



# Living Well with Diabetes Newsletter

DECEMBER 2018

## Stay Mindful During The Holidays!

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



This time of year is filled with goodies, treats, high calorie drinks and cheer! And even though you can indulge in some of these items it's important to still be mindful about blood sugars!

Here are some tips to help you stay on track during the holidays:

1. **Stay Active.** Physical activity can help lower blood sugars, reduce need for additional medications and can help prevent fatigue. Try taking a walk after large meals or start your day with a fun bike ride or gym session to ensure you have better blood sugars the rest of the day!
2. **Drink Water.** Water can help lower high blood sugars and keep you hydrated, so drink up after any holiday party! Avoid sweetened beverages such as Gatorade, juices, lemonade, punch, sweet tea, milk and sodas to prevent excessive blood sugar spikes from beverages.
3. **Choose lean protein and veggies!** Load up your plate with nuts, chicken, turkey, salad, vegetables, cheese, eggs, or seeds when eating a holiday meal. This will keep you full and prevent over indulging on sweets, crackers or rolls.
4. **Test Blood Sugar Levels.** Ignorance is NOT bliss when it comes to diabetes. Testing blood sugar levels allows you to take action and stay in control of your blood sugars even when eating some goodies.
5. **Stop eating when you are full!** I know we all tend to over-eat delicious items we serve at the holidays, but elevated blood sugars, fatigue, headaches and worsened sleep may follow. When eating try to stop when your full and save the rest for later or wait 30min before getting a second plate. It is better to be satiated than stuffed!

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 December 2018 Living Well with Diabetes Newsletter and have a wonderful holiday season!

## What Sweden Just Taught Us About Diabetes and Heart Disease?

By: Dr. Gary Pepper

(FYI; This article refers to a key blood test, glycoA1c or glycohemoglobin A1c. This is a measurement of the average of blood sugar for the prior 3 months. The glycoA1c is a “report card” of diabetes control. The higher the value the higher the average blood sugar has been for the past three months)



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In August 2018, the Swedish Government published results of a 14 year study of people with Type 2 diabetes. The purpose of the study was to determine how various risk factors influence the occurrence of cardiovascular disease (heart attack, stroke, heart failure, death) in those with diabetes. What makes this study so impressive is that virtually the whole population of Sweden served as the study group resulting in 271,174 diabetics being included. No other study so far compares to this in terms of numbers of patients studied over this number of years.

18 different “risk factors” were analyzed including traditional medical measurements (glycoA1c, blood pressure, cholesterol levels, body mass index), medical history (duration of diabetes, presence of heart failure or atrial fibrillation, smoking, the taking of BP or cholesterol medication) as well as social factors (marital status, education, income).

The key findings were as follows:

A. The three most important risk factors for development of a stroke, in order of significance, were:

1. GlycoA1c
2. Blood pressure
3. Duration of diabetes.

B. The three most important risk factors for acute heart attack, in order were:

1. GlycoA1c
2. Blood pressure
3. Cholesterol level.

In my opinion the key findings of the Swedish study involves establishing the close relationship of glycoA1c level (blood sugar control) to the development of stroke and heart attack. The finding of the direct relationship of these cardiovascular events with glycoA1c confirms the long held suspicion that controlling blood sugar does indeed have a major impact on whether a diabetic will develop a heart attack or stroke. It is worth noting that control of blood pressure and cholesterol levels made

up the other top medical factors determining cardiovascular risk. The previous major study focusing on the risk factors for cardiovascular events in Type 2 diabetes was done in the United Kingdom 20 years ago on a much smaller group of patients, and is known as the UKPDS. The UKPDS left some doubt about this critical relationship. Now thanks to the efforts of Sweden we have solid evidence that maintaining good blood sugar control is the major determining medical factor for Type 2 diabetics for reducing the risk of cardiovascular disease.

## **Introducing the FreeStyle Libre Flash System 14 Day Wear**

By: Ines E. Cobo, RN, CDE

The FreeStyle Libre Flash Glucose Monitoring System is a continuous glucose monitoring (CGM) device indicated for detecting trends in blood glucose and tracking patterns aiding in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments in people with Diabetes. The system is intended for single patient use 18 or older, requires a prescription, and is available in participating retail pharmacies.



The system comes with a reader that shows sensor readings and trend arrows every 15 minutes after scanning and the reader can be scanned through clothing. The reader can capture data from the sensor when it is within 1cm to 4cm from the sensor.

FreeStyle LibreLink is now available to view glucose readings on an iPhone 7 or later. You are able to see real time readings, trend arrows, glucose history, add notes and keep track of insulin use, food, exercise, and share reports with others.

While wearing the sensor patients will continue to monitor blood sugars as recommended by the healthcare professional, maintain a daily log of glucose readings, meals, exercise and diabetes medications or insulin.

The system does not require fingerstick glucose testing for calibration, sensor warm up is 60 minutes and is up to 14 day sensor wear. The sensor is water resistant in up to 3 feet of water for up to 30 minutes. For MRI, CT Scan, Xray, or a diathermy treatment, sensor must be removed. The freestyle libre is not approved in pregnancy. If you are interested check with your physician at your next visit and contact your insurance company for eligibility.

# Are You Ready to Lose Weight and Take Control of Your Blood Sugars?



## 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 January 8<sup>th</sup> 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 January 16<sup>th</sup> 10am-12pm**

### 3. Jupiter Location:

Well tower Building 550 Heritage Drive, Suite 150

Jupiter, FL 33458

**Wednesday January 9<sup>th</sup> 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](mailto: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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