

# Living in Balance

Fall / Winter  
2023

Fond du Lac Human Services *Diabetes Newsletter*

## Join us for Living Well with Diabetes Workshop

**November 8th**  
MNAW | Dottie  
Tibbets Room  
9am - 2pm

**November 9th**  
CAIR | Lake  
Superior Room  
9am - 2pm

*Lunch will be provided.*

Call Brooke at 878-2141  
or Jenn at 878-2146 to  
**register by Nov. 3.**

**Space is limited to 25  
people.**



## Influenza and COVID update from Dr. Reynolds

The leaves are turning and the air is becoming crisp which means its respiratory season. We will see Influenza, RSV (Respiratory syncytial virus) and COVID-19 this fall and winter season. We know that Indigenous communities like ours can be disproportionately affected by respiratory virus for many reasons. Those that are immunocompromised, have diabetes, heart disease, lung disease, kidney disease, on multiple medications, children and elders are at greatest risk. We have tools to help prevent respiratory symptoms, prevent hospitalizations and deaths. We know that getting vaccines, prevents disease, and not only protects oneself but also protects the community as a whole. The COVID-19 booster will be available soon, it has been updated to be consistent with current Omicron variant. Last year's COVID-19 vaccine was effective at preventing hospitalization and death due to COVID-19. The COVID-19 vaccine is safe and updating the formulation shouldn't increase side effects. Most people have some level of immunity due to infection, vaccination or both, but this immunity decreases and new variants have emerged to evade the immune system and this is why yearly boosters are needed to increase that immunity and protection. We have the influenza vaccine available for everyone as well. Remember it takes 2 weeks for immunity to build up, so getting the influenza vaccine now before the end of October is important to build that immunity. There is now an antibody vaccine against RSV available for adults 60 years of age and older to help protect from RSV lung infection. It is safe to do all 3 of these vaccines on the same day to make the immune system strong and ready to protect against these respiratory viruses and be able to enjoy the change of the season.

Be well Dr. Reynolds



*Hello everyone! My name is Brooke.*

I joined the Fond du Lac Human Services Diabetes Team in June as a Dietitian and Diabetes Educator. I am so excited to be here and am ready to serve you all. If you are interested in the latest diabetes technology and would like to discuss continuous glucose monitors (CGM's), smart insulin pens, and/or insulin pumps, or if you want a refresher on food choices and how you can live your best life with diabetes, I am here to help. You can reach me at 218-878-2141 to schedule appointments at MNAW or CAIR.



## Easy Sheet Pan Chicken Fajitas

*Prep time: 20 minutes*

*Cook Time: 15 minutes*

*Additional Time: 30 minutes*

*Servings: 8*

### Ingredients

- |   |   |
|---|---|
| 1/3 cup vegetable oil                   | 1/4 cup chopped fresh cilantro  |
| 1 packet fajita seasoning mix           | 1/2 lime, juiced  |
| 1 1/2 pounds chicken tenders, quartered | Tortillas are optional  |
| 4 cups sliced bell peppers, any color   | Toppings are optional: sour cream, sliced avocado, salsa, shredded cheese |
| 1 onion, sliced                         |   |



### Directions

1. Combine oil and fajita seasoning mix in a large resealable plastic bag. Add chicken tenders, bell peppers, and onion; seal the bag and shake to mix. Marinate in the refrigerator, 30 minutes to 2 hours.
2. Preheat oven to 400 degrees F. Line a rimmed sheet pan with aluminum foil.
3. Spread the mixture onto the prepared pan.
4. Roast in preheated oven, stirring halfway, until chicken is no longer pink and bell peppers are softened, 15 to 20 minutes.
5. Sprinkle cilantro and pour lime juice over chicken mixture; stir to distribute.
6. ENJOY!

Sheet pan dinners are fast and nearly effortless, and clean-up is a breeze. Pre-chop vegetables the night before to save time on busy weeknights.

