



Living Well with Diabetes Newsletter

JUNE 2021

Managing Diabetes During Summer Cookouts!

By: Jessica Cook MS, RD, LD/N, CDCES

Summer time is here and heating up! So is Summer grilling! Cookouts, BBQs and Fourth of July parties can be a great time to relax, but can also have a lot of high carbohydrate goodies!



BBQ sauce, corn, potato salad, baked beans, coleslaw, watermelon and burger buns can easily cause your plate to become filled with carbohydrates. But there are some tips to you can try to still have fun & good blood sugars!

Here are some tips to keep blood sugars steady even during fun Summer BBQs:

1. Get some help! Ask your family members, friends or co-workers to bring healthy options or bring them yourself! Cucumber salad, Caprese salad skewers, grilled zucchini or grilled shrimp can make yummy, low carb meal additions everyone would love.
2. Don't show up starving! Have a protein packed breakfast like eggs and fiber rich afternoon snack like an apple with peanut butter before heading to the BBQ. When you show up hungry you are more likely to overeat, eat quickly and potentially choose too many carbs on your plate!
3. Stay hydrated! Don't underestimate this South Florida heat! It's easy to become dehydrated and have elevated blood sugars when in the sun for long periods of time or when consuming alcohol. Make sure to drink at least half your body weight in ounces of water each day.

4. Get moving! Moving our bodies is an easy way to fight off elevated blood sugars. Schedule in activity before your event or go for a nice long walk when you get home. Always remember to check blood sugars before and after exercise to see how exercise effects you and bring hypoglycemia treatments like glucose tablets just in case!

To learn more about our weight loss program, diabetes, diet & health call 561-659-6336 ext 8012 to schedule an appointment with a certified diabetes educator or registered dietitian today. Please enjoy our June 2021 Living Well with Diabetes Newsletter!

DAPA-CKD: Lower Your Sugars and Protect Your Kidneys

By: Barry Horowitz M.D., F.A.C.P., F.A.C.E.

We are at a significant milestone in the management of patients with Type 2 Diabetes. When we reach into our toolbox for a medication to help improve blood sugars, we now have medications that can also protect against heart disease and declining kidney function. In fact, the American Diabetes Association recommends that we choose these medications for patients that are at risk.

Diabetes is the major cause of chronic kidney disease worldwide. In one study, 38% of diabetics developed protein in their urine within 15 years of diagnosis and almost 30% developed advanced stage kidney disease. Up until now, the tools to prevent this have been controlling blood sugar and blood pressure, as well as placing patients on specific blood pressure medications called ACE inhibitors or ARB agents.

The DAPA-CKD study was conducted to determine if Farxiga, a diabetic medication known as an SGLT2 inhibitor which acts in the kidney, can impact on kidney function. Diabetic and non-diabetic patients with varying degrees of kidney disease were placed on Farxiga or placebo and were followed for an average of 2.4 years. In the end, patients on Farxiga had a 39% reduction in kidney disease progression, going on dialysis or dying from heart or kidney disease. There was also a significant reduction in hospitalization for heart failure (shown in previous studies) and in the death rate.

Because of the DAPA-CKD study, Farxiga now has an indication to reduce the risk of kidney function decline, end stage kidney disease, cardiovascular death and hospitalization for heart failure in adults with chronic kidney disease at risk of progression. Another medication in this class also has a kidney indication and a third has an ongoing study looking at this. Speak with your PBDES physician to find out more information.

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Diabetes Foot Care

By: Ines Cobo RN, CDCES

Diabetes can be dangerous to your feet, even a small cut can create serious complications. Diabetes can cause nerve damage that decreases feeling in your feet. Diabetes may also reduce blood flow to the feet, making it harder to heal an injury or fight infection.

Due to these problems, you may not notice a foreign object in your shoe. As a result, you can develop a blister or a sore. This could lead to an infection or a non-healing wound that could put you at risk for an amputation.

To avoid serious problems follows these guidelines:

Inspect your feet daily. Check for cuts, blisters, redness, swelling or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your doctor if notice anything.

Bathe feet in lukewarm water, never hot. Keep your feet clean by washing them daily.

Be gentle when bathing your feet. Wash them by using a soft cloth or sponge. Dry by patting and carefully dry between the toes.

Moisturize your feet but not between your toes. Use a moisturizer daily to keep dry skin from itching and cracking. But don't moisturize between the toes-this can lead to a fungal infection.

Cut nails carefully. Cut them straight across and file the edges. Don't cut nails too short, this can lead to ingrown toenails. If you have concern about your nails or can not safely cut your own nails, consult with a podiatrist.

Never treat corns or calluses yourself. No "bathroom surgery" or medicated pads. Visit your podiatrist for appropriate treatment.

Wear clean and dry socks. Change them daily.

Consider socks made specifically for patients living with diabetes. These socks have extra cushioning, do not have elastic tops, are higher than the ankle and are made from fibers that absorb moisture away from the skin.

Wear socks to bed. If your feet get cold at night, wear socks. Never use a heating pad or a hot water bottle.

Shake your shoes and feel the inside before wearing them.

Remember, your feet may not feel foreign objects, so always inspect your shoes before wearing them to avoid injuries.

Keep your feet warm and dry. Don't let your feet get wet, wear dry socks and shoes.

Never walk barefoot. Not even at home! Always wear shoes or slippers. You can step on something and get a cut. Avoid injuries!

Take care of your diabetes. Keep your blood sugar levels under good control.

Do not smoke! Smoking decreased blood flow to the feet.

Get frequent foot exams. Seeing your foot doctor on a regular basis can help prevent foot complications of diabetes.

Join our Healthy Meal Planning & Weight Loss Class Sessions!



Join our classes to stay motivated,
& stay healthy!

West Palm Beach Location
Temple Israel 1901 N. Flagler Drive
West Palm Beach, FL 3340:
Tuesday July 13th 10am-12pm

Jupiter Location:
550 Heritage Drive, suite 150 Jupiter FL, 22458
Wednesday July 14th 5:30pm-7:30pm

Boynton Beach Location:
6056 Boynton Beach, Suite 245
Boynton Beach FL 33437
Thursday July 15th 10am-12pm

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!

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