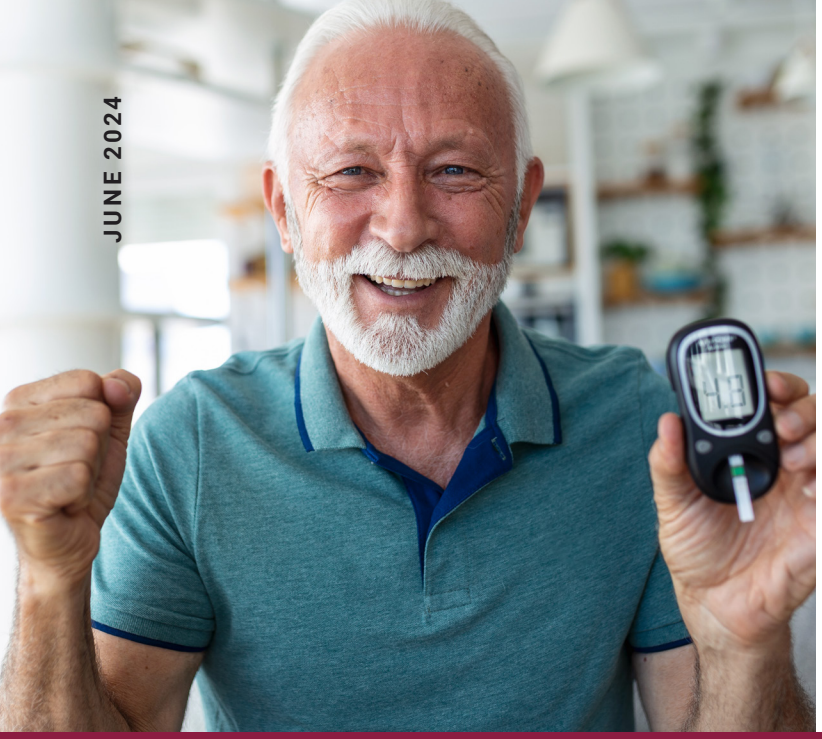


JUNE 2024

MOUNT CARMEL
A Member of Trinity Health

DIABETES ONE DAY AT A TIME

INSIDE THIS ISSUE

Can I Eat Fruit with Diabetes?

By Janie Jacoby, MS, RDN

You may have heard that people with diabetes should avoid fruit, or only eat certain kinds of fruit. The truth is that fruit has many health benefits and is a great option to include in meals and snacks. You can enjoy fruits of all kinds and still keep your blood sugars in healthy target range.

Like all foods with carbohydrates, fruit will affect blood sugar. That does not mean it is "bad"! It does mean that the portion size matters. For many people with diabetes, it works well to have one serving of fruit at a time. For example, a serving could be one piece of whole fruit (such as an orange, peach, or apple), or about one cup of berries or chopped fruit.

How much fruit should we eat each day? For adults, eating 1½ - 2½ cups of fruit per day can help improve health. Each type of fruit has slightly different nutrients, so eat a variety of different types and colors of fruits to get the most benefit.

BENEFITS OF FRUIT

- **High in fiber**. High-fiber foods help keep blood sugars steadier and improve digestion. Fiber also helps heart health by lowering blood cholesterol levels.
- **High in nutrients**. Vitamin C, vitamin A, potassium, folate, and many more. Fruit has many of the same nutrients that vegetables do.
- **Improve heart health**. Fruit helps lower the risk for stroke and heart disease. For example, fiber helps lower blood cholesterol, and potassium helps lower blood pressure.
- **Reduce risk of disease**. The nutrients and antioxidants in fruit can help reduce the risk of diseases, including certain cancers.

TIPS FOR ENJOYING FRUIT

- **Fresh, frozen, or canned fruits without added sugar** are the best for blood sugars. Limit fruit juice and fruits with added sugars.
- If you are having fruit as a snack, **try including a protein** to make the snack more filling and to help keep blood sugars from rising too quickly. Proteins include nuts, cheese, hard boiled eggs, peanut butter, cottage cheese, and more.
- Often **fruit that is in-season** will be on sale and taste the best.

