

the **Telehealth** Times

NOVEMBER NEWSLETTER
Diabetes Awareness Month



Happy
Thanksgiving



KAMRYN'S CORNER

Hey there! This is our first edition of The Telehealth Times. You will be receiving one of these on a monthly basis and it will provide you with education, information, and resources to raise awareness to many different chronic diagnosis and conditions. I hope that you will take the time to read and learn from it!

November is Diabetes Awareness Month. We are all guilty of packing on a few extra pounds around the holidays and there is no better time to discuss making healthier and smarter decisions with our eating habits.

I encourage you to go to American Diabetes Association online for further information and resources. They provide a Diabetes Food Hub with quite the array of recipes. You are able to make a free online account and select recipes, the website then generates a grocery list for you. I found this very helpful, and I hope you will as well.

The American Diabetes Association online offers virtual diabetes programs. You can find these at diabetes.org/tools-resources/diabetes-education-programs.

With Love and Blessings,
Your Telehealth Nurse,

Kamryn



Kamryn Williams, LPN
Telehealth Coordinator



Diabetes Warning Signs and Symptoms:

- Urinating often
- Feeling very hungry and thirsty
- Extreme fatigue
- Blurry vision
- Cuts and bruises that are slow to heal
- Unexplained weight loss
- Tingling pain or numbness in hands and feet

Once you are diagnosed with diabetes it is crucial to make lifestyle changes to better your health. You should:

1. Monitor your blood sugar levels closely
2. Take medications and insulin as prescribed by your doctor.
3. Eat healthy.
4. Get active.
5. Take care of yourself & take charge of your health.

When monitoring your blood sugar, the target range are individualized based on many factors such as: duration of diabetes, age and life expectancy, chronic medical conditions, and cardiovascular disease and diabetes complications.

The American Diabetes Association suggests the following targets for most adults with diabetes: 80 to 130 mg/dL before a meal (fasting) and less than 180 mg/dL 1 to 2 hours after beginning of the meal.

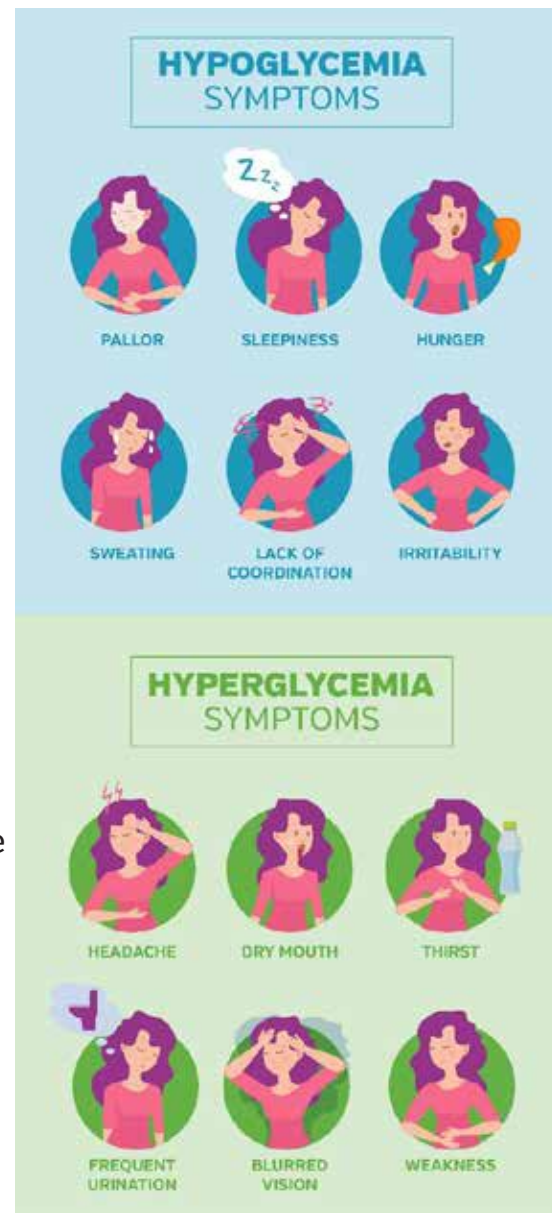
If you are experiencing a low blood sugar, you need to eat. You can raise your blood sugar levels by eating carbs, however not all carbs are created equal. For blood sugar level 70mg/dL or below try to follow the “15-15” rule.

“15-15” rule: consume 15 grams of fast-acting carbs, wait 15 minutes and recheck your blood sugar.

Fast acting carbs include: ½ cup of 4 ounces of juice of regular soda, 1 tablespoon of sugar or honey, and hard candies or jellybeans.

For high blood sugar readings, you should, decrease the amount of food you are eating, increase your activity, ensure you are taking all of your medications as provider prescribed.

It is also important to make the proper choices in the food that you are partaking in.









HEALTHY FOOD CHOICES

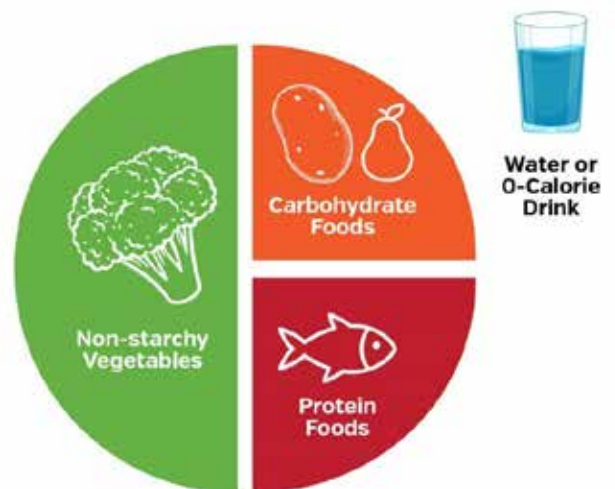
Tips for making healthy choices:

- Non-starchy vegetables
- Lean proteins and plant-based sources of protein
- Quality carbs like starchy vegetables, fruits and whole grains
- Healthy fats
- Water or zero-calorie beverages
- Decrease processed foods and less added sugar.

