

HELPING MUSKOKA KEEP DIABETES

IN CHECK

Muskoka Algonquin Diabetes Centres Quarterly Newsletter

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Upcoming events

Diabetes education classes: January 16

- The Independent, Bracebridge, 1 pm
- The Independent, Huntsville, 12:30 pm

Diabetes Day at Sundridge Pharmacy:

January 19, 10 a.m. to 2 p.m.

Info session: available government, community, and social supports for people living with diabetes:

- **Bracebridge** Diabetes Centre:
January 25, 9:30 – 11:30 am
- **Huntsville** Diabetes Centre:
January 26, 1:30 – 3:00 pm

Diabetes education class: February 13

- The Independent, Bracebridge, 1:30 pm

Travel plans?

Whether you are travelling by land, sea or air, you need to be prepared. Ensure that your travel is an enjoyable experience by visiting the Canadian Diabetes Association website (diabetes.ca) or your diabetes educator to learn about:

- Identification
- Travel insurance
- Illness management
- Packing
- Insulin storage
- Eating away from home
- Keeping blood sugars under control
- Time zone changes for insulin and/or oral medication management
- Drinking alcohol



Upcoming diabetes cruise

Join Carlson Wagonlit Travel at Gagnon's Independent in Bracebridge on January 21st, from 1-4 pm, for a free information session about an exciting upcoming cruise geared to persons living with diabetes.

Need more dental coverage?

Did you know that if you are living with diabetes and a recipient of ODSP, you may be eligible for additional dental coverage in addition to the basic coverage you're getting now. Speak to your dentist or call Cherie, the Diabetes Social Worker, at 705-789-2311 ext: 2577 for more information.

MAHC Diabetes Centres



Bracebridge site

205 Hiram Street, 2nd Floor
Bracebridge ON P1L 2C1
(705) 645-8824
(705) 645-3983 (fax)

Huntsville site

100 Frank Miller Drive
Huntsville ON P1H 1H7
(705) 789-2311 ext. 2312
(705) 789-0073 (fax)



Let it snow, let it snow, let it snow... but be careful shovelling it!

Safe snow shovelling tips from the Heart & Stroke Foundation

Strenuous exercise and extreme weather increase blood pressure and push the heart rate up – and can contribute to increased heart attack risk. If you have been diagnosed with heart disease (e.g., stroke, previous heart surgery, uncontrolled high blood pressure) or if you have high cholesterol, are inactive or overweight/obese, a smoker, or have other risk factors like diabetes, you should take extra precautions before shovelling snow. Here are some tips from the Heart and Stroke Foundation:

- take a few minutes to do a warm-up activity like walking;
- take lots of breaks so your body doesn't become too strained;
- ask for help from family, friends or neighbours if you need to clear the snow in bad weather;
- wear appropriate clothing and keep water nearby to replace fluids lost through perspiration;
- stop if you experience sudden shortness of breath, chest discomfort, light-headedness, nausea, dizziness, or severe headache and immediately seek medical attention.



Snow shovelling in very cold weather has specific risks. Here are some additional tips to help you stay safe:

- don't continue shovelling just to get the driveway cleared in a hurry – if you're tired, quit;
- don't shovel or do any other vigorous activity directly after eating a meal – your body is working hard enough just to digest the meal; adding a vigorous activity could put too much strain on your heart;
- don't stoop to pick up the snow; bend at the knees to avoid back problems;
- find out if your community offers programs or assistance for snow shovelling or snow removal (particularly for older adults or those with existing heart conditions).

Test your blood sugar before and after shovelling. It's a good idea to stop in the middle and check, too. **Never shovel with a blood glucose below 5 or above 16.7.**

Have a snack before starting. Include one carb choice (15 g of carbohydrate) with a protein or fat.

Have glucose tablets or an orange juice drink box with you in case you go low while shovelling.

Make sure someone knows you're out there!

Medication questions...

...about prescriptions, over-the-counter drugs or complimentary therapies?

If you are diagnosed with Type 1 or Type 2 diabetes and are taking one or two prescription drugs, you are eligible for the **MedsCheck** program with your pharmacist once a year.

Your pharmacist can offer you education, advice, and recommendations to support your diabetes management. This can include: training on use and disposal of diabetic supplies, education and advice on medication adjustments, and discussion on the impact of lifestyle changes.

Also, ask about which over-the-counter products are best for you; some may affect your blood sugar or blood pressure. Ask how complimentary therapies may interact with other meds.

With your permission, your pharmacist will share the information discussed with your doctor or other health care providers.

Book your appointment now with your community pharmacist!

Don't give exercise the cold shoulder

Staying... or getting motivated to exercise in the winter!!