Can I Eat Fruit with Diabetes? *continued*

TYPE OF FRUIT	TIPS
WHOLE FRUIT (fresh or frozen)	Whole fruit is a great option because it is high in fiber and nutrients.
JUICE	Juice is a concentrated source of sugar and does not have fiber, so it will raise blood sugars higher. It is best to limit juice, even if it is 100% fruit.
DRIED FRUIT	Dried fruit is more concentrated, so the serving size is smaller. For example, ¼ cup of raisins has about the same amount of carbohydrates as a full cup of grapes. Dried fruit without extra added sugars is the best choice for blood sugars.
CANNED FRUIT	Canned fruit is a good shelf-stable option. Canned fruits without added sugars are the best for blood sugars.

CALENDAR OF EVENTS

Enjoy the following events

IN PERSON DIABETES SUPPORT GROUP

These fun, informal sessions are for people coping with diabetes. Friends and family welcome.

Call **614-546-4582** to learn more.

Mount Carmel St. Ann's
JUN 26, AUG 28, SEP 25 | 6:30 – 8:00 p.m.

Mount Carmel East
JUN 25, AUG 27, SEP 27 | 6:00 – 7:30 p.m.

Mount Carmel Grove City
JUN 18, AUG 27, SEP 24 | 6:30 – 8:00 p.m

VIRTUAL DIABETES 101

JUNE 4 | 5:30 – 6:30 p.m.

These free virtual classes cover diabetes basics, like blood sugar monitoring, medications, nutrition, physical activity, and weight management. Call **614-546-4582** to register.

SUGGESTED WEB SITES:

» American Diabetes Association
» CDC-Centers for Disease Control and Prevention
» National Institutes of Health
» Diabetes Advocates
» USDA Center for Nutrition Policy and Promotion
» diaTribe
» Mount Carmel Healthy Living Center

Continuous Glucose Monitor (CGM) Reports: Part Two

By Fred Maggiore, A member of Mount Carmel St. Ann's Diabetes Support Group

A continuous glucose monitor is a small device that attaches to your body and tracks your blood sugar (glucose) every few minutes. One of the reasons it can be helpful to wear a CGM is because of all the data that it collects. This data helps you find patterns of high and/or low readings, which can help you better manage your diabetes.

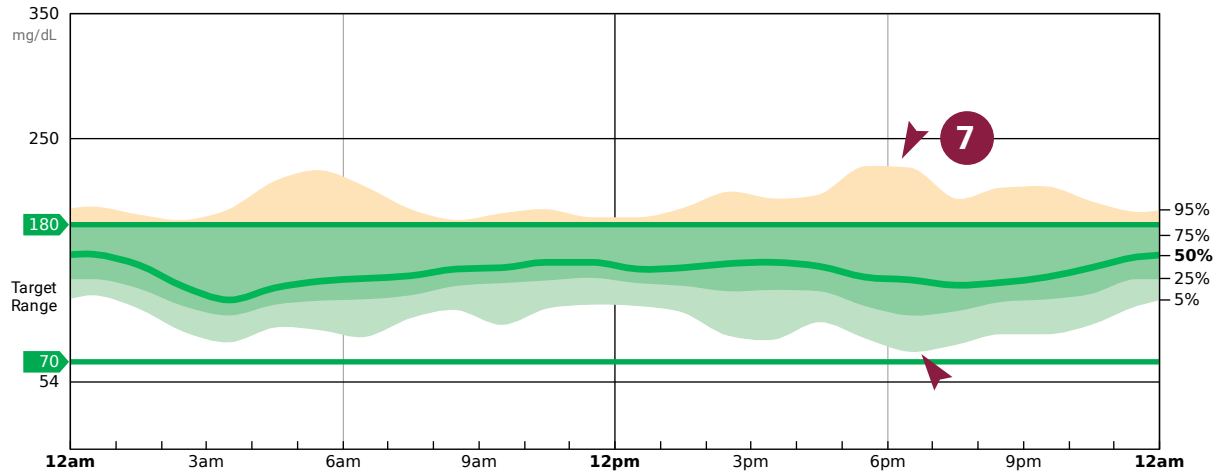
This two-part series covers the blood sugar reports you can get from a continuous glucose monitor, or CGM. These reports are helpful for you to learn more about your blood sugar patterns, and to share with your healthcare team. Part One of this article was in the February 2024 newsletter.

