

Living in Balance

Fond du Lac Human Services Diabetes Newsletter

Fall
2019

Classes:

Diabetes Noon Bingo
12pm - 1pm

Mondays

- November 12
- December 10

MNAW: Lower Level CR

Wednesdays

- October 17
- November 21
- December 19

CAIR: Lake Superior Room

*Play BINGO learning and reviewing diabetes care and winning incentives that help take care of their diabetes
Call 218-878-2122 to register.*

YOGA

Bring your own mat

Mondays, 12pm - 1pm

MNAW: Lower Level Conference Room

Wednesdays, 12pm - 1pm

CAIR: Lake Superior Room

For more information,
call 878-3795.

Real Solutions
WEIGHT MANAGEMENT SUPPORT GROUP

Thursdays, 1:30pm - 2:30pm

CAIR: Lake Superior Room

Fridays, 12pm - 1pm

MNAW: Lower Level Conference Room

*A weekly support group for those seeking to lose weight through better nutrition and lifestyle practices.
Call 218-878-2141 to register.*

Are you IN with Insulin

“Insulin” is a scary word for many people. “I don’t want to use needles” is a common phrase. One might associate insulin use with “bad diabetes” when, in fact, the opposite may be true. Insulin can help you feel better and have more energy. It can also prevent or delay related health problems, including those of the heart, kidneys, eyes, feet, and nerves.

Insulin is a hormone that helps glucose, or sugar, move from your blood to the body’s cells to use for energy. It is produced by the beta cells in the pancreas. Insulin helps the liver, muscle, and fat cells store the glucose you don’t need right away so it can be used for energy later on. In turn, the liver produces less glucose on its own. Insulin helps keep your blood sugar level from going too high (hyperglycemia) or too low (hypoglycemia). If your body does not make enough insulin, your glucose levels will go too high.

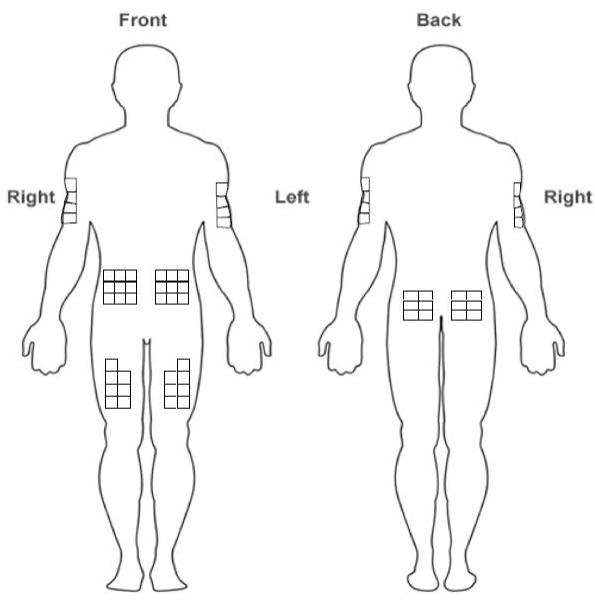
If a person does not have diabetes, the pancreas works well and makes sufficient insulin. If a person has prediabetes, the pancreas works harder to make more insulin. This typically occurs 10 to 20 years before diabetes starts. If a person has diabetes, the pancreas cannot make enough insulin. Diabetes is a progressive disease. Your pancreas will keep trying to make insulin, but can wear out. This usually occurs 5 to 15 years after diabetes starts. It is natural for your diabetes to change over the years. These changes happen at different times for different people.

Carbohydrates (sugar, starchy vegetables, grains, fruits) will make your blood sugar go up. If a person has type 2 diabetes, the body may produce insufficient insulin, may prevent the insulin from working properly, or both. The human body cannot survive without insulin. Type 2 diabetes is normally managed with diet, exercise, and oral or injectable medications, including insulin. People with type 1 diabetes cannot produce insulin on their own. Upon diagnosis of type 1 diabetes, people will produce a small amount of insulin but after a few weeks or months, insulin injections are a necessity and will be required for life.

Your A1c shows what your average glucose level has been over the past 2 to 3 months. For most people with diabetes, their A1c goal is less than 7%, but each goal is tailored to each individual. Your risk of complications from type 2 diabetes tends to rise as you age. Your oral diabetes medication for type 2 may have been working for a long time, but due to the natural progression of the disease, adding insulin may be another option to assist your body’s functions! Insulin may be a good choice if your A1c is too high, and you are taking the maximum dose of two or more of your diabetes medications.

Insulin must be administered via injection. This is nothing to be afraid of! Many people say that they are often surprised at how easy and painless the injections are, and they had needlessly spent years worrying about it. A simple technique to make injecting yourself easy and pain-free is to locate a fatty site

Injection Site Rotation



more comfortable. If the same injection site is used over and over again, hardened areas may develop under the skin that keep the insulin from being used properly.

Insulin is best absorbed in the abdomen, and there are less nerve endings in the belly so it is a popular choice. It is a part of the body that can be easily reached. Locate a site between the bottom of your ribs and your pubic area, avoiding the 2 inch area surrounding your navel. You will also want to avoid areas around scars, moles, or skin blemishes. These can interfere with the way your body absorbs insulin. Stay clear from broken blood vessels and varicose veins, as well.

In 1992, insulin pump therapy was introduced. The insulin pump delivers continuous subcutaneous insulin, mimicking the actions of the human body.