With Christmas behind us and a long winter ahead, getting and staying motivated to exercise can be challenging. But it's not impossible! For outdoor activities, remember to dress warmly in layers. As you warm up, you can remove a layer or two. Here are some tips for staying motivated:

1. Pick an activity you enjoy or one that you can do with others (for moral support).
2. Try something new or something you haven't done in a while (see next page for some ideas).
3. Exercise with a friend. You're more likely to stick with it if someone is counting on you.
4. Work out at the same time every day. Routine becomes habit.
5. Set exercise goals and stick with them. For example, plan to go for a 30-minute walk every day of the week at 9 a.m. (or before/after work).
6. Keep an exercise journal – it can be as simple as a star on a calendar – the record will remind you of your hard work and progress.
7. Make it a competition: Challenge your friends, family members or co-workers to a weight loss or fitness contest.

Exercise safety precautions – specific to diabetes

Test your blood sugar before, and don't exercise if it's below 5 or above 16.7. Treat a low then resume normal activities. If above 16.7, have a glass of water, then go for a gentle walk (nothing more vigorous). It's a good idea to have a snack that includes one or two carb choices (15-30 g carb) before exercising and bring one with you. Have glucose tablets or an orange juice drinking box with you in case you go low while exercising.

Did you know?

150 minutes of moderate intensity exercise along with three resistance training sessions per week can:

- Reduce A1C by 0.7-0.9%, whether or not you lose weight
- Lower your blood sugar by up to 3.5 mmol/L after just 30 minutes of brisk walking
- Increase insulin sensitivity
- Help with weight loss
- Reduce risk of death by 30-60%
- Reduce risk of colon cancer
- Decrease mortality & risk of recurrence of breast cancer
- Reduce risk of heart disease, high blood pressure, stroke
- Decrease depressive symptoms as effectively as prozac or therapy
- Decrease risk of Alzheimers
- Maintain muscle mass
- Strengthen bones
- Improve digestion
- Improve circulation
- Improve balance and coordination (and help prevent falls)
- Improve overall well-being



If insulin is the key that unlocks the cells to let the sugar in, then exercise is the **GOLDEN KEY!!**

Is it safe for me to exercise?

Moderate exercise is safe for most people, unless you **have been inactive for some time, are at risk for heart disease, AND want to do vigorous activity**. In that case, you should see your doctor for a stress test before starting an exercise program. Otherwise, start out slowly and progress slowly. For example, start with walking one kilometre in 20 minutes (or whatever you're comfortable doing) three times a week. Once you master that, you can increase to five times a week, then increase the pace slowly until you can do it in 15 minutes (or less), and so on. Use the "talk test" as a guide: if you are winded to the point where you can't carry on a conversation, the activity has reached vigorous and may not be appropriate.

Ideas for keeping fit in Muskoka!!

There are plenty of ways to keep fit, especially in Muskoka... indoors and out. Here are some ideas to get you moving! To keep things fresh and interesting, try more than one... or try something entirely new!!

- **Walking... indoors and out.** The Sportsplex in Bracebridge offers great rates for their walking track (\$18 for six months). For information on outdoor trails throughout the entire region, go to <http://www.doitinmuskoka.com/Experience/Natural-Attractions/HikingandWalking-Trails/>
- **Fitness classes.** Contact any of the fitness facilities in Muskoka to get a list of the fitness classes they offer. Many offer a per-class rate, so no need to buy a membership. Try a “Zumba” class – it’s a Latin-dance type of aerobic class... very fun.
- **Skating.** Contact your local rink for times and fees for public skating. Not sure what you’re doing on skates anymore? There is a “Skate your heart out” class with an instructor on Thursdays from 9:15-10:30 at Memorial arena in Bracebridge, for \$8.75.
- **Dance lessons:** Most dance studios offer adult dance lessons, for couples and singles. Haven’t danced in a while? Give it a whirl. Remember how much you loved it!!
- **Bowling:** Contact your local bowling alley to join a league or just play for fun.
- **Cross-country skiing:** There are a number of cross-country trails in Muskoka. If you can borrow equipment or have your own, many of the trails are free to use.
- **Tobogganing:** Great family fun! Easy on the way down, but a great workout getting back up the hill. Do it the old-fashioned way or try “snow tubing” at Rock Ridge Winter Park in Huntsville.
- **Don’t laugh, but... swimming:** Great exercise anytime of year. The Canada Summit Centre in Huntsville and Sportsplex in Bracebridge offer public swimming and some great aqua fit classes at daily and monthly rates for people of all ages. Seniors can try an instructor-led “therapy swim” in a warm pool at the Sportsplex or Aqua fit for seniors at the Summit Centre.
- **At home:** Buy an exercise or yoga DVD and work out at home. Use therabands for resistance training (available at cost at the Bracebridge Diabetes Centre). While watching TV, try gently stretching, doing push-ups and/or sit-ups, and lifting light weights (or using therabands) during the commercials. You’ll be surprised at how many repetitions you can fit in during the commercials of a half hour show!



Exercise will likely improve your physical, mental and emotional health – and help you live a longer and more fulfilling life. Make a date to take care of yourself.