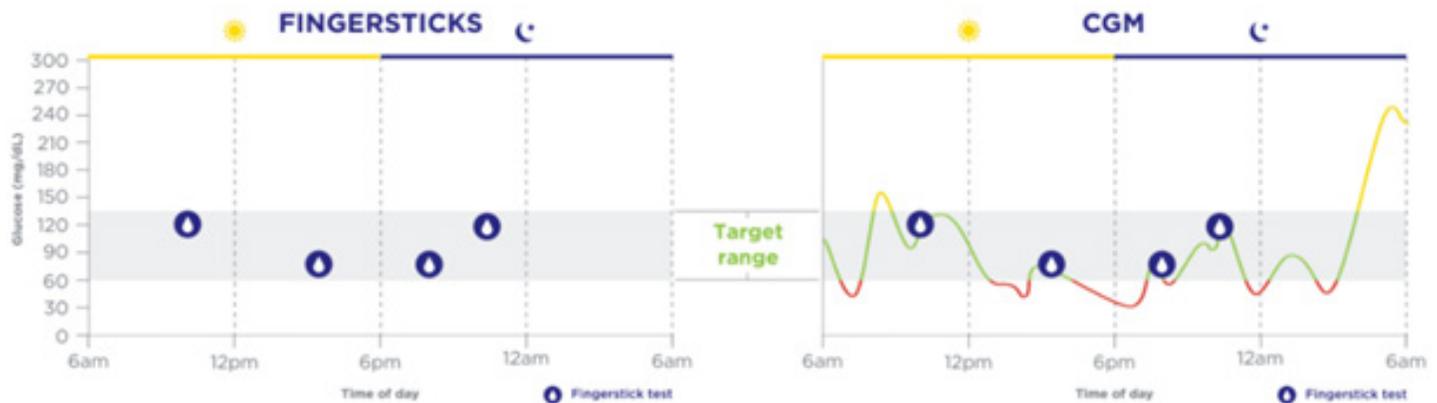
# Continuous Glucose Monitors

## What is a continuous glucose monitor (CGM)?

A continuous glucose monitoring (CGM) system tracks glucose levels throughout the day and night and can alert you if your levels go too low or too high. It measures your glucose level at regular intervals, as frequently as every 5 minutes, and translates the readings into easy-to-read data and insights. It can also show the direction your glucose is heading and how fast.

## How does a CGM differ from a fingerstick blood sugar reading?

When you do a fingerstick, it measures glucose levels at a single moment in time, while Continuous Glucose Monitoring (CGM) systems continually check glucose levels throughout the day and night and can alert you if your glucose levels go too high or too low.



## CGMs showing a positive impact on glucose management:

- 95% report having a better understanding of their glucose fluctuations
- 77% report less hypoglycemic episodes
- 92% found it easier to manage meal-time glucose
- 37% report engaging in physical activity more frequently
- 0.9%-1.5% A1c reduction by using a CGM

## Cost and coverage:

One obstacle with CGMs is the cost. Another major obstacle is lack of Medicaid, Medicare and commercial insurance coverage. In fact, people with diabetes on Medicaid, especially in minority communities who use Medicaid, are the least likely to use a CGM. Coverage is better for patients who are prescribed insulin and for patients with problematic hypoglycemia despite attempts to adjust medication.

## CGMs at Fond du Lac Human Services Division:

We have been able to provide CGMs with grant funding to over 300 patients at MNAW and CAIR since January of 2022. There are a few different CGMs to choose from. We chose the Freestyle Libre System which includes two sensors per month that are placed on the back of the upper arm and should stay on for 14 days. If you have a smart phone and can download the Freestyle Libre 3 app, you don't need to use a Reader. At a monthly cost of \$115 for sensors per patient, grant funds will run out and we will attempt to order for patients with coverage at outside pharmacies. Here are some testimonies from some of our patients wearing a sensor:

"I've never found anything as helpful in my 43 years with diabetes."

"Appreciate because my partner can help read the numbers too."

"One GREAT tool!"

"The CGM is amazing. I would not have been able to closely check my sugars without it."

"I don't know what I would do without it. I'm learning so much."

"I'm so much better at it. It makes my life better. It hurt a lot to poke my fingers because they are so sensitive."

"I'm lost without it."

"It's much better than poking my finger. It's pain-free!"

"It's more convenient and it's teaching me a lot about myself. It's equivalent to a babysitter!"

"It helped me see how much sugar I'm eating."

"It helps me see where I'm doing good and where I need to improve."

"Oh, I love it! I'm learning that my sugar is pretty high. It's keeping me straight."

"Low alarms are really nice! Seeing the big picture."

"I absolutely love this thing."

"I'm finding out what I shouldn't eat."

"I love this device and I'm checking more often."

"I had no idea my sugar would spike like that with certain foods."

"I don't know what I would do without it. I'm learning so much."

"I love it. I absolutely love it!"



"I'm learning a lot. It helped me cut back on total carbohydrates and eat smaller meals versus going too long without eating and then overeating."

"I just love it and don't miss having to poke my finger."

"It's made me more accountable."

If you haven't had the opportunity to try a CGM and would like to, please call Brooke at 878-2141 or Jenn at 878-2146 to schedule an appointment while supplies last.