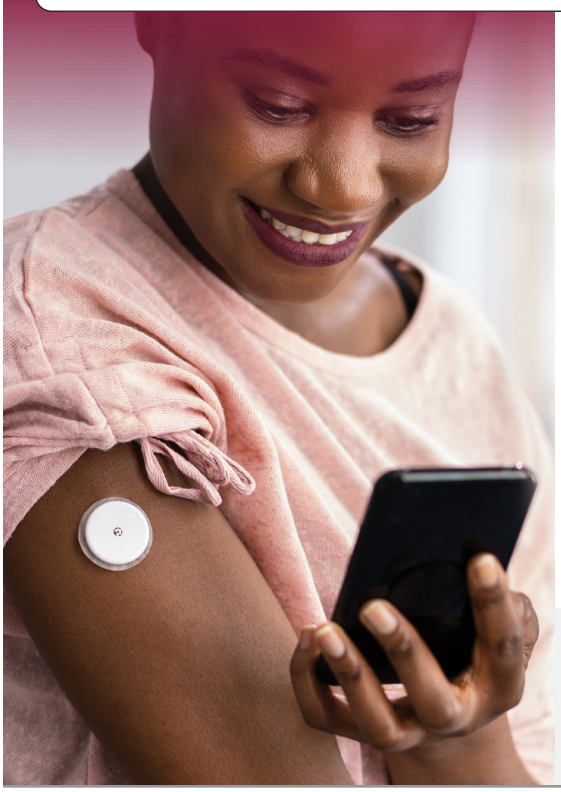
REPORT OVERVIEW

Here in Part Two, we look at the rest of the sections in the Ambulatory Glucose Report (AGP), which is the standard CGM report. The AGP reports shown are from the Dexcom CGM but would look similar to others such as the Libre CGM.

Ambulatory Glucose Profile (AGP)

AGP is a summary of glucose values from the report period, with median (50%) and other percentiles shown as if they occurred in a single day.





7 | **Aggregate Graph (AG)** This combines each daily blood sugar graph into a single graph, so you can see the overall trend of your blood sugars.

- **Solid Line**: the median (middle) of all blood sugar readings
- **Darker Shading**: 50% of your blood sugar numbers are in this range
- **Lighter Shading**: 90% of your glucose values are in this range

This graph can help you see your overall blood sugar trends. What times of day the levels are usually in target range, high, or low? In the graph above, you can see that most of the time, blood sugars are in the green area—in target range. There are no low blood sugars. There are sometimes high numbers around 6pm (7) (yellow on the graph).

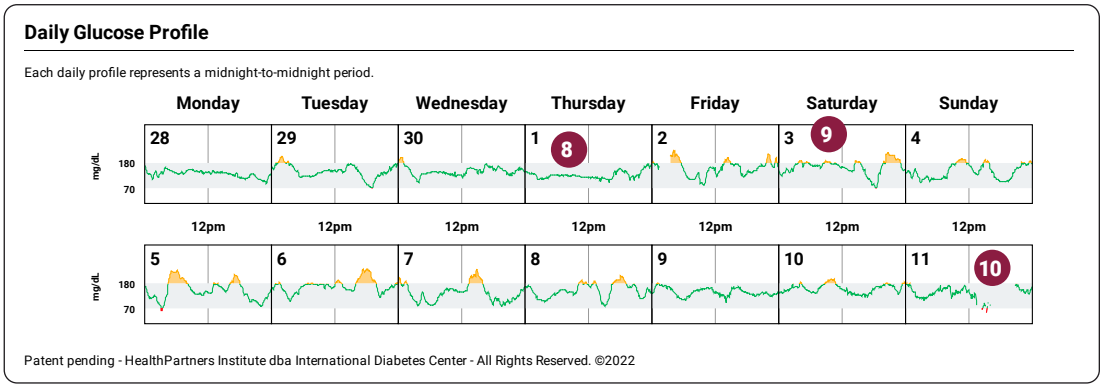
Once you see a pattern, you can start to "fine-tune" medications or lifestyle changes based on what you see. For example, if you see you have high blood sugar after meals, it could be due to skipping medication doses, needing a change to the insulin dose, or maybe some meals are higher in carbohydrates.

