

## New Self-Management Classes Begin the First Tuesday of Each Month

Starting in January 2017 we revamped our education classes to implement the seven self-care behaviors taught by the American Association of Diabetes Educators (AADE). The AADE7 was developed as a framework to teach self-management of diabetes care. It incorporates healthy eating, being active, monitoring, and taking medication, problem solving, reducing risks, and healthy coping. Using these seven key behaviors, we can help you develop positive ways to manage your diabetes on a daily basis to meet your goals.

There are 5 total sessions. Classes start the first Tuesday of each month for Session One. Session 1 is a group setting, it covers introduction into the course and taking medications. This class usually lasts about 45-60 minutes.

Session 2 is an individual appointment; it covers healthy eating and being active, also setting goals. This will usually last about 60 minutes.

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## Why Do I Need An Annual Foot Exam?

*Can my regular doctor do this?*

Our feet are what carry us around every day. They get us from point A to point B and we shouldn't take them for granted. As a diabetic, there are many different things that can affect those precious feet so take the time to inspect them daily and keep your toenails trimmed, clean and dry. Daily self-exams are an extremely important part of self-care in diabetes foot care.

Your provider can do your annual complete foot exam if you are more comfortable. You should take your shoes and socks off at each diabetes visit with your provider so that they can inspect your feet especially if you have a history of neuropathy, peripheral vascular disease, onychomycosis, ingrown toenails, ulcers, calluses, corns, fungus/athletes foot, or any new cuts or abrasions. If you suspect a wound is not healing or is getting larger, let your provider know right away.

Our podiatrist is Dr. Humphers. He sees patients on the first and third Fridays of each month. He also works at the Chickasaw Indian Hospital in Ada. He focuses on adult reconstruction of the foot and ankle, trauma, pediatrics, diabetic wound care, limb salvage, and sports injuries.

Here are some tips to remember when doing daily foot care:

- Wash feet daily in WARM water (not hot), especially around and between toes and dry thoroughly. Inspect for ingrown toenails, calluses, corns, ulcers, cuts, wounds, reddened spots, blisters, and swelling. Use a mirror or have a family member help you.
- Keep toenails trimmed and edges filed. Do not cut ingrown toenails out yourself and do not trim

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Session 3 is another individual appointment; it covers problem solving and healthy coping. This will usually last about 45 minutes.

Session 4 is a group setting, these are usually scheduled on the last Tuesday of each month; it covers reducing risks and monitoring. This will usually take about 60 minutes.

Session 5 will be a follow up appointment 3-4 months after you complete the course and will be scheduled the same day after you see your PCP. The appointment will usually take about 10-15 minutes.

We have seen individuals succeed with the new curriculum and encourage you to give it a try. We look forward to seeing you in class!

**Blackberry Crumble**

Refrigerated butter-flavored cooking spray  
2 cups fresh blackberries, rinsed and drained  
1 teaspoon grated orange zest

**Topping:**

2 packets sugar substitute  
teaspoon granulated sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
3 tablespoons all-purpose flour  
2 tablespoons rolled oats  
2 tablespoons of chopped walnuts or ground flaxseed  
2 tablespoons reduced-fat margarine

Preheat the oven to 425°F (220°C). Coat four 1-cup soufflé dishes or small baking dishes with cooking spray. Combine the berries and orange zest. Divide between the 4 soufflé dishes. In a small bowl and using a fork, combine the remaining ingredients to make a crumble topping. Sprinkle on top of the fruit. Bake until crisp and the fruit is done, about 15 minutes. Serve warm. Makes 4 servings.

Calories: 128                      Fat: 4 gm  
Carbohydrates: 17 gm              Fiber: 6 gm

**Tomato Salad**

2 ripe tomatoes, sliced  
Fresh low fat mozzarella cheese (elephant mozzarella), sliced  
1/2 c. fresh basil, chopped  
1 tbs. Olive oil  
1 tbs. Balsamic vinegar  
Salt and pepper to taste

Alternate slices of tomatoes and cheese in a ring. Drizzle olive oil and vinegar over the tomato/cheese ring. Sprinkle fresh basil over the top. Season with salt and pepper to taste.

Calories: 90                      Carbohydrates: 4 gm  
Fiber: 1 gm                      Sodium: 120 mg

toenails too short. Ask your provider or the podiatrist if you are unsure how to trim your toenails.

- Moisturize. Keep those feet moisturized but AVOID putting the lotion between the toes. Why? It can keep those areas too moist and warm, making a perfect place for bacteria and fungus to grow.
- Make sure your shoes fit properly and comfortably. Feel inside your shoes for any foreign objects or lining issues that can cause problems while walking.
- Protect your feet from hot and cold. Wear shoes in the sand, rock, or on hot pavement. Wear socks at night if your feet get cold. Wear socks that fit well.
- NO flip flops, open toed shoes, high heels, tight shoes, or bare feet. Summertime means hot and sweaty feet, though it may be tempting to go barefoot, it is not a good idea. Lack of sensation can easily lead to burns, blisters, wounds, and bacteria that can be overlooked.
- Keep the blood flowing to your feet. Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, 2 or 3 times a day. Don't cross your legs for long periods of time. Don't smoke.
- Keep your blood sugars low. High blood sugars can lead to slower wound healing. Prolonged wound healing can lead to more damage.

If you are unable to keep your toenails trimmed yourself, you can call the diabetes department and request a toenail trim appointment with the RN. Appointments are usually available on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of each month.



## How to Treat Heat-Related Illnesses

According to redcross.org, during heat waves people are susceptible to three heat-related conditions. Here's how to recognize and respond to them.

**Heat cramps** are muscular pains and spasms that usually occur in the legs or abdomen. Heat cramps are often an early sign that the body is having trouble with the heat.

- Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and gently massage the area.
- Give an electrolyte-containing fluid, such as a commercial sports drink, fruit juice or milk. Water may also be given. Do not give the person salt tablets.

**Heat exhaustion** is a more severe condition than heat cramps. Heat exhaustion often affects athletes, firefighters, construction workers and factory workers. It also affects those wearing heavy clothing in a hot, humid environment.

- Signs of heat exhaustion include cool, moist, pale, ashen or flushed skin; headache; nausea; dizziness; weakness; and exhaustion.
- Move the person to a cooler environment with circulating air. Remove or loosen as much clothing as possible and apply cool, wet cloths or towels to the skin. Fanning or spraying the person with water also can help. If the person is conscious, give small amounts of a cool fluid such as a commercial sports drink or fruit juice to restore fluids and electrolytes. Milk or water may also be given. Give about 4 ounces of fluid every 15 minutes.
- If the person's condition does not improve or if he or she refuses water, has a change in consciousness, or vomits, **call 9-1-1** or the local emergency number.

**Heat stroke** is a life-threatening condition that usually occurs by ignoring the signals of heat exhaustion. Heat stroke develops when the body systems are overwhelmed by heat and begin to stop functