

Living in Balance

Fond du Lac Human Services *Diabetes Newsletter*

Fall
2017

Lunch & Learn Schedule

Diabetes Noon Group 12pm - 1pm

Light lunch provided
RSVP to Amanda
at 878-2122

Min No Aya Win (MNAW):
Clara Smith Room

Center for American Indian
Resources (CAIR):
Duluth Room

- **Preventing Diabetes Complications**
Oct. 10 @ MNAW
Oct. 19 @ CAIR
- **Holiday Eating/Special Occasions**
Nov. 14 @ MNAW
Nov. 16 @ CAIR
- **Stress & Holidays**
Dec. 12 @ MNAW
Dec. 21 @ CAIR

Topics may be subject
to change

YOGA

Wednesdays, 12pm - 1pm

Bring your own mat

MNAW: Dottie Tibbetts Room

CAIR: Lake Superior Room

For more information,
call 878-3795

Get The Shot, Not The Flu! by LeeAnna Stock RD, LD, CDE

Influenza, or the “flu,” is a respiratory infection that can cause serious complications, particularly in young children, older adults and people with certain medical conditions including diabetes. Shots are the most effective way to prevent influenza and its complications. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age or older be vaccinated annually against influenza.

Before the flu season begins, new flu shots are prepared. They are made from inactive flu viruses, which cannot cause infection. The preparation is based on the viruses that are in circulation at the time and on viruses that are expected to circulate the following winter. You must get the flu shot every year, because the vaccination changes every year as the viruses change.

People with diabetes (type 1 and type 2), even when well-managed, are at high risk of serious flu complications, often resulting in hospitalization and sometimes death. Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications.

Each fall and winter, millions of people suffer from the flu, which is highly contagious. It spreads easily from person to person, mainly when an infected person coughs or sneezes. The illness is usually a mild disease in healthy children, young adults and middle-aged people. However, it can be life-threatening in older adults and in people of any age who have chronic illnesses such as diabetes. Other chronic medical conditions that can also increase your risk of influenza complications include: heart disease, asthma, kidney or liver disease, cancer or cancer treatment, chronic obstructive pulmonary disease (COPD), cystic fibrosis, HIV/AIDS, and obesity.

Because pneumonia is a complication of influenza, people with both type 1 and type 2 diabetes should get the pneumococcal vaccine if they have not already had one in the last five years. Immunization provides the best protection against the flu and against vaccine-preventable diseases.

Ask your healthcare professional about getting the vaccines you need.

Do your part to keep yourself, your family and loved ones, and the people around you free from the flu!



Can you “get the flu” from the flu shot?

- Less than 1% of people who are vaccinated with the injectable vaccine develop flu-like symptoms, such as mild fever and muscle aches, after vaccinations. These side effects are not the same as having influenza, but people confuse the symptoms.
- Protective immunity doesn’t develop until 1-2 weeks after vaccination. Some people who get vaccinated later in the season (December or later) may be infected with influenza virus shortly afterward. These late vaccines develop influenza because they were exposed to someone with the virus before they became immune. It is not the result of the vaccination.
- To many people “the flu” is any illness with fever and cold symptoms or gastrointestinal symptoms. If they get any viral illness, they may blame it on the vaccine or think they got “the flu” despite being vaccinated. Influenza vaccine only protects against certain influenza viruses, not all viruses.
- The influenza vaccine is not 100% effective, especially in older persons.

Who needs a flu vaccine?

Even healthy people can get the flu, and it can be serious.
Everyone 6 months and older should get a flu vaccine. **This means you.**
This season, protect yourself—and those around you—by getting a flu vaccine.

For more information, visit: www.flu.gov

Healthy Fall Snack Idea

Pumpkin Peanut Butter Dip

Serves: 4

Ingredients

- ½ cup pumpkin
- ¼ cup plain low-fat Greek yogurt
- ¼ cup peanut flour (or PB2)
- ¼ cup baking stevia
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon pumpkin pie spice

Directions

Place all ingredients in a small bowl. Stir until smooth and creamy. Keep refrigerated and serve chilled. Serve with apple slices or eat alone.



Fun Activities To Do This Fall!

- Go for a nature hike • Jump in a pile of leaves • Fly a kite
- Make a soup from scratch • Go apple picking • Make a wreath
- Visit a farmer’s market • Run [or walk] a 5K • Unplug [from electronics]
- Roast pumpkin seeds • Try yoga • Go to a high school football game

light breeze colorful leaves bare trees it must be Autumn

HAVE YOU GOTTEN YOUR FLU SHOT?

FDL COMMUNITY FLU SHOTS

Wednesday, October 11, 2017

3:00pm - 6:00pm

Cloquet Community Center

Thursday, October 6, 2017

3:00pm - 6:00pm

Cloquet Community Center

Monday, October 16, 2017

4:30pm - 6:00pm

Sawyer Community Center

Friday, December 1, 2017

9:00am - 1:00pm

Elders Christmas Party

@ BBCR

Thursday, October 19, 2017

4:30pm - 6:00pm

Brookston Community Center