The graphs are color-coded:

- **Green:** Target range blood glucose
- **Yellow:** High blood glucose
- **Orange:** Very high blood glucose
- **Red:** Low blood glucose
- **Dark Red:** Very Low blood glucose

Continuous Glucose Monitor (CGM) Reports: Part Two *continued*

8-10 | Daily Graph (DG)
a timeline of one day (midnight to midnight).



- On Thursday, the blood glucose levels were all in target range **(8)**.
- On Saturday **(9)**, the first part of the day values were higher but stable. Extra insulin was given to fix the high readings. When the extra insulin took effect (3:30 pm), the glucose level dropped causing a low reaction. A low alarm alerted (6:20 PM) indicating the value below 70 mg/dl. Ten minutes later the value was 66 mg/dl.
  To treat this low glucose level, a fast-acting carb source (juice, low-fat milk, glucose tablets) was consumed. This led to excess amounts of carbs and the glucose level rebounding (8:35 pm) to over 220 mg/dl. Saturday was a "roller coaster" of glucose levels. First high and then low and then high again.
- CGM sensors only last a certain number of days, so will need to be replaced. The gap on Sunday **(10)** shows that the sensor was in the warm-up period and could not collect any data.

Using a CGM device to replace finger sticks offers much more than a value of glucose at any set time. By helping you understand your blood sugar patterns, the reports covered in this article series can help you improve your diabetes management.

Work with your health care team to review your data. Learn how the timing of medication, what you eat, exercise, sleep patterns, stress and illness can all have an impact on your Time in Range.

Remember, well-managed diabetes is the leading cause of..... Nothing! Managing diabetes greatly reduces the risk for complications. Many insurance plans cover the cost of a CGM. Reach out to the diabetes education program or your primary care provider with any questions about using a CGM.

Egg Roll in a Bowl

Try this delicious low carbohydrate, quick and easy, one skillet meal.

INGREDIENTS

1 lb of lean ground beef or pork*
1 tsp minced garlic
14 oz shredded cabbage or coleslaw mix
¼ cup low-sodium soy sauce or liquid aminos**
1 tsp ground ginger
2 tsp sriracha
1 whole egg
1 Tbsp sesame oil
2 Tbsp sliced green onion

DIRECTIONS

1. In a large skillet, brown the beef or pork until no longer pink. Add the garlic and sauté for 30 seconds. Add the cabbage or coleslaw, soy sauce, ginger, and sauté until desired tenderness. You can add a little water if you need more liquid to sauté the coleslaw down.
2. Make a well in the center of the skillet and add the egg. Scramble until done over low heat.
3. Stir in sriracha. Drizzle with sesame oil and sprinkle with green onions. Add additional soy sauce and sriracha if desired.

NUTRITION FACTS PER SERVING

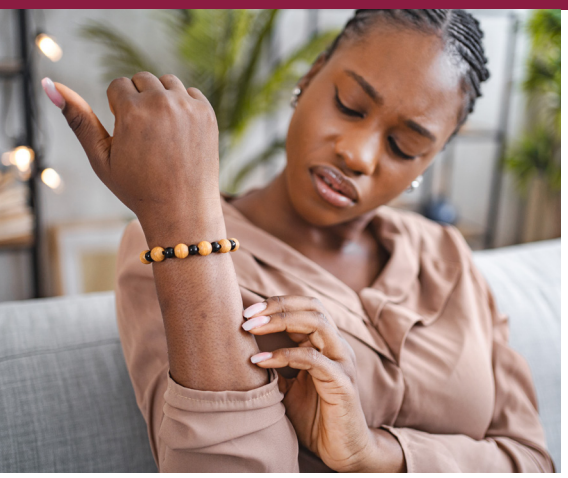
Serves 4

Calories 328, Carbohydrate 8 g, Fiber 3 g, Protein 25 g, Saturated Fat 8 g, Cholesterol 118 mg, Sodium 736 mg

*Could substitute ground chicken or vegetable crumbles

**Liquid amnios has less sodium than low-sodium soy sauce. It can decrease this recipe's sodium content to 403 mg per serving.

