

BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter October 2011

A Publication of the Diabetes Education Department at the New Medical Office Building

UPCOMING EVENTS

Diabetes Support Group

Open to the Community

October 4th at 2pm at the New Medical Office Building

Speakers: Dr Auerbach

Topic: Neuropathy

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Diabetes Self Management Classes for October 2011

October 11th at 2:00 pm

Introduction to Self Management of Diabetes

October 18th at 2:00 pm

Prevention of Diabetes Complications

October 25th at 2 :00 pm

Meal Planning and Carbohydrate Counting

Please Note: An MD referral is needed.

Classes offered by:

Tammy Compasso, R.N. C.D.E.

Cathy Olmstead, M.S. R.D. C.D.E.

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Diabetic Neuropathy

Diabetic peripheral neuropathy is a complication of diabetes that results in damage to the nerve endings as a result of hyperglycemia. No one really knows for sure why high blood glucose causes nerve damage. It may be the high sugars upset the chemical balance inside the nerve cells or blood supply is cut off to the nerves cutting down on the oxygen to the cells.

Symptoms usually occur slowly over time and can start with a sensation of pins and needles, numbness or tingling in you feet, hands, arms or legs. Symptoms can also present as cold, hot and burning, sharp pains and extreme sensitivity to touch and loss of balance and coordination. These symptoms are usually worse at night. At its advanced stage peripheral neuropathy can lead to loss of perception, an unawareness of where your feet are that can cause difficulty walking , driving and performing minor tasks. Caught early symptoms can diminish but it requires making lifestyle changes. Relief may come from lifestyle changes by eating a healthy diet, exercising and paying attention to blood sugar levels. First it is extremely important to lower hemoglobin A1C levels. Lowering blood sugar levels is the first focus of diabetes neuropathy treatment as well as pain management.

Neuropathy is more likely to affect people who have had diabetes for a long time or who have had high glucose levels for some time. Keeping blood vessels healthy will protect the nerves and the blood supply. The risks for diabetes neuropathies may increase with high blood sugar, high blood pressure, dyslipidemia and smoking.

Risk:

About 60-70 percent of people with diabetes have mild to severe forms of neuropathy.

Autonomic neuropathy occurs in 20 to 40 percent of people with long standing diabetes.

Recipe...

Avocado Herb Dressing

2 cups watercress leaves, stems removed
 ¼ cup chopped fresh parsley
 ¼ cup minced fresh chives
 2 Tbsp. minced fresh tarragon
 2 anchovy fillets, drained of any oil
 1 garlic clove, chopped
 1 cup extra-virgin olive oil (divided use)
 ½ small ripe avocado, cubed
 Juice of 1-1/2 medium lemons
 Sea salt and freshly ground black pepper to taste

1. Add the watercress, parsley, chives, tarragon, anchovies, and garlic to a food processor, and process for 1 minute. Add ½ cup of the olive oil, and blend until smooth. Remove the herb mixture from the food processor and add it to a bowl.

2. Add the avocado and lemon juice to another bowl, and process until smooth. In a thin stream, slowly add the remaining olive oil. Add in the reserved herb mixture, season with salt and pepper, and process for 1 minute.

Note: Dressing can be stored in a sealed container for up to 4 days in the refrigerator.

Nutrition Facts

Fat exchanges 1.5

Amount per serving

Calories 70; Calories from fat 65; Total Fat 7 g;
 Saturated fat 1 g; Trans fat 0 g; Cholesterol 0 mg;
 Sodium 10 mg (without added salt); Total
 carbohydrate 0 g; Dietary Fiber 0 g; Sugars 0 g;
 Protein 0 g.

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Autonomic Neuropathy.

This is a condition that involves nerves that move part of the body that we do not control. These nerves are called autonomic nerves and when damaged can take many different forms:

- ❖ **Gastroparesis.** The stomach and intestines slow down and empty less efficiently thereby giving a sense of fullness. Symptoms include: erratic glucose levels, nausea, vomiting, constipation and diarrhea.
- ❖ **Nerves to the bladder** can become damaged causing the bladder not to empty fully putting the person at risk for urinary tract infections.
- ❖ **Sexual dysfunction:** Vaginal dryness for women and inability to get or maintain an erection for men.
- ❖ **Blood pressure** can also be affected by autonomic neuropathy causing orthostatic hypotension. A sensation of light headedness or dizziness when the person stands due to a drop of blood pressure.
- ❖ **Nerves to the skin** can cause too much or too little sweat as well as the nerves to the heart can be affected by changing the regulation of the heart rate in response to exercise.

Support Group & Classes are given at The New Medical Office Building located at 161 East Main Street, Port Jervis, NY by Tammy Compasso, R.N. C.D.E. and Cathy Olmstead, M.S. R.D. C.D.E.

Telephone Number: 845-858-7795

Diabetic Team:

Carla Errico, Coordinator
Cathy Olmstead, M.S. R.D. C.D.E.
Tammy Compasso, R.N. C.D.E.