

Support Group

Thanks to all who attended the support groups for January. This month, day support group will meet on Tuesday, February 26th from 1:00-2:30 p.m. at the Diabetes Management Center. Evening group will be held on Thursday, February 28th from 6:30-8:00 p.m. in the Education Rooms at Daviess Community Hospital. Please join us for a free educational session!

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Program Coordinator

Diabetes and Your Teeth

Did you know that a healthy smile plays an important role in your overall health? Some diseases that start in the mouth can spread to other parts of your body. Studies have shown links between gum disease and heart disease, stroke, viral infection, and respiratory illness.

Gum disease occurs when bacteria build up between the teeth and gums; this then causes infection. The bacteria grow into a sticky substance known as plaque. It is natural for plaque to accumulate on the teeth. However, if the plaque is not removed through regular brushing and flossing, the bacteria can lead to infection.

Diabetes can increase the risk of gum disease, especially in people with elevated blood sugars. Over time, high blood sugar promotes the growth of bacteria. It also affects the salivary glands and can cause dry mouth. But, there are steps you can take to maintain a healthy mouth. Controlling your blood sugar is

the key. Here are a few other tips that experts recommend:

Brush and floss. “You have to physically and mechanically remove the bacteria from your teeth and under your gums,” says Sally Cram, DDS, PC, a periodontist in Washington, D.C.

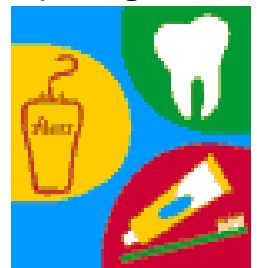
Keep those

appointments. It is suggested that people with diabetes see a dentist for a check-up and routine cleaning every six months.

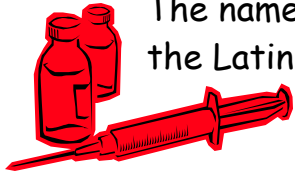
Do not smoke. Smoking can increase plaque build-up in your mouth, cause inflammation of the gums, promote periodontal disease, and raise the risk for oral cancer.

Shop wisely. Use toothpaste with fluoride to help prevent cavities. Look for toothpaste that is accepted by the American Dental Association.

**Source: Diabetes Forecast, December 2007*



Insulin Facts



The name insulin is derived from the Latin word *insula*, which means for islands. It is produced by the beta cells in the pancreas. The pancreas contains one to three million islets of Langerhans which contain the beta cells. However, the islets account for only two percent of the total mass of the pancreas.

Insulin is a protein. In fact, it was the first protein ever to have its sequence determined. The exact sequence of amino acids that comprise the insulin molecule was founded by a British molecular scientist, Frederick Sanger. He was awarded the 1958 Nobel Prize in Chemistry. In 1969, Dorothy Crowfoot Hodgkin determined the spatial conformation of insulin, or how it is twisted in space.

Insulin is required for all animal life. It works similarly in worms, fish, and mammals.

Initial sources of insulin for clinical use were cow, horse, pig, or fish pancreases. Because they are nearly identical to human insulin, animal insulin worked to control blood sugars. Cow insulin differs from human insulin only by three amino acids, whereas pig insulin differs by one.

Unlike many medications, insulin cannot be given in pill form. Like nearly all proteins, it is digested into useless fragments in the stomach and intestines. Therefore, insulin must be injected.

If you or someone you know takes insulin, it does not mean that the person's diabetes is "really bad." It just means that the person's body is not making enough insulin. Since the only way to receive insulin is to inject it, the person is required to take injections. If you have questions about insulin, talk to your healthcare provider.

**Source: www.diabeteshealth.com*

Daviess Community Hospital Announces New Safety Policy in Emergency Room

In an effort to raise standards for safety and privacy of patients, Daviess Community Hospital's Emergency Room became a locked unit Thursday, January 24th. Access to the Emergency Room is being limited to those who enter the Emergency Room for patient care.

One major component of this new process is a change in the hospital's ER visitor policy. ER patients are now limited to two visitors at the bedside. Those two visitors are given cards that identify them as a visitor,

allowing them to gain access if they should leave the locked unit.

Visitors should enter the ER through the hospital's ER Admitting Office. Other hospital visitors and patients, including those who enter the hospital through the ER admitting or those who check in at the ER admitting station, are not allowed to enter the unit. Rather, they are directed to use patient and visitor hallways to access needed services.

Turkey and Biscuits

1 ½ cups diced cooked turkey breast
1 can Campbell's Healthy Request Cream
of Chicken Soup
1 tsp dried onion flakes
1 tsp dried parsley flakes
1 cup sliced carrots, rinsed and drained
1 cup cut green beans, rinsed and drained
1 can (7.5 oz.) refrigerated biscuits
¼ tsp paprika

Preheat oven to 400 degrees. Mix together turkey, soup, onion flakes, parsley flakes, carrots, and green beans in skillet; cook on medium for 10 minutes, stirring often. Spread mixture in 8x8 baking dish sprayed with nonstick cooking spray. Separate biscuits and cut each one into 4 pieces; place evenly over turkey mixture. Sprinkle paprika on top; bake for 15 minutes. Remove from oven and let set for 2-3 minutes. Yield: 6 servings.

Calories – 191
Fat – 3 grams
Carbohydrate – 24 grams
Protein – 17 grams
Sodium – 546 milligrams
Exchanges: 1 ½ starch, 1 vegetable, 1 ½
meat

Low Fat Macaroni and Cheese

¾ cup evaporated fat free milk
1 cup low fat cottage cheese
½ cup part-skim ricotta cheese
½ cup low fat cheddar cheese
½ tsp nutmeg
1 pinch fresh ground pepper
1 tsp Parmesan cheese
1 Tbsp bread crumbs
1 lb cooked elbow macaroni

Preheat oven to 350 degrees. Heat milk in saucepan over low heat; add cheeses and continue cooking until they melt, stirring constantly. Stir in nutmeg and pepper. Remove cheese sauce from heat; add cooked pasta and mix well. Pour into 2-quart casserole dish; sprinkle with Parmesan cheese and bread crumbs. Bake for 15-20 minutes or until bubbly and browned. Yield: 6 1-cup servings.

Calories – 203
Carbohydrate – 28 grams
Fat – 3 grams
Protein – 16 grams
Sodium – 331 milligrams
Exchanges: 2 starch, ½ fat, 2 meat

Very Berry Blueberry Muffins

2 cups all-purpose flour
2 tsp baking powder
¾ tsp salt
½ cup light margarine
1 cup Splenda Granular

¼ cup honey
2 large eggs
1 tsp vanilla extract
½ cup 1% milk
1 cup fresh or frozen blueberries, thawed



Preheat oven to 400 degrees. Line 12 muffin cups with paper liners; lightly spray with nonstick cooking spray. Sift together flour, baking powder and salt; set aside. Beat margarine at medium speed until creamy. Gradually add Splenda and honey, beating until light and fluffy. Add eggs one at a time; stir in vanilla. Alternately add flour mixture and milk, beginning and ending with flour mixture; fold in berries. Spoon batter evenly into lined muffin cups. Bake 20-22 minutes or until golden. Remove from pan immediately and cool on wire rack. Yield: 12 servings.

Calories: 160
Fat: 5 grams
Carbohydrate: 24 grams

Protein: 4 grams
Sodium: 280 milligrams
Exchanges: 1 ½ starch, 1 fat