Source: https://www.the-girl-who-ate-everything.com



Common Skin Changes in Persons with Diabetes

By Jackie Haskins, RDN, LD, CDCES

Did you know our skin is the body's largest organ? Did you also know skin changes may be the first sign of diabetes or pre-diabetes? Thirty to seventy percent of persons living with diabetes may develop a diabetes related skin condition. Some of these conditions are benign and others can lead to serious health problems. The following describes common diabetes related skin conditions and potential treatments.

1. ACANTHOSIS NIGRICANS

This harmless condition causes a dark patch or band of velvety skin on the neck, armpit, groin, palm of hands, elbows, or knees. Often it is the first sign of prediabetes or diabetes. It is caused by too much insulin in the blood (insulin resistance).

Treatment: Some creams may improve how the area looks. Weight loss and improved blood sugars may help fade dark areas.

2. ADROCHORDONS (skin tags)

Skin tags are harmless growths that can develop anywhere on the body. Often, they appear on the eyelid, neck, armpit, and groin. Having numerous skin tags may be a sign of having excess insulin.

Treatment: Improved blood sugar levels may help. A health provider can cut, freeze, or burn them off for cosmetic reasons if they are bothersome.

3. XEROSIS

This is one of the most common skin conditions in persons with diabetes. Skin is abnormally dry and may have cracks, scales, or a rough texture. It can look like cracked porcelain. This often occurs in the feet.

Treatment: Use moisturizer to help soften, smooth, and soothe skin. Do not moisturize between toes as this can increase the risk for a fungal infection.

4. DIABETIC DERMOPATHY (shin spots or spotted leg syndrome)

Painless red or brown spots which typically appear on the front of legs but may also occur on arms and thighs. Over time they may appear dented. People often mistaken these for age spots. These harmless spots occur when changes in small blood vessels decrease blood supply to the skin. If shin spots are damaged, they can be slow to heal.

Treatment: To help prevent shin spots, aim to keep blood sugar in a healthy range. There is no proven treatment to help fade these spots. Protect spots from skin injury.

5. BOILS AND CARBUNCLES (deep skin infections)

These are typically red, swollen, painful bumps. They are filled with pus usually caused by the bacteria Staphylococcus aureus. They can show up anywhere on the body but often occur on the face, neck, armpits, buttocks, and thighs. People with diabetes are more prone to deep skin infections due to weakened immune system, decreased blood flow to skin and bacteria multiply and thrive in tissue supplied with high blood sugar.

Treatment: Never attempt to squeeze or drain a boil or carbuncle yourself as it can make the infection spread. Your health provider may need to make an incision and drain the boil or carbuncle. You may require antibiotics for the infection. Managing blood sugar will help.

6. FUNGAL INFECTIONS

Yeast-like fungal infections are common in diabetes. The fungus causes itchy, red rashes surrounded by small blisters and scales. These infections thrive in moist, warm skin folds. High blood sugars promote these infections.

The most common diabetes fungal infections and where they occur include:

- **Jock itch** – the genitals and inside of thighs
- **Vaginal infection** – the vaginal area
- **Athlete's foot** – between the toes
- **Ring worm** – feet, groin, chest, abdomen, scalp, or nails

Treatment: Antifungals are typically prescribed by your health provider.

7. DIGITAL SCLEROSIS

This condition causes tight, thick, and waxy skin on the back of the hands, toes, and forehead. Stiffness in finger joints can occur. It is more common in type 1 diabetes.

Treatment: Managing blood sugars help this condition. Your health provider or dermatologist may prescribe topical lotions or creams to help soften the skin and improve the skin appearance. Physical therapy may help stiff joints.

High blood sugar can affect nerves and blood vessels as well as weaken the immune system. This may increase your risk for skin conditions and infections. Check your skin daily and alert your health provider about any changes.

References:

https://www.cdc,gov>diabetes>library>features>skin

https://www.Diabetes-Related Skin Conditions & Treatments (advancedderm.net)

https://www.aad.org/public/diseases/a-z/diabetes-warning-signs

For questions or more information on scheduling an individual appointment or a group class, please call **614-546-4582**.