Insulin, along with your other medications, food plan, and physical activity, can help prevent, delay, or slow the development of complications. The use of insulin is another means of taking control of your blood sugar. A person who chooses insulin, or any diabetes medications, is a person who demonstrates that they are taking control of their blood sugar! Congratulate yourself on everything you've done so far; it is an ongoing process.

If you are ready to start insulin, talk to your healthcare team including your medical provider, nurse, or certified diabetes educator. If you currently take insulin and have not seen your healthcare team recently, make an appointment! Your insulin regimen may need an update, which will help you feel better and help avoid diabetes complications.

Call 218-878-2190 to schedule your appointment.

so that you can inject insulin into a layer of fat under the skin; hold the needle like a dart, and pierce the skin rapidly - speed is key!

People who have never self-injected may have concerns about doing so and that's understandable, but insulin injections have come a long way! The insulin pen delivery system was introduced in 1985, making injections much easier. Since then, injection comfort has driven needle technology, making the needles used today shorter and thinner than the ones used in the past. Prior to the insulin pen, a person would need to mix their insulin in solution and use a vial and syringe.

Insulin is injected subcutaneously, which means under the skin and into the fat. A short needle is used to inject insulin. If you inject insulin deeper into your muscle, your body will absorb it too quickly, it might not last as long, and the injection is usually more painful. This could lead to low blood glucose levels.

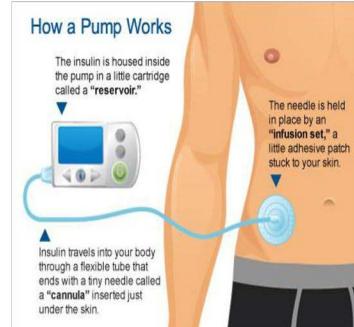
People who inject insulin daily should rotate their injection site. Rotating injection sites makes injections easier, safer, and

Delivery Methods

1. Insulin Syringe



2. Insulin Pump



3. Insulin Pen



PATIENT PORTAL



Create a new Patient Portal account or log into your existing account and . . .

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Winners selected at random

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- View personal health information
- Access test results
- Referral requests

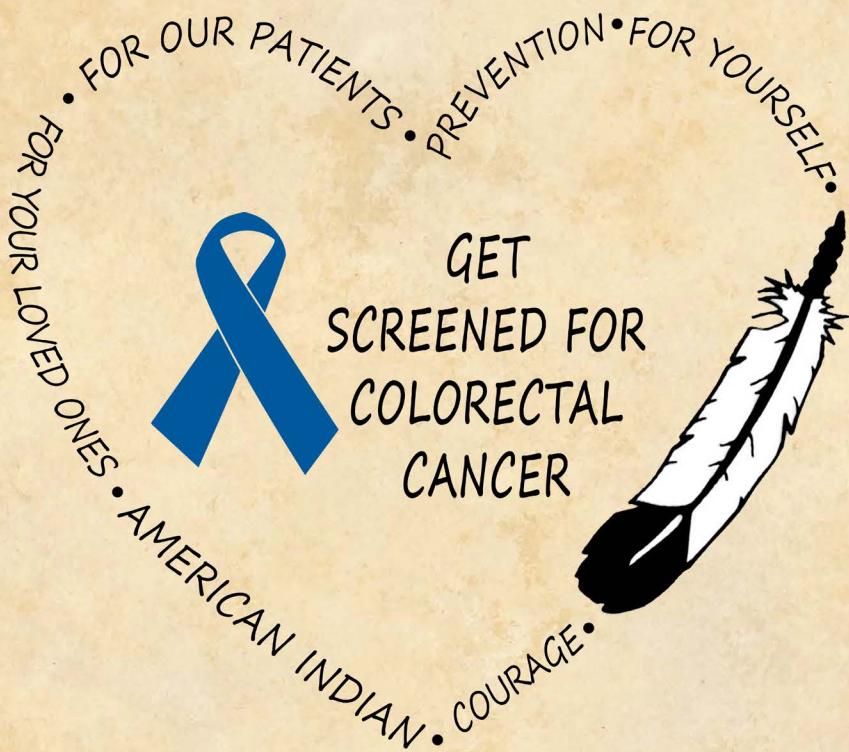
How to Register:

- Visit NextGen Patient Portal website: <https://www.nextmd.com/>
or download NextGen Patient Portal app
- Patient Portal issues - call (218) 878-3765



Fond du Lac Human Services Division

Get your colon cancer screening done between 1/1/19 and 12/31/19 for your chance to win a \$50 gift card!



Drawings: Each quarter, 10 names will be drawn to each win a \$50 Super One gift card. Winners will be contacted by telephone. A total of 40 gift cards will be given out for the year.

Eligibility: Fond du Lac Human Services Division eligible patients, who have been seen for medical services at FDL within the last 3 years. Patients must be age 50+, and have completed their colon cancer screening between 1/1/19 and 12/31/19.

Accepted screening tests:

- Colonoscopy: Gives you 5 entries into the drawing
- FIT test (at home simple stool testing): Gives you 1 entry into the drawing.

How to enter: Entry forms and drop boxes are located at the Min No Aya Win and CAIR Clinic lobbies. Complete the entry form with the date that you had your colon screening done, and drop it in the box.

*** If we do not have a copy of your screening test on file, you will need to sign a release of information form, so we can obtain your testing report to update your chart, and to verify the test was completed. You can get a release of information form from the registration front desk staff.*



Must meet program eligibility requirements.
Fond du Lac Human Services Division | Medical Department