7 SUPERFOODS TO MANAGE DIABETES NATURALLY

| | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  PUMPKIN SEEDS Stops cravings for sugary and fatty foods. Reduces sugar level in blood. Eat in moderation. |  GUAVA Slows down the absorption of sugar. Rich in fiber. |  ORANGES AND CITRUS FRUITS Great source of fiber, consumption of citrus fruits can lower the chances of diabetes. |  BELL PEPPERS These are sugar-friendly snacks taste sweet without sugar. rich in vitamin C. |
|  BITTER GOURD Lowers blood glucose. Have it in the form of juice early morning on empty stomach. |  BEANS Helps control glycemic value. In diabetics reduces the chance of coronary artery disease. |  BLUEBERRIES AND OTHER BERRIES Act as antioxidants, they also have anti-inflammatory properties. | |

Healthy Food — for Diabetics —



HEALTHY FOOD CHOICES

Turkey Meatballs with Cranberry Sauce

30-minute prep

10 servings – 3 meatballs each

15-minute cook time

Ingredients

Splenda granulated sugar ½ cup

Cranberries [fresh or frozen] 1 cup

Cranberry juice 1 cup

Kosher salt 1/8 tsp

Sugar free BBQ sauce ½ cup

Eggs [beaten] 1

Panko breadcrumbs 1/3 cup

Garlic [grated] 1 clove

Onion powder 1 ½ tsp

Ground turkey 1 lb

Parmesan cheese [grated] 1/3 cup

Fresh thyme ½ tsp



| Nutrition Facts | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 10 servings per container | |
| Serving size | 3 |
| Amount Per Serving | |
| Calories | 110 |
| % Daily Value* | |
| Total Fat 2.5g | 3% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 45mg | 15% |
| Sodium 210mg | 9% |
| Total Carbohydrate 9g | 3% |
| Dietary Fiber 0g | 0% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 12g | 24% |
| Not a significant source of vitamin D, calcium, iron, and potassium | |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

Step by Step Instructions

1. Preheat oven to 375°. Line a baking sheet with parchment paper. In a skillet, add sweetener, fresh cranberries, cranberry juice, and salt.
2. Bring to a boil, then simmer on low for 5 minutes, gently smashing the cranberries with the back of a fork as they cook. Turn off heat.
3. Carefully blend cranberry mixture until completely smooth (or leave it a bit chunky), using either an immersion blender or a regular blender. If using a regular blender be sure to remove the top to allow some steam to escape.
4. In a bowl, beat egg and add panko, garlic, and onion powder. Whisk together. Add in ground turkey and Parmesan cheese, folding together gently until incorporated.
5. Scoop out turkey mixture and roll into meatballs about 1 1/2 tablespoon size [meatballs will shrink a little as they cook]. Place on baking sheet a couple of inches apart. You should get about 30 meatballs total.
6. Bake for 15 - 20 minutes, until completely cooked through.
7. When finished, add meatballs to skillet and gently toss in cranberry sauce. Top with a little extra fresh thyme. Serve immediately!



It is important to get a comprehensive eye exam with dilation yearly. This allows a more thorough examination of eye which can result in early diagnosis of conditions before permanent damage.

Foot Care for People with Diabetes

People with diabetes have to take special care of their feet. You should have a comprehensive foot exam every year. The images below show things you can do to keep your feet healthy.



Wash your feet in warm water every day.



Ask your diabetes care team how you should care for your toenails



Dry your feet well, in especially between the toes



Wear clean, soft socks that fit you.



Keep the skin soft with a moisturizing lotion, but do not apply it between the toes.



Keep your feet warm and dry. Always wear shoes that fit well.



Inspect your feet every day for cuts, bruises, blisters, or swelling. Tell your doctor right away if you find something wrong.



Examine your shoes every day for cracks, pebbles, nails, or that could hurt your feet.

Take good care of your feet - and use them. A brisk walk every day is good for you.

Affects of Diabetes

Brain

Diabetes can damage blood vessels in the brain which can lead to stroke, memory loss and other problems.

Eyes

Diabetes can damage blood vessels in the eyes, leading to vision loss or blindness.

Heart

Diabetes can damage blood vessels and increase the risk of heart attack, stroke and heart failure.

Blood Vessels

Diabetes can damage blood vessels throughout your body causing life-threatening complications.

Kidneys

Diabetes can reduce the kidney's ability to filter waste, which can lead to chronic kidney disease.

Nerves

Diabetes can cause nerve damage, which can lead to pain, tingling, burning, and numbness.

Risk Factors



Hormonal Disease and Changes, Gestational Diabetes



Food Habits



Family History and Genetics



Being Overweight and Obese



Physical Activity
Being Physical Less than 3 times a week



Underlying Chronic Conditions - High Cholesterol and High Blood Pressure

FACTS AND STATS

Statistics and Facts about Diabetes

- Approximately 558,570 people in South Carolina are diagnosed with diabetes. An additional 123,000 people in SC have diabetes and don't know it. 1,361,000 are prediabetic.
- Diabetes is the 7th leading cause of death in South Carolina. African Americans have more than double risk of dying from diabetes than Caucasians.
- Diagnosed diabetes costs an estimated \$5.9 billion in SC each year.
- Diabetes can be treated and its consequences avoided or delayed with diet, physical activity, medication and regular screening and treatment for complications.



WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHO WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org



