

# CAHN's Diabetes Case Management Newsletter

January 2014

Winter Edition

**W**inter is here and what a Winter it has been so far! Cold temperatures, snow and other wintry weather has come to pay us a visit. This is a very difficult time for most people to enjoy outside activities and remain active. The winter weather should not be an excuse to dismiss your exercise plan however. If you are not able to go outside for a walk, you can still get the aerobic exercise that your body needs while staying warm inside. Put on an exercise video, play an interactive video game with your children, dance to your favorite music or use that exercise equipment in the garage. The key is to KEEP MOVING!!

\*Remember, CAHN offers comprehensive diabetes education classes that include nutritional training and exercise. These classes are offered year round and are a great way to maintain your diabetes exercise and management plan.

The Diabetes Educators/Nurse Case Managers at CAHN's Vernon J. Harris Medical Center are here to serve you! We continue to offer comprehensive diabetes education and group sessions as well as assistance with obtaining diabetes supplies and medications. If you are an established patient and it has been a while since you have seen your Diabetes Case Manager/Educator or if you are a new patient, we would love the opportunity to assist you in meeting your diabetes goals!! CAHN's goal is to provide you with the very best in Diabetes Education and Management services.

**For more information or to schedule an appointment, call CAHN's Nurse Case Managers/Diabetes Educators:**

**Kim Ketter RN, BSN, CDE at 804-253-1976**

**OR**

**Shaun Rivers RN, BSN at 804-253-1987**

It is our commitment to help you help yourself.

**Our office hours are:**

Monday: 8:30am-5pm

Tuesday: 12 noon-5pm

Thursday: 8:30am-5pm

\*Late office appointments are available to accommodate the working patient! Please call for more details.



**CAHN's DSME Mission Statement:**

***“Our Mission is to be a Patient Centered Diabetes Center for excellence by providing Culturally Diverse Diabetes Self Management Education with the goal to empower the patient, to optimize health and improve quality of life.”***

**Know Your Numbers!!!!**



Our patients are encouraged to be proactive and involved in their health care plan. It is essential that patients know their health care goals established

by their doctors and follow the plan of care to manage their Diabetes, Hypertension and Cholesterol.

Some basic goals are:

1. **Blood Pressure goal:** 120/80. Read your nutrition labels and limit salt/sodium intake to 1,500-2,300mg per day.
2. **Fasting blood sugar goals for diabetics (before you eat):** 70-130 or as recommended by your doctor.\*
3. **Post-Prandial readings for diabetics (2 hours after a meal):** Less than 180 or as recommended by your doctor.\*
4. **Total Cholesterol:** <200.
5. **Triglycerides:** < 150
6. **HDL (good cholesterol):** 40-150
7. **LDL (bad cholesterol):** <100. The lower the better.
8. **A1C:** < 7.0

**ENCOURAGE, EDUCATE, EMPOWER!!!!**

**ENCOURAGE:**



- **February is American Heart Month!** This month has been set aside to educate the community on heart health and healthy living. Heart disease affects thousands of Americans each year. According to the American Heart Association heart disease is the #1 killer of people in the U.S. In America, someone has a heart attack every 34 seconds and each minute, someone in the United States dies from a heart disease-related event.

**Knowing the symptoms of a heart attack saves lives!** Some symptoms of a heart attack may include:

- Chest pain or pressure
- Pain or discomfort in the arms, back, neck, jaw or stomach
- Shortness of breath
- Breaking out into a cold sweat
- Nausea/Vomiting
- Dizziness or feeling lightheaded

**NOTE\*\*:** Although most people having a heart attack experience chest pain, some women are more likely to have some of the other common symptoms. This holds true for diabetics as well. Because of neuropathy, diabetics may not experience the typical chest pain due to damaged nerves. The key is to listen to your body!

**\*\*IF YOU THINK YOU MIGHT BE HAVING A HEART ATTACK...CALL 911 IMMEDIATELY!!!! DON'T ATTEMPT TO DRIVE YOURSELF TO THE HOSPITAL OR HAVE A FAMILY MEMBER TAKE YOU. BY DOING SO, YOU RISK YOUR LIFE AS WELL AS THE LIVES OF OTHERS.**

**Be Encouraged!!! You can help prevent heart disease by:**

- Eating a healthy diet low in fat and sodium
- Managing your diabetes
- Controlling your blood pressure
- Getting regular exercise
- Eliminating smoking
- Limit alcohol consumption
- Relieve stress
- Taking medications as prescribed.

