



# DIABETES EDUCATION NEWSLETTER WINTER 2013

500 BELMONT STREET, BROCKTON MA 02301 (508) 587-2121 (800) 295-6341

## ABOUT US

Our American Diabetes Association recognized group education classes are open to the community. Classes are held monthly at our office, days or evenings. Costs are covered by Medicare & many insurance plans. Our goal is to empower you with the knowledge you need to effectively manage your type of diabetes on a daily basis. Please visit us online at [brocktonvna.org](http://brocktonvna.org) (under ADA program) for more information about the services our diabetes education center can offer you.

## BABY IT'S COLD OUTSIDE! HERE'S SOME COOOOL WINTER ADVICE:

Devices such as meters, strips, continuous glucose monitors, & insulin pump tubing need to be protected from the cold because they may not work properly when the temperature drops too low. Keep them in an inner pocket close to your body.

If you carry insulin in a pump, vials, or pens, keep it from freezing! Don't leave it in the car.

Heart attacks are more common in people with diabetes and they occur more frequently in the winter. Snow shoveling is an excellent workout but more people have heart attacks doing that than any other activity because they are not conditioned for that heavy lifting in the cold weather. Ask for help!

Dry skin tears more easily. Remember proper foot and skin care basics. Use lotion daily. Inspect your feet daily. Always keep feet well protected-even in the home. If you do notice a wound, keep a close eye on it and if it isn't better in a couple of days, call your doctor.

Illness often causes higher blood sugars. DON'T stop taking your diabetes medicines/insulin even if you're vomiting. Check blood sugar more often & call your doctor!

Figure out an alternative to your outdoor exercise program. Many people walk outdoors in the good weather but then take the winter off. Don't be one of them! Get up and walk during commercials. Invest in an exercise DVD. Use soup cans for light weights. Keep moving or that insulin resistance comes right back making it difficult for your insulin to work.

**FDA News: The US Food and Drug Administration (FDA) has lifted restrictions on the prescribing and use of the diabetes drug rosiglitazone (Avandia), on the basis of recent data that demonstrate no elevated cardiovascular risk. Avandia is in the thiazolidinedione (TZD) drug class. TZDs decrease A1c an average of 1-2% by decreasing insulin resistance. Ask your MD if this medication is right for you.**

**DIABETES SUPPORT GROUPS HELD ON THE 2ND THURSDAY OF EVERY MONTH  
PLEASE CALL/EMAIL TO REGISTER: 508-894-5237, [JLOM@BROCKTONVNA.ORG](mailto:jlom@brocktonvna.org)**

Jan 9, 2014	Feb 13	March 13	April 10	May 8
2p-3p	2p-3p	2p-3p	2p-3p	2p-3p

## BVNA Diabetes Center

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## Healthy Lab Goals for Most People w Diabetes:

- Fasting glucose 70-130
- 2 hrs after meal <180
- A1C: <7%
- HDL >50 women
- HDL >40 men
- LDL <100
- For heart disease, LDL < 70
- Triglycerides <150
- Urine microalbumin <30

Left over diabetes supplies?  
Insulin for Life USA, Inc.  
5745 SW 75th Street, #116  
Gainesville, Florida 32608  
(352) 327-8649  
[Carol@ifl-usa.org](mailto:Carol@ifl-usa.org)

\*Evening support groups have been discontinued due to poor attendance. Please either call or email Julie to register for a support group. In case the group must be cancelled due to inclement weather, I need to be able to reach you to let you know!