

# Living in Balance

Fond du Lac Human Services *Diabetes Newsletter*

Fall  
2018

## 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

- **MNAW - connection between sleep and diabetes**  
**CAIR - meet with pharmacy**  
Oct. 6 @ MNAW  
Oct. 18 @ CAIR
- **Conversation about health coaching with Chris Foss-Tietz**  
Nov. 13 @ MNAW  
Nov. 15 @ CAIR
- **Surviving the Holidays**  
Dec. 11 @ MNAW  
Dec. 20 @ 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

## Taking Care of Your Vision

Diabetic retinopathy is the most common eye disease for people with diabetes and the leading cause of blindness in working-age adults. The risk is greater for those who have had diabetes for a long time and those with higher glucose levels, blood pressure, and cholesterol.

The best way to preserve your vision is to manage your blood glucose. Here are seven things you can do to lower your risk of developing retinopathy.

1. Manage your blood glucose. Keep your A1C (an overall measure of blood glucose control) in your target range.
2. Visit your eye doctor regularly. Having a dilated eye exam can detect signs of retinopathy and get treatment started if necessary. **If you haven't had your dilated eye exam in the past year, call 879-1227 and ask for optical to schedule.**
3. Manage your blood lipids. Keep your cholesterol and triglycerides in your target range.
4. Manage your blood pressure. Keeping your blood pressure at 140/80 mmHg or lower has been shown to decrease retinopathy from progressing in people with type 2 diabetes.
5. Avoid extreme and frequent blood glucose highs and lows, which can happen even if your A1C is within target range.
6. Protect your eyes. Maintain good eye protection habits, such as wearing sunglasses to reduce UV light exposure and taking a multivitamin that contains vitamin C, Vitamin E, beta-carotene, and zinc.
7. Learn more. Take part in a diabetes education class or program to get answers to your diabetes questions and gain knowledge, skills and confidence you need to take charge of your health.

## Living Well with Diabetes

This workshop guides people with type 2 diabetes to develop lifestyle strategies to improve overall well-being.

**Tuesdays** from 1 pm-3 pm  
at the Black Bear

**October 9 thru November 12.**

Lunch will be provided.

Call 218-878-2141 to register.

## It is flu shot season

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness. At times, it can lead to death.

Influenza poses a greater risk to certain people, including pregnant women, children, and elders, who are all at high risk for flu-related complications. In fact, pneumonia and flu are a leading cause of death among Native elders. The flu also can cause certain health conditions, including diabetes, asthma, and heart and lung disease, to become worse. Pneumonia and bronchitis are examples of serious flu-related complications, which can result in hospitalization and sometimes even death.

### Get a flu vaccine each year.

- Stop the spread of germs, including influenza viruses:
  - Cover your coughs and sneezes
  - Wash your hands often
  - If you're sick, stay home
- Take antiviral drugs if they are prescribed for you.

### Three Sister Soup

Serves: 6    Calories: 145    CHO 28 gm

#### Ingredients

- 6 cups fat-free, low-sodium chicken or vegetable stock
- 16 oz. canned, low-sodium yellow corn drained, rinsed
- 16 oz. canned, low-sodium kidney beans (drained, rinsed)
- 1 small onion (chopped)
- 1 rib celery (chopped)
- 15 oz. canned, cooked pumpkin  
(Tip: Be careful, don't get pumpkin pie filling!)
- 5 fresh sage leaves
- ½ tsp. curry powder

#### Directions

1. Bring chicken stock to a slow boil.
2. Add corn/hominy, beans, onion and celery. Boil for 10 minutes.
3. Add sage leaves, curry and pumpkin and simmer on medium-low heat for 20 minutes.

## Tips for Eating Out

- Go to the place that has low calorie menu options
- Ask for double the vegetables
- Order salad first with dressing on the side
- Request water or unsweetened iced tea with lemon
- Look for the small meat portions and leaner cuts of meat
- Request butter or sauces on the side or even ask they hold them
- Look for healthy words in the menu descriptions like grilled, broiled, baked, and steamed
- Avoid items that are described as creamy, buttery, breaded, stuffed, smothered, au gratin, cheese filled
- Order fish that is not breaded, fried, without sauces or butter
- Go for broth based soups
- Ask for fresh fruit
- Skip the skin on poultry
- Ask for a to go container first thing
- Say no to the bread basket or chips and salsa
- Drink water throughout the meal
- Put you fork down between bites
- Enjoy a walk or light activity after dinner
- If you have dessert, consider sharing it and savoring a couple bites