**\*Information retrieved from the American Heart Association's website:  
[www.heart.org](http://www.heart.org)**

## **EDUCATE:**

CAHN has several educational opportunities available to assist you in managing your Diabetes, Hypertension, and Cholesterol.

**CARDS Classes:** CAHN continues to offer a 10 week **Cardiovascular Education Series.** Classes are held at the Vernon J. Harris Medical Center located at 719 N. 25<sup>th</sup> Street in Church Hill. Learn about Heart Disease, High Blood Pressure and Management, Medications and their side effects, Healthy Lifestyles, and Meal Preparation. Instruction is in a small group setting. **Participation is Free but registration is required. The next 10 week series of classes will**

**begin on Monday April 14<sup>th</sup> at 5:30pm. Please contact Kimberly Ketter RN, BSN, CDE at 804-253-1976 for more information.**

**DSME Classes:** “What can I do about my Diabetic Healthcare? CAHN offers Diabetes specific classes based on the American Diabetes Associations guidelines and are taught by Nurse and Peer Diabetes Educators. Some of the classes offered are: “Introduction to Diabetes”, “Diabetes Monitoring”, “Taking medications”, “Eating Healthy with Diabetes” and “Diabetes and Relationships”. Classes will be held on Mondays Evenings and Thursday Mornings. **The next 10 week series begins on Monday April 14<sup>th</sup> at 5:30pm and Thursday April 17<sup>th</sup> at 10am at the Vernon J. Harris Medical Center located at 719 N. 25<sup>th</sup> Street in Church Hill. Participation is Free but registration is required. To register or for more information please contact: Lawrence Cary at 804-525-1858.**

**DIABETES SELF MANAGEMENT EDUCATION (DSME) 1:1:** CAHN continues to offer Diabetes Self Management Education (DSME) 1:1 with a Diabetes Educator. These sessions are provided by Registered Nurses who specialize in Diabetes Education and Diabetes Case Management. **A physician’s referral is required for this service.** During these sessions, patients are instructed on, but not limited to, the specifics of diabetes, nutrition, carbohydrate counting and diabetes complications. A personalized diabetes plan is established and followed throughout the course of a year or until the patient’s goals are met. **Please contact Kimberly Ketter RN, BSN, CDE at 804-253-1976 or Shaun Rivers RN, BSN at 804-253-1987 for more information.**

Please visit our website at [www.cahealthnet.org](http://www.cahealthnet.org) for more class information.

## **EMPOWER:**

### **PHARMACISTS CORNER**

**The Pharmacists Corner is a new component to our Quarterly Newsletter. It features information regarding diabetes medications, supplements and general diabetes care. CAHN is proud to welcome the expertise and input of Dr. Shantelle Brown towards our efforts to empower our community through education.**

**SHINGLES:** What is it? Should I be vaccinated? Can I still get shingles after being vaccinated? Can I get shingles from another person who has shingles? What are the risks from the shingles vaccine? These are all valid questions that will be answered within this Corner.

- **Shingles is a painful skin rash, often with blisters. It is also called Herpes Zoster, or just Zoster.**

**A shingles rash usually appears on one side of the face or body and lasts from 2 to 4 weeks. Its main symptom is pain, which can be quite severe.** Other symptoms of shingles can include fever, headache, chills and upset stomach. Very rarely, a shingles infection can lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis) or death. For about 1 person in 5, severe

pain can continue even long after the rash clears up. This is called post-herpetic neuralgia.

- Shingles is caused by the Varicella Zoster virus, the same virus that causes chickenpox. If you've had the chickenpox, the Shingles virus is already inside of you. The virus that causes chickenpox never leaves your body. Instead, it stays in your nervous system, and can re-emerge and cause the Shingles rash.

