

Managing Diabetes™

Summer 2022



Making Fitness Fun

Physical activity is a key part of effectively managing your diabetes. Your cells are more sensitive to insulin when you exercise, which allows them to work more effectively at lowering blood sugar levels. This is why it's important to reshape how you see exercise and start moving!

Exercise doesn't mean you have to go for daily five-mile runs or do multiple weight lifting sets at a gym. It can be as simple as standing up and walking around if you've been sitting for a long time or lifting light weights while watching your favorite tv show. If you are not active, set small goals for yourself to get moving, like walking up and down some stairs a couple of times a day or reaching a reasonable number of daily steps.

It's important to find the fun in the daily activities you do. The warm summer months are a great time to make exercise a positive part of your daily routine. Walking around your neighborhood or local mall, or even working in your garden are great ways to add some exercise into your day. You could also choose to learn something new like karate, bike riding, or hiking. Finding an interest in a new activity is a great way to overcome the boredom sometimes associated with gym-related exercise.

Another way to make daily exercise more fun is to share the experience with someone else. Invite a family member or friend to go with you on a walk or to play a round of miniature golf. Your local recreation center may have classes such as swimming, yoga, and dancing. Bringing a social aspect to your activities motivates you, and sharing the experience makes it fun.

ACTIVITIES TO TRY

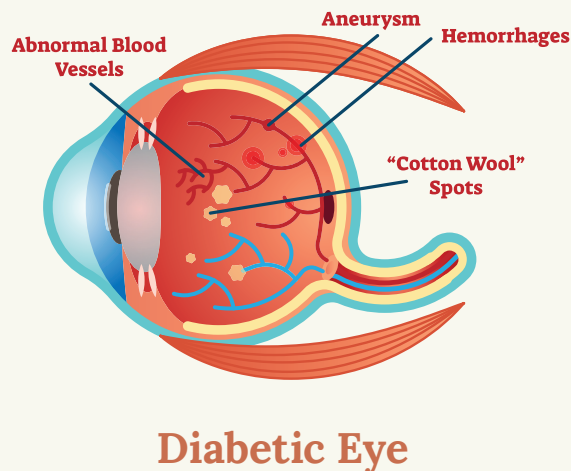
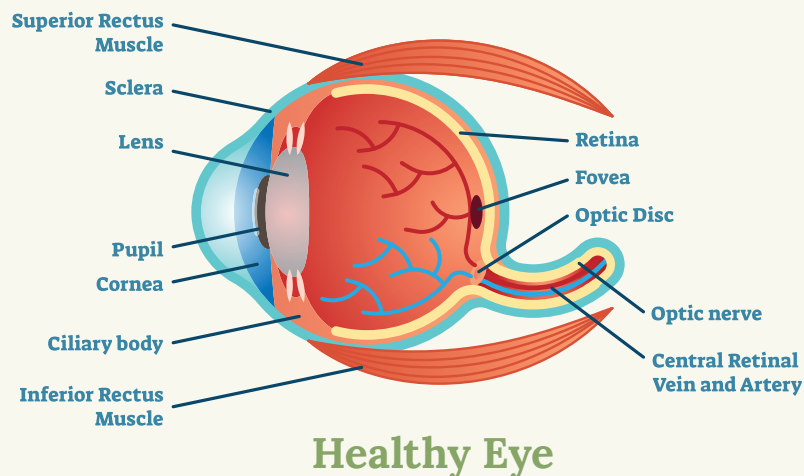
- Walking around a park
- Taking the stairs
- Kayaking
- Swimming
- Backyard games
- Gardening
- Dancing
- Handwashing your car
- Hiking
- Karate
- Yoga
- Mini Golf
- Virtual reality games

If you're worried about your health, talk with your doctor and take things slow. Big or small amounts of exercise are both still beneficial and will improve your health. The important thing is that you move and have fun doing it.

References: "Fitness." Fitness | ADA, <https://diabetes.org/healthy-living/fitness>.

"Putting the Fun in Fitness." Putting the Fun in Fitness | ADA, <https://diabetes.org/healthy-living/fitness/putting-fun-fitness>.





Diabetic Retinopathy Basics

Diabetes can lead to eye damage and vision problems over time. However, this can be prevented or treated by keeping your blood sugar levels in control and getting regular eye exams.

WHAT IS DIABETIC RETINOPATHY?

