

Mark Your Calendar - Managing My Diabetes Workshops

Get the latest diabetes information in one visit!

The Center for American Indian Resources—CAIR

Tuesday, April 28th, 2009

8:30—3:30

Space is limited to 15 people

Call Amanda to register at 878-3765 by April 23rd

Min No Aya Win

Tuesday, May 5th, 2009

8:30—3:30

Space is limited to 25 people

Call Amanda to register at 878-3765 by April 30th

Breakfast, Lunch & Incentives* included



*Native Americans eligible for services at MNAW or CAIR who have a diagnosis of diabetes can earn a Pendleton shopping bag by attending one of these workshops.

Bags will not be given unless entire workshop is completed.

Test Your Diabetes Knowledge

If you don't know all the answers, consider coming in for a diabetes education appointment OR attending one of our workshops!

1. When type 2 diabetes starts, why do people have high blood sugar levels?
 - a. The pancreas isn't making any insulin
 - b. The kidneys aren't working right
 - c. The body cannot use insulin properly or the pancreas isn't making enough insulin

2. Your body needs insulin to:
 - a. Move sugar into the body cells
 - b. Digest food
 - c. Dissolve sugar in the blood

3. A normal blood sugar in the morning (fasting) is:
 - a. 80-120
 - b. 80-140
 - c. 100-140

4. My Hemoglobin A-1-C is:
 - a. My iron level
 - b. A measure of infection in my blood
 - c. My average blood sugar over the past 3 months

5. Symptoms of low blood sugar include:
 - a. Feeling shaky or sweaty
 - b. High energy level
 - c. Dry mouth

6. Which should not be used to treat low blood sugar:
 - a. 3 hard candies
 - b. ½ cup juice
 - c. 1 cup diet soft drink

7. On the nutrition facts label, the nutrient that tells how the food will affect my blood sugar is:
 - a. Total Fat
 - b. Protein
 - c. Total Carbohydrate
 - d. Sugar

8. One carbohydrate choice contains:
 - a. 5 grams of carbohydrate
 - b. 15 grams of carbohydrate
 - c. 30 grams of carbohydrate

- 9. The following is true about fat in foods:**
 - a. Fat can cause blood sugar to go up
 - b. Fat should be counted as a carbohydrate choice
 - c. Certain kinds of fat can increase the risk for heart disease



Test Your Diabetes Knowledge—*continued*

10. Jane had a sandwich made with 2 slices of whole wheat bread, 2 ounces of ham, and 2 teaspoons of butter for lunch. She also had a small orange and 1 cup of skim milk. How many carbohydrate choices did Jane have?
 - a. 4
 - b. 6
 - c. 7

11. How does physical activity usually affect blood sugar levels?
 - a. Lowers blood sugar
 - b. Raises blood sugar
 - c. Has no effect on blood sugar

12. Goal Setting is a way to help you make positive lifestyle changes. Which of the following is a realistic and measurable goal?
 - a. I will test my blood sugar
 - b. I will test my blood sugar twice a day
 - c. I will test my blood sugar twice a day and bring my monitor to my appointment in 1 month to see if my blood sugar is well controlled.

13. Illness and stress generally cause your blood sugar levels to:
 - a. Increase
 - b. Decrease
 - c. Stay the same

14. Which of the following is not a complication of diabetes?
 - a. Kidney problems
 - b. Lung problems
 - c. Nerve problems
 - d. Heart problems

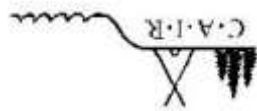
15. Controlling my blood sugar can help prevent complications of diabetes: True OR False

16. Good foot care for people with diabetes includes:
 - a. Aggressively removing corns and calluses
 - b. Soaking your feet
 - c. Going barefoot at home
 - d. Checking your feet daily

17. Some diabetes pills:
 - a. Resist the action of insulin
 - b. Help your body use insulin better
 - c. Contain insulin

1. C	A
2. A	N
3. A	S
4. C	W
5. A	E
6. C	R
7. C	
8. B	K
9. C	E
10. A	Y
11. A	
12. C	
13. A	
14. B	
15. True	
16. D	
17. B	

**P.S. If you had to peek...
you should come to the workshop!**



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Living In Balance Newsletter
Fond du Lac Human Services



A Diabetes Success Story— By Maryann Blacketter

I started Curves in August 2008. Since then I have lost 16+ inches and 17+ pounds. This does not seem like a lot for 6-7 months, but that wasn't even the reason I joined. I joined because I had hit bottom. I could not even bend over to tie my shoes. I could not walk up the 6 stairs to my front room. I was checking out some exercise places in Cloquet, but could not “do” their program. I came across a small place called Curves. I didn't even know we had one in Cloquet. In talking with Janice, she explained the program and showed me the circuit. I knew I could get around maybe one time. The stretches were also difficult for me. I could not even put my arms behind me to reach the bars. I needed to do SOMETHING so I signed up. I then talked to my doctor about it and she said to do what I could.

I have type 2 diabetes, emphysema, and high blood pressure. I take 3 separate medications for my diabetes, 4 types for my emphysema, 2 for my high blood pressure, and one to keep my cholesterol under control. I am on the verge of having to start insulin. Some of the medication that I have to take has a side effect of weight gain. My Doctor has stated to me that there is a direct correlation between Curves and my NOT having to take insulin. I can now tie my shoes, pick up items from the floor, and walk up my 6 stairs without having to sit part way to catch my breath. Each month I go in to see my doctor, she has the prescription pad out ready to give me insulin, and we wait to see what the A1C numbers are, and every month she puts the pad away and gives me a smile, and tells me to keep up the good work.

My emphysema will never get any better, but Curves is helping me keep it from getting worse. I will not need to take insulin this month again, and this is thanks to Curves. Also this month my high blood pressure medication was reduced (only a small amount, but reduced). Curves is not only about losing weight to look good, it's about living a healthy life style to live a longer and productive life.

Thanks Maryann for sharing your success. There are many private exercise facilities like Curves, the YMCA, Anytime Fitness, The Center for Personal Fitness. On the reservation we are lucky to have beautiful (free!) exercise facilities at the Tribal Center, Sawyer Center, and Brookston Center. Wherever you choose to go, have fun! Be well.