



Living Well with Diabetes Newsletter

FALL 2018

Speed Up Your Metabolism!

By: Jessica Cook, Director of Education MS, RD, LD, CDE

Are you hurting your weight loss by slowing down your metabolism? Many people want to lose weight, but are you doing more harm than good to your body?



Recently, I've met with many patients that believe less calories the better. Or believe sustainable weight loss can be achieved through crash diets, fasting or cutting out certain food groups. While we know that any diet that cuts calories will work, we need to explore the long term outcomes of what that will mean for weight loss maintenance, energy levels, muscle mass and self esteem.

Metabolism refers to the whole range of biochemical processes that occur within a living organism. Metabolism consists of anabolism (the buildup of substances) and catabolism (the breakdown of substances). The term metabolism is commonly used to refer specifically to the breakdown of food and its transformation into energy. We know as we get older this process slows down, we lose muscle mass and therefore we need less calories to maintain healthy weight levels. Being less active, having less muscle mass and not eating enough calories will continue to slow down your metabolic rate making it more difficult to maintain a healthy weight. Having too much weight on our bodies can lead to insulin resistance, type 2 diabetes, heart disease, inflammation and cancer. Many people think weight loss through starvation, dieting or skipping meals will lead to success, but often end up in rebound weight gain, loss of energy, brain fog as well as loss of muscle loss destroying the metabolic function even further.

The human body needs enough calories per day to carry out bodily functions such as breathing, heart beating, etc, but also to maintain lean muscle mass and provide energy for your brain. Making sure to eat a meal every 4-5hrs., drinking water while avoiding sweetened beverages such as soda, consuming the right balance of complex carbohydrates, vegetables, fruit, lean protein and healthy fats can also provide the body

with adequate energy for optimal metabolism. Daily activity can also help to keep a higher metabolic rate whether that includes yard work, walking, swimming, weight training or biking. It is important to achieve at least 30min of activity 5 days per week for metabolic and heart health. Limiting processed meats, trans fats, refined carbohydrates such as ice cream, sweets, bread or pasta and fried foods can help prevent metabolic diseases such as obesity and diabetes.

Some healthy ways to ensure you keep an optimal metabolic rate include not skipping meals especially breakfast, exercising most days of the week, especially strength training, sleeping 7-9hrs per night, avoid late night snacking, drinking daily requirements of water and finally consuming enough calories for your body weight and type. If you are unsure of how many calories you need during the course of the day, need help with planning healthy meals or are interested in healthy, maintainable weight loss do not hesitate to contact one of our registered dietitians.

To learn more about diabetes, health and weight loss call 561-659-6336 ext 8012 to schedule an appointment with a certified diabetes educator today. Please enjoy our Fall 2018 Living Well with Diabetes Newsletter.

If Your Pump Stopped Working, Would You Know What To Do?

By: [Monika Lambertson MS, RD, LD, CDE](#)

If Your Insulin Pump Stopped Working, Would You Know What To Do?

If you are among the estimated one million people worldwide who use an insulin pump, would you know what to do if your insulin pump suddenly stopped working? Maybe the buttons aren't responding, or you dropped it and now the screen is black. Although not likely to happen, over the years I have heard several stories of how insulin pumps have met their untimely retirement. Despite being quite durable and reliable, especially now that many are waterproof, an insulin pump is a mechanical device and for any number of reasons it can fail. If you find yourself in such a situation, having a "pump back up plan" in place can ameliorate some of the anxiety you are likely to feel.

Although in most instances the manufacturer can have a replacement pump delivered to your doorstep the next day, it is still vitally important to have an insulin pump back up plan in place. The dangers of being without insulin for even a short period of time are real and potentially life-threatening. An insulin pump uses only rapid acting insulin so you don't have any long- acting insulin in your system. So if insulin delivery



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stops, blood sugars can rise rapidly over a matter of hours and can lead to ketoacidosis. Ketoacidosis is very dangerous with symptoms that are nearly identical to those caused by the flu. If you realize your insulin pump has stopped working and you are experiencing nausea, vomiting, abdominal pain, and rapid breathing, please call your health care provider immediately or seek emergency medical assistance.

Below is an overview of steps to follow if your pump has stopped working to prevent ketoacidosis. This is why you need a back up plan!

1. Call the 24-hour toll-free pump manufacturer helpline number located on the back or bottom of your insulin pump and report the issue IMMEDIATELY. If unable to troubleshoot the problem and a replacement pump is needed, in most instance a replacement pump can be delivered the you the next day.

2. Stop the pump and disconnect the tubing and remove the infusion set. Next, you will need to go back to injections until you receive your new pump (your “back up plan”). You will need to take a long-acting insulin once daily (such as Lantus, Levemir, Basaglar, Toujeo, Treciba) to provide your basal or background insulin, and a rapid acting insulin like you use in your pump (such as Humalog or Novolog) before each meal. Your physician may recommend keeping an insulin pen of each insulin type- both long acting and rapid acting- in your refrigeration at all times, or a current prescription on file at your local 24 hour pharmacy. If you use insulin in vial form, make sure you have the appropriate syringes. When traveling, always take your back- up-plan supplies with you. You should discuss the specifics of your back up plan (like how much to take and when) at least annually with your endocrinologist or diabetes educator.

3. Check blood sugar more frequently while using your back up plan and contact your healthcare provider if you are experiencing low or highs or have any questions or concerns.

4. When your new pump arrives, call the manufacturer 24-hour toll-free helpline for assistance setting up your new pump and transitioning back to pump use, or call to schedule an appointment with your pump trainer. If you have taken an injection of long acting insulin, your basal rate may need to be adjusted on the first day to avoid a possible low blood sugar. You should always keep a current copy of your pump settings in case you are unable to access them from your old pump. It’s a good idea to take a picture of your settings with your cell phone so you always have them with you.

Knowing you have a back-up plan in place should make you feel more secure in the event of a pump malfunction or failure. If you don’t have a back up plan or you would like to make sure your back up plan is up to date, please call your Diabetes Education Team at 561-659-6336 Ext 8012 for an appointment today.

Want to lose weight and learn how to prepare delicious meals even during the holidays?



Then come to our Healthy Meal Planning Classes! At 3 Convenient Locations!

1. West Palm Beach Location:

Temple Israel
1901 N. Flagler Drive
West Palm Beach FL, 33401

Tuesday December 11th 10am-12pm

Parking is located on Pine Street behind the Temple. Please buzz in to alert staff for diabetes refresher class. Classroom is located in the Program Room.

2. Boynton Beach Location:

6056 W. Boynton Beach Blvd. Suite 245
Boynton Beach, FL 33473

Wednesday December 19th 10am-12pm

3. Jupiter Location:

Well tower Building 550 Heritage Drive, Suite 150
Jupiter, FL 33458

Wednesday December 12th 5:30-7:30pm

Will provide Healthy Snacks!

****May bring one guest!**

If interested attending this program please contact our scheduling department at (561) 659-6336 Extension 8001 today!

At Healthy Living with Diabetes we want to ensure that you are satisfied with all services received. We also would like your input on educational workshops that you would like us to offer, information you would like to read about in Healthy Living with Diabetes Monthly or feedback on any workshop that you may have attended. You can contact the director of education personally by email jcook@PBDES.COM or leave a message at (561) 659-6336 ext. 8012. We would love to hear from you!

Check us out on the web!

www.palmbeachdiabetes.com

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