Diabetic retinopathy is a common eye disease caused by high blood sugar damaging blood vessels in the retina. These damaged vessels can cause blurred vision or even stop blood flow in one or both eyes.

WHAT ARE THE SYMPTOMS?

Symptoms may be difficult to detect and can include distorted vision due to swelling of blood vessels in the retina.

Late-stage symptoms include blurred vision, vision loss, spots in your vision, and dark areas in your vision. These are caused by bleeding from fragile new blood vessel growth in the retina.

Early symptoms can be difficult to detect. That's why it's important to have your eyes checked regularly. You will need to be checked once a year if you currently have retinopathy and once every two years if you do not. Your doctor will work with you to create an appropriate testing schedule.

HOW IS IT DIAGNOSED?

A dilated eye exam is a common way for your doctor to check your eyes' health. A special type of eye drop is given to dilate your pupils to allow for examination inside your eye. Your doctor will then check your ability to see letters or symbols from a distance and examine the inside of your eyes for leaking blood vessels.

Your doctor may also perform a digital retinal imaging test, where a technician will use a special camera to take pictures of your eyes. Your eye doctor then reviews these pictures for disease. If there is a concern, they may order a dilated eye exam or suggest other tests.

HOW IS IT TREATED?

Treatment for diabetic retinopathy can include a surgery that removes blood from the eye, or one that fuses or destroys leaking blood vessels. Injected medication can also be used in conjunction with other treatments.

CAN IT BE PREVENTED?

If you can keep your blood sugar and blood pressure levels close to normal, you can lower your chances of developing diabetic retinopathy.

References: "Diabetes and Vision Loss." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 7 May 2021, <https://www.cdc.gov/diabetes/managing/diabetes-vision-loss.html>.

"Patient Education: Diabetic Retinopathy (The Basics)." UpToDate, https://www.uptodate.com/contents/diabetic-retinopathy-the-basics?topicRef=1773&source=s ee_link.



Tips for Safe Medication Use

While medicine is meant to help us stay healthy, it can be dangerous if not used properly. To keep yourself safe when taking medicine, keep these tips in mind:

1. **Follow directions.** Follow your provider's directions on how to use the medicine. If you have questions, talk with your provider or pharmacist.
2. **It's important to share.** Let your provider know if you are currently taking medicines, are allergic to any medicines, or have reacted to any medicines in the past. Including over-the-counter drugs, supplements, and prescriptions.
3. **Speak up.** Tell your provider if you think you're experiencing side effects from your medicine. They may be able to find an alternative that works better for you.
4. **Follow through.** It's important to use medicine, like antibiotics, for the prescribed number of days, even though you may start to feel better sooner.
5. **Don't forget.** Make sure to take your medicines on time. Think of ways to remind yourself to take your medicine, like leaving yourself notes in places you will see.
6. **Throw them out.** Medicines do expire, so be sure to properly dispose of expired and unused medicine through a drug take-back program to protect yourself and others.
7. **Properly store them.** It's important to keep your medicine somewhere children won't be able to access it.



References: Commissioner, Office of the. "Where and How to Dispose of Unused Medicines." U.S. Food and Drug Administration, FDA, <https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines?msclkid=86ccd0bed16111ec997ade2f4d116ecb>.

"Put Your Medicines up and Away and out of Sight." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 10 June 2020, <https://www.cdc.gov/patientsafety/features/medication-storage.html>.

"Your Medicine: Be Smart. Be Safe." AHRQ, <https://www.ahrq.gov/questions/resources/your-meds/index.html>.



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Easy Chickpea Salad with Lemon and Dill

Need a new side dish? We've got a simple recipe that uses a nutritional powerhouse: the chickpea.

Easy Chickpea Salad with Lemon and Dill (Makes 6 (½ cup) servings)

INGREDIENTS

- 2 (15 oz.) cans chickpeas
- 1 medium English cucumber
- 6 small tomatoes
- 1 ½ ounces feta cheese
- ½ cup fresh lemon juice (1 large lemon)
- ¼ cup extra virgin olive oil
- 1 tsp. Dijon mustard
- ½ tsp. honey
- ¼ cup fresh dill, coarsely chopped
- Salt and pepper, to taste

DIRECTIONS:

1. Open, drain, and rinse the chickpeas, then add to a large bowl. Cut the cucumbers into quarters, lengthwise, and then chop into bite-size pieces. Cut the tomatoes into small wedges. Add the cucumbers and tomatoes to the chickpeas and add feta cheese crumbles on top.
2. In a separate medium bowl, make the dressing. Whisk lemon juice, olive oil, mustard, honey, and fresh dill together, then season with salt and pepper. Pour the dressing over the salad and toss ingredients together.
3. Chef's note: Tomatoes wilt quickly once cut. If you're planning to make this salad a day early, leave out the tomatoes until the day you are planning to serve the dish.