*No one has ever had an idea in a dress suit.
- Sir Frederick Banting*

*Take as a gift whatever the day brings forth.
~ Horace*

Surviving cold and flu season...

The key to surviving cold and flu season is to be prepared. A bad cold or flu can make your blood sugar too high. When you take your diabetes medication and you can't eat your usual foods, your blood sugar may go too low.



Are you prepared?

1. Know how to manage your medication
 - If you are on insulin, you may need more when you are sick (talk to your doctor or Diabetes Educator)
 - Certain medications (such as Metformin, some blood pressure and fluid pills) may need to be stopped if you are becoming dehydrated. (Talk to your doctor).
2. Talk to your pharmacist about what over-the-counter products he/she would recommend that wouldn't affect your blood sugar.
3. Have your flu vaccination.
4. Ask your doctor about the pneumococcal vaccination.
5. Have your sick day management supplies on hand (see opposite)

Remember if you become sick

- Don't stop taking your insulin even if you can't eat anything at all; you may even need more insulin.
- Test your blood sugar every 2-4 hours, even through the night if it is high. If your blood sugar is >14.0, you should check your urine or blood for ketones. (Type 1 Diabetes)
- Drink sugar-free fluids to stay hydrated (about one cup per hour).
- If you can't follow your meal plan, try to replace your usual carbohydrates with food or liquids that you can tolerate (see opposite)
- Contact your doctor or go to the emergency dept if:
 - You vomit more than once in 4 hours
 - You are unable to eat or drink anything for 4 hours
 - You are sick more than 24 hours
 - You have persistent ketones in spite of increasing insulin doses (Type 1 diabetes)
 - You have questions or concerns.

Try to have one carbohydrate choice every hour (each choice below is approximately 15 grams carbohydrate)

Light meal choices

- 1 cup chicken noodle soup
- 7 soda crackers or 3 graham crackers
- 1 slice toast/bread
- ½ cup regular jello
- 1 popsicle
- ½ English muffin
- 1 meal replacement bar
- 1 medium fruit or ¾ cup applesauce

Beverage choices

- ½ cup juice
- ½ cup regular soft drink
- 1 cup milk or ½ cup chocolate milk
- 1 bottle Boost (diabetic) or Glucerna

Sick day supplies

- Thermometer
- Urine or blood ketone strips (Type 1 Diabetes)
- Treatment for low blood sugar
- Sugar free fluids
- Carbohydrate-containing fluids and well tolerated snacks
- Emergency contact phone numbers
- Supply of blood sugar test strips

Remember, if you wear an **insulin pump**, you can develop DKA (diabetic ketoacidosis) in as little as 4 hours. Follow your hyperglycemia protocol. Discuss your plan with your Diabetes Educator.

Oven-baked fish and chips

Enjoy this heart-healthy and delicious variation of an all-time favourite!

Prepare the fries first

- 2 lbs. potatoes, unpeeled (about 4-5 medium-sized)
- 1 ½ teaspoons paprika
- 1 ½ teaspoons chilli powder

Directions

- Scrub potatoes, slice lengthwise into fries
- Sprinkle paprika and chilli powder on potatoes and toss
- Drizzle with 1 ½ tbsp of olive or canola oil, toss to coat
- Bake in a single layer on baking sheet at 425°F for 20 minutes. Turn and bake fries for 20 to 25 more minutes or until crisp and golden brown.

In the meantime, prepare fish and put it in the oven when turning fries.

Prep Time: 15 mins

Total Time: 50 mins

Servings: 4

Preheat oven to 425°F

Nutritional Facts for Oven Baked Fish and Chips

Serving Size: 1 (444 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
Calories 463.5	
Calories from Fat 67	14%
Total Fat 7.4 g	11%
Saturated Fat 1.1 g	5%
Cholesterol 99.7 mg	33%
Sodium 276.4 mg	11%
Total Carbohydrate 57.1 g	19%
Dietary Fiber 6.1 g	24%
Sugars 2.7 g	10%
Protein 40.9 g	81%

Once the fries are cooking, prepare the fish

- 75 g whole wheat breadcrumbs
- 25 g fine cornmeal
- ½ teaspoon paprika
- 700 g skinless boneless haddock or cod fish fillets
- 2 tablespoons flour, seasoned with pepper
- 1 egg white, beaten
- nonstick cooking spray

Directions

- Mix together the breadcrumbs, cornmeal, and paprika in a bowl
- Dip haddock or cod fillets into the flour, shake well to remove excess, then into egg white, and finally into the crumb mixture until evenly coated
- Place on baking sheet sprayed with cooking spray
- Cook 12-15 minutes at 425°F (preheated) until cooked through and golden

About this newsletter The *In Check* newsletter provides information about diabetes, its management, and your health. It is intended to help you better understand the disease and to provide community resources to help you cope. This newsletter is not intended to offer medical advice. Please contact the Diabetes Centre or your physician for specific questions relating to your illness.