesterol (HDL) and lower bad cholesterol (LDL) and triglycerides. These changes are heart healthy.
4. Take less insulin or diabetes pills. Activity can lower blood glucose and weight. Both of these may lower how much insulin or diabetes pills you need to take.
5. Lose weight and keep it off. Activity burns calories. If you burn enough calories, you'll trim a few pounds. Stay active and you'll keep the weight off.
6. Lower risk for other health problems. Decrease your risk of a heart attack or stroke, some cancers and bone loss.
7. Gain more energy and sleep better. You'll get better sleep in less time and have more energy too.
8. Relieve stress. Work out or walk off daily stress.
9. Build stronger bones and muscles. Weight-bearing activities, such as walking, make bones stronger. Strength-training activities, such as lifting light weights (or even cans of beans), make muscles strong.
10. Be more flexible. Move easier when you are active.

Diabetes Prevention Program Shows Weight Loss Benefits

The Diabetes Prevention Program shows that if people at risk for type 2 diabetes lost a small amount of weight and became more active for three years they could prevent or delay type 2 diabetes. People also had other advantages of weight loss like lowered blood pressure. If you already have diabetes, losing 10 to 15 pounds may help you lower your blood glucose, blood pressure and improve your blood fats. Losing this weight may also help you cut down on some of the medicines you take. If you lose weight, talk to your healthcare provider about whether you need to make changes in your medicines.

In addition to exercise, there are many ways to be active throughout the day. Being active helps burn calories. The more you move around, the more energy you will have. You can increase your activity level by walking instead of driving whenever possible, taking the stairs instead of the elevator, working in the garden, raking leaves, doing some housecleaning every day, or simply park at the far end of the shopping center parking lot and walk to the store.

Cabinet for Health and Family Services
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Fried Green Tomatoes

Number of Servings: 4

4	firm green tomatoes
1 cup	cornmeal
1 pinch	salt to taste
1 pinch	pepper to taste
3 Tbsp	canola or corn oil

1. Wash the tomatoes, remove the stems and slice each tomato into 4 thick slices. Season the cornmeal with salt and pepper.
2. Heat the oil in a medium skillet until hot. Dip the tomato slices into the cornmeal and fry until brown, turning once, about 3-4 minutes total.

Amount per serving:

Calories	251	Calories from fat	102				
Total Fat	11g	Saturated Fat	0g	Cholesterol	0mg	Sodium	17mg
Carbohydrate	33g	Dietary Fiber	4g	Sugars	3g	Protein	3g

This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.