Nutrition Facts: Serving Size 1/2 cup; Calories 276; Protein 10 g; Carbohydrate 30 g; Dietary Fiber 8 g; Total Sugars 8 g; Total Fat 14 g; Saturated Fat 3 g; Cholesterol 8 mg

Source: Patton, Sandy. "Easy Chickpea Salad with Lemon and Dill - Selecthealth.org." SelectHealth , <https://selecthealth.org/blog/2017/12/easy-chickpea-salad-with-lemon-and-dill>.



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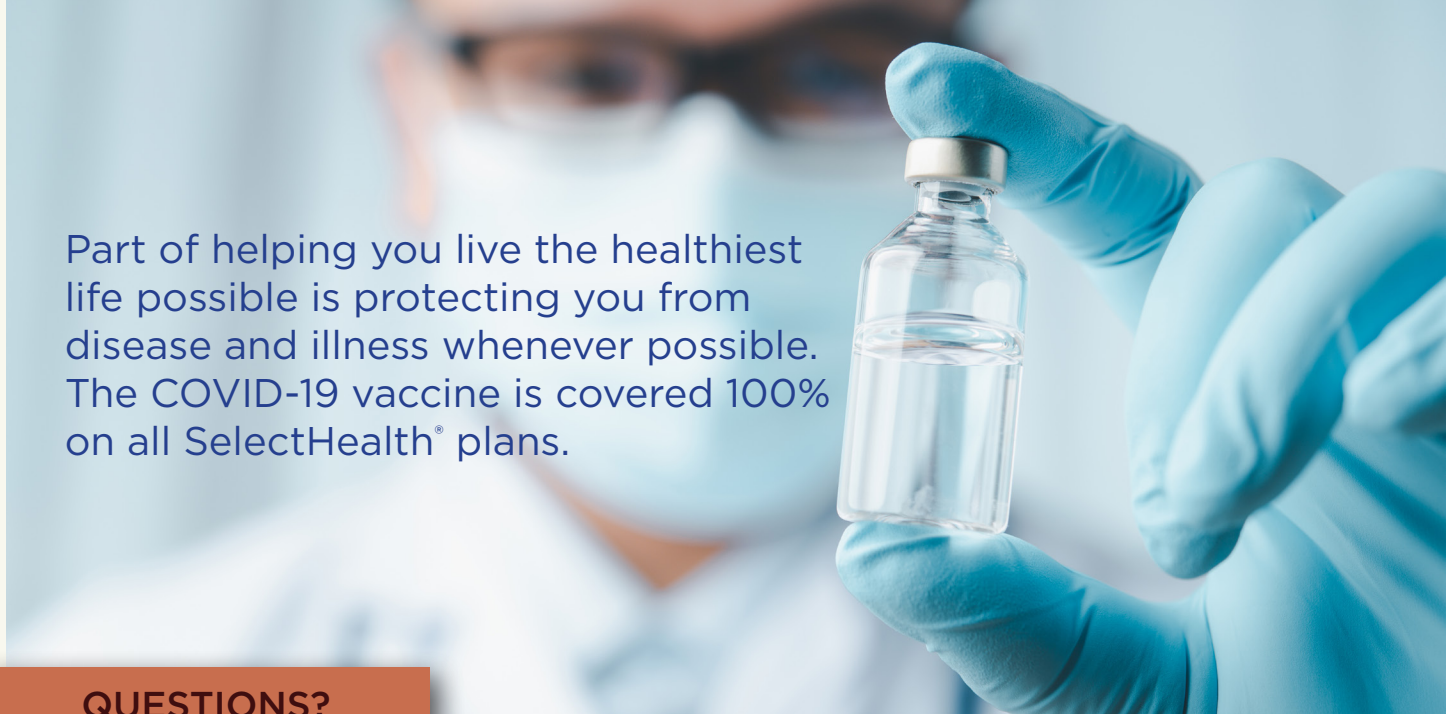
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