

# Living in Balance

Fond du Lac Human Services *Diabetes Newsletter*

Winter  
2018

## Lunch & Learn Schedule

### Diabetes Noon Group 12pm - 1pm

\*Light lunch provided\*

Bring your own water bottle!

RSVP to Amanda  
at 878-2122

Min No Aya Win (MNAW):  
Clara Smith Room

Center for American Indian  
Resources (CAIR):  
Duluth Room

- **Healthy Heart**  
Feb. 13 @ MNAW  
Feb. 15 @ CAIR
- **Getting Back on Track**  
March 13 @ MNAW  
March 15 @ CAIR
- **Foot Care**  
April 10 @ MNAW  
April 19 @ 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



## Don't Lose Sight of Your Risk for Diabetic Eye Disease!

by LeeAnna Stock RD, LD, CDE

Diabetes is a disease that affects many areas of your body, including your eyes. It increases your risk for eye problems, including cataract, glaucoma, and diabetic retinopathy.

- **Cataract** is a clouding of the eye's lens. Adults with diabetes are 2 to 5 times more likely than those without diabetes to develop cataract. Cataract also tends to develop at an earlier age in people with diabetes. If a person has a cataract, vision may become blurry or hazy at night; the person may experience glare from oncoming lights.
- **Glaucoma** is a group of diseases that damage the eye's optic nerve – the bundle of nerve fibers that connects the eye to the brain. Some types of glaucoma are associated with elevated pressure inside the eye. In adults, diabetes nearly doubles the risk of glaucoma. If a person has glaucoma, they may not experience any symptoms until a significant loss of vision has already occurred.
- **Diabetic Retinopathy** affects blood vessels in the light sensitive tissue called the retina that lines the back of the eye. It is the most common cause of vision loss among people with diabetes and the leading cause of vision impairment and blindness among working age adults. With diabetic retinopathy, symptoms of pain or discomfort in the eye are usually not present.
- **Diabetic Macular Edema (DME)** results when fluid and protein accumulates on the macula of the eye, which is part of the retina, causing it to thicken and swell. Central vision is affected and, left untreated, the condition can range from slight blurring to complete blindness.



Diabetes is one of the leading causes of irreversible blindness worldwide and, in the United States, it is the most common cause of blindness in people younger than 65 years of age. High blood glucose levels can damage the tiny blood vessels in your eyes. Vessels break and bleed, keep the retina from working well, and lead to distorted vision. The longer a person has diabetes, the greater the risk for diabetic eye disease. Once vision is lost, it often cannot be restored.

People with diabetes should have a comprehensive dilated eye exam at least once a year to help protect their sight. When an ophthalmologist or optometrist exams the eye, the vessels in the retina can be seen. It is said that if a cardiologist could see the vessels in the heart, people would be less likely to have heart attacks.

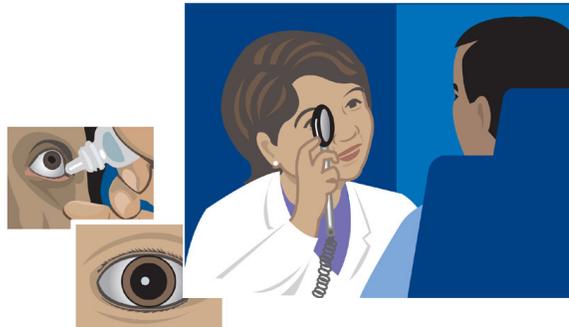
There are often no early warning signs. All people with diabetes are at risk!

To see if you have any eye problems, have an eye doctor check your eyes. You can have eye damage even if your vision is fine. It has nothing to do with needing glasses. Regular checkups with the doctor can detect eye disease and prevent blindness!

## See Your Ophthalmologist/Optometrlist

If you have diabetes and have any of these symptoms, see your doctor right away:

- Blurry or hazy vision
- Spots, floaters, or shadows
- Severe eye pain or pressure
- Sudden vision loss in one or both eyes
- Sense that a curtain is coming down over your eyes
- Flashing lights, double vision, or blind spots
- Waviness or distortion of straight lines



### Did You Know...

- Only half of all people with diabetes get an annual comprehensive dilated eye exam.
- An estimated 40 to 45% of all people with diabetes have some form of diabetic eye disease.
- Diabetic retinopathy is the leading cause of blindness in working age adults in the United States, affecting more than 4 million Americans age 40 and older.
- *95% of severe vision loss from diabetic retinopathy can be prevented by early detection, timely treatment, and appropriate follow-up.*

### Don't lose sight!

*Don't Forget  
to Schedule  
Your 2018  
Eye Exam!*

Call 218-879-1227 and  
ask for Optical.

## New Registered Dietitian at FDL Human Services

~ Barb Heikkila ~

Barb has previous experience in hospitals and nursing homes. She started her dietetics career working for Service Master Healthcare where she worked in clinical and food service management, traveling to different hospitals. She also spent many years in food service sales.



She enjoys cooking and loves to spend time with her parents on the farm.

Barb joined our team January 2, 2018.

To schedule a nutrition appointment with Barb, call 878-2190.

## 5-Ingredient Easy White Chicken Chili

Serves: 4

Total Time: 15 mins

Prep Time: 5 mins

Cook Time: 10 mins

### Ingredients

6 cups chicken stock

2 cups (16 ounces) salsa verde

4 cups cooked shredded chicken

2 teaspoons ground cumin

2 (15 ounces) cans Great Northern beans, drained

Optional toppings: diced avocado, chopped fresh cilantro, shredded cheese, chopped green onions, sour cream, crumbled tortilla chips

### Directions - Slow Cooker Method:

Add chicken stock, chicken, salsa and cumin to a slow cooker, and stir to combine. Cook on low for 6-8 hours, or high for 3-4 hours. Add the beans during the last half hour of cooking. Taste and season with salt and pepper, if needed. Serve warm with desired toppings.

