

# Diabetes University

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C O U R I E R

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## CGM: A NEW WAY TO EVALUATE BLOOD GLUCOSE

### *How many times do you check your blood glucose in a day?*

One, three, maybe even six times a day. This seems like a lot, but what if you could check your blood glucose every 5 minutes? That's 288 readings a day! Imagine the picture you could get of your glucose control with this kind of information. Potential highs and lows that would have been missed with conventional monitoring could be avoided with an insulin adjustment. With a continuous glucose monitor (CGM), this type of control is becoming a reality.

Continuous glucose monitors use a sensor that is placed under the skin to record readings every one to five minutes. These readings can then be sent to a meter for immediate feedback or downloaded and evaluated by a health professional. With this information, a patient's glucose trends can be tracked and specific events can be observed. This information can then be used to customize a medication regimen to a patient's specific needs. It is important to note that patients will still have to check their blood glucose with a standard meter two to four times a day to calibrate the CGM.

There are several companies that offer continuous glucose monitoring systems. One type is a professional CGM that health professionals can use to calibrate insulin pump settings and evaluate blood glucose patterns. Another type is a personal CGM that can be worn by patients on an insulin pump, or patients who are on insulin injections. The personal CGM is worn 24 hours a day and the patient has constant access to their changes in glucose levels.

## Frequently Asked QUESTIONS

*From Our Patients*

### 1 If my A1c is normal, do I still have diabetes?

- Yes, diabetes is a chronic disease with no cure (yet).
- A person can control diabetes with diet, exercise, and/or medications to a normal A1c, but the disease is still present.

### 2 What information is important on a food label for blood glucose control?

- Total carbohydrates → increase blood glucose
- Dietary Fiber → delay absorption of carbs (smaller increase in blood glucose)

### 3 How do I treat a low blood sugar?

- Ingest 15 grams of "quick" glucose (3-4 glucose tablets, 4 oz. juice or regular soda, etc.)
- Check blood sugar in 15 minutes
- If still low, repeat treatment
- Follow with a snack or meal



### OATMEAL-RAISIN COOKIES

Total Servings: 18

Serving Size: 2 cookies

- 1 cup all-purpose flour
- 1/2 tsp baking soda
- 1/4 tsp ground cinnamon
- 1/8 tsp salt
- 1/2 cup margarine (room temperature)
- 3/4 cup light brown sugar
- 2 tbsp granulated sugar
- 1 large egg
- 2 tbsp 1% milk
- 1/2 tsp vanilla extract
- 1 1/2 cups rolled oats
- 1/2 cup dark raisins

Preheat oven to 350 degrees. Lightly coat cookie sheet with cooking spray. Sift together flour, baking soda, cinnamon, and salt. Cream margarine and both sugars with an electric mixer until light and fluffy. Add egg, milk, and vanilla and beat well. Gradually add flour mixture (1/4 cup at a time), beating after each addition. By hand, stir in oats and raisins. Drop by rounded teaspoonfuls at least 2 inches apart. Cook between 10 and 12 minutes until golden brown.

**1 Serving:** 24g carbs, 6g fat, and 155 calories (1 1/2 carbs servings and 1 fat serving)

## KEEP AN EYE *on Your* Eyes!

Eye complications are one of the most dangerous complications associated with diabetes and if left untreated, can lead to blindness. Often when symptoms begin to appear, the damage to the eye is already quite severe. So what's the good news? If eye problems are diagnosed early, treatments to correct these problems can be very successful.

Diabetics are 40% more likely to suffer from glaucoma and 60% more likely to develop cataracts than people without diabetes. Furthermore, almost all diabetics will experience some kind of retinopathy (retina disease associated with leaking blood vessels) in their lifetime. To prevent these complications or at least catch them early, patients should receive a diabetic eye exam yearly to check for the most common problems.

Treatment options are abundant when eye complications are caught early. Glaucoma can be managed with medications and cataracts can be treated with surgery. Huge strides have been made in the treatment of retinopathy. Photocoagulation is a common therapy in which a laser is used to make tiny burns on the retina to stop blood vessels from leaking. This treatment reduces the risk of hemorrhage in the eye and detachment of the retina, which can both lead to blindness. The treatment is usually painless and side effects are mild and include blurred vision for several days and some loss of peripheral vision.

Remember, always have a diabetic eye exam once a year to prevent complications or catch problems early!!!

## UPCOMING EVENTS

### FREE Carbohydrate Counting Workshop

Moses Cone Hospital  
March 3, March 10, April 7, & April 10  
from 1:30 – 3:00 PM

Call 1-800-646-4633 (ext. 62811)

### FREE Diabetes Support Group

Moses Cone Hospital  
March 10 & April 14  
from 6:30 – 8:30 PM

Call 336-832-3236

### Cornerstone Diabetes University

Clinical Pharmacy Services offers a 4 week education seminar on *living with diabetes*.

The class meets on Tuesdays for 2 hours.

Call 336-802-2588 to enroll.

### Upcoming Dates:

- March 16, 2010 (morning classes)
- April 20, 2010 (evening classes)

### FREE Diabetes Workshop

High Point Regional Hospital  
March 11, 6:00 PM

Call 877-532-4545

## ABC's of Sick Days *(What do I do if I'm sick?)*

- Always take your medications (pills)
- Blood sugar (check every 2 to 4 hours)
- Call your doctor if blood sugar is over 240 mg/dl, temperature is over 101°F, and/or you have nausea, vomiting, or diarrhea lasting more than 24 hours
- Drink 8 ounces of sugar-free drinks per hour
- Excused from exercise...don't exercise if your blood sugar is over 240 mg/dl

## Diabetes

### R E S O U R C E S

### National Diabetes Education Program

<http://www.cdc.gov/diabetes/>

- *Diabetes topics, publications, resources, diabetes facts, etc.*

### dLife: For Your Diabetes Life!

<http://www.dlife.com/>

- *Diabetes overview, blood sugar overview, healthy eating, expert advice, and much more!*