**Therefore, if you've had the chickenpox the vaccine is highly recommended. If you have not had the chickenpox it is not recommended. Rarely, are there instances that someone who has received the chickenpox vaccine gets the shingles virus.**

*Shingles is far more common in people 50 years of age or older. It is also more common in people whose immune systems are weakened because of disease such as cancer, or drugs such as steroids or chemotherapy.*

- The vaccine for shingles was licensed in 2006. In clinical trials, the vaccine reduced the risk of shingles by 50%. It can also reduce pain in people who still get shingles after being vaccinated.
- **You can't catch shingles from another person with shingles.** However, a person who has never had chickenpox (or chicken pox vaccine) could get chickenpox from someone with shingles--*not very common.*
- **A person should not get the vaccine if they:**
  - are allergic to gelatin, neomycin or any other component of the shingles vaccine
  - have a weakened immune system because of AIDS or another disease that affects the immune system
  - are on medications that affect the immune system (prolonged use of high-dose steroids, radiation or chemotherapy)
  - have cancer affecting the bone marrow or lymphatic system
- **A person should wait to get the vaccine if they:**
  - are pregnant (wait 4 weeks after getting the vaccine before getting pregnant)
  - have a temperature of 101.3 degrees or higher

## **Risks**

*No serious problems have been reported*

Mild problems: redness, soreness, swelling or itching at the injection site and headache (about 1 person in 70)

**Moderate or Severe reaction (should occur within a few minutes to an hours after the shot): high fever, difficulty breathing, weakness, hoarseness or wheezing, a fast heart beat, hives, dizziness, paleness, or swelling of the throat. CALL YOUR DOCTOR OR GET THE PERSON TO THE DOCTOR RIGHT AWAY.**

**References:** <http://www.cdc.gov/vaccines>

An educational resource by Merck (manufacturer) Copyright 2013 Merck Sharp & Dohme Corp., a subsidiary of Merck & Co., Inc. (VACC-1087022-0000 06/13)



**\*CAHN'S STAFF RECIPE OF THE QUARTER:**

CAHN staff members have been invited to submit some of their favorite recipes for inclusion in the quarterly newsletter. Our goal is not only to help our patients to maintain a healthy eating lifestyle but our CAHN family as well.

## **Chicken with Feta and Tomatoes**



*Yields: 6 servings | Serving Size: 1/2 cup couscous and 1 piece chicken | Calories: 321 | Previous Points: 7 | Points Plus: 8 | Total Fat: 9 g | Saturated Fat: 3 g | Trans Fat: 0 g | Cholesterol: 105 mg | Sodium: 482 mg | **Carbohydrates: 22 g** | Dietary Fiber: 2 g | Sugars: 2 g | Protein: 37 g |*

## Ingredients

- 2 pounds boneless, skinless chicken breasts
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 teaspoons olive oil, divided
- 1 teaspoon dried oregano
- 2 teaspoons dried basil
- 2 teaspoons minced garlic
- 1 pint grape tomatoes
- 3 cups cooked whole wheat couscous
- ½ medium cucumber, finely diced
- 2 ounces crumbled reduced-fat feta cheese

## Directions

Season chicken with salt and pepper. Cook in 2 teaspoons oil over medium-high heat, 4 to 5 minutes on each side, or until done. Remove from pan and keep warm.

Add remaining 1 teaspoon oil to pan; add oregano, basil, garlic and tomatoes. Cook over medium-high heat 3 to 5 minutes, or until tomatoes soften.



Meanwhile, cook couscous according to package directions.

Place ½ cup cooked couscous on each of 6 plates. Slice chicken and divide evenly among plates. Top evenly with tomato mixture, cucumber, and feta cheese.

Retrieved from <http://skinnymys.com/chicken-with-feta-and-tomatoes/>

Recipe submitted by Linda Zaffram MSW, LCSW  
Program Manager /Mental Health  
Capital Area Health Network

**For more information on Diabetes and Heart Health Please visit the following websites.**

- **\*American Diabetes Association:** [www.diabetes.org](http://www.diabetes.org)
  - **Novo Nordisk:** [www.ChangingDiabetes-us.com](http://www.ChangingDiabetes-us.com)
  - **American Heart Association:** [www.americanheart.org](http://www.americanheart.org)
  - **Centers for Disease Control and Prevention:** [www.cdc.gov](http://www.cdc.gov)
  - [www.diabeteswellness.net](http://www.diabeteswellness.net)
- [www.CalorieKing.com](http://www.CalorieKing.com)
  - [www.webmd.com](http://www.webmd.com)
  - [www.nimh.nih.gov](http://www.nimh.nih.gov)
  - [www.myfitnesspal.com](http://www.myfitnesspal.com)

**REMEMBER TO TAKE GOOD CARE OF YOURSELVES! DON'T JUST TALK ABOUT IT. BE ABOUT IT!!!**



