

The Diabetes Care Program is here to help you with whatever you may need to stay in good health whether you are newly diagnosed or have had diabetes for some time. This includes both supplies and expert help such as free Bluetooth-enabled glucometer and test strips, discounts on some medications, sensors for those using insulin, informational programs, and individual meetings (phone or Zoom meetings are available) for help with blood sugars and nutrition.

ANNOUNCING NEW VIRTUAL SURVIVAL SKILLS SERIES!

The “Basics of Diabetes Care” and “What Can I Eat?” are now online and available to access at any time.

The Basics of Diabetes Care

Lesson 1	What is Diabetes?	https://youtu.be/W0wLpwDWZZ8
Lesson 2	What you need to know about diabetes medication	https://youtu.be/UERKkqOP4d0
Lesson 3	My blood sugar did that?	https://youtu.be/obDGaFaoWh4
Lesson 4	Diabetes can be complicated	https://youtu.be/Y9iDSQb4QpA
Lesson 5	You got to move it – Exercise!	https://youtu.be/W_p8ziJcIWY

What Can I Eat?

Lesson 6	The myth of the diabetes diet	https://youtu.be/c0-kCsEs8M4
Lesson 7	Sugar is sweet	https://youtu.be/hQeKE8p6m1A
Lesson 8	Your food environment	https://youtu.be/yKubcxtWwjY
Lesson 9	The Blender. Putting it together.	https://youtu.be/jJXESynkoVg

SICK DAY CARE FOR COMMON COLD OR FLU INCLUDING COVID-19

General guidelines to manage diabetes during an illness:

- Insulin treatments should never be stopped. You may need to increase insulin doses while you are sick, check with your doctor
- Test blood glucose every four hours, and keep track of the results
- Drink extra calorie free fluid 4 to 6 ounces (½ cup to ¾ cup) every half hour to prevent dehydration
- Try to eat as you normally do
- If you can't eat or are vomiting, it may be necessary to sip on sugary beverages or suck on sugar-containing popsicles. The amount of sugary beverages should nevertheless be carefully controlled to prevent blood sugar levels from rising too much
- You may need to stop metformin while you are sick, check with your doctor

If your blood sugar is consistently above 200 mg/dl, it will impact how well you will be able to fight the virus if infected. Hyperglycemia is an issue for healing as it makes the immune fighting cells less effective.



WHEN YOU SHOULD CALL FOR HELP

- You have been sick or had a fever for a few days and are not getting better.
- You are vomiting or have diarrhea for more than 6 hours.
- You have moderate to large ketones even if your glucose is not high.
- Your blood glucose values stay above 240 mg/dl even when you are giving extra insulin.
- You are not sure what to do

BEST NEW PRODUCT

Caulipower Chicken Nuggets – frozen chicken nuggets never tasted so good because they use natural, antibiotic-free chicken and a cauliflower crispy coating baked to low carb perfection. Two nuggets have just 110 calories and 11g of carb. It's certified gluten free too!

And since we are talking about the cauliflower category, how about an easy dinner recipe?

Cauliflower Hash Browns Breakfast for Dinner (Serves 3)

- 1 small head cauliflower (about 3 cups grated)
- 7 eggs
- $\frac{3}{4}$ cup shredded cheddar cheese
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{2}$ tsp black pepper
- veggies of your choice such as chopped onion, peppers, mushrooms



1. Grate the entire head of cauliflower. Simply pulse raw cauliflower florets in a food processor or use a hand grater, then microwave without added water for 3 minutes. Let cool.
2. Place grated cauliflower in a clean kitchen towel, roll up and squeeze to absorb excess water.
3. Place cauliflower in a bowl, stir in one egg, cheese, garlic powder, salt and pepper.
4. Form into six square-shaped hash browns on a greased baking tray.
5. Place in a 400 degree oven for 15-20 minutes.
6. While hash browns are baking, scramble the remaining 6 eggs with vegetables of your choice.
7. When hash browns are through baking, let cool for 10 minutes (hash browns will firm up).
8. Serve each person with 2 hash brown squares and 1/3 of the scrambled eggs.

One serving: 472 calories, 17g protein, 10g carbohydrate, 21g fat.

For more information on our Diabetes Programs and Education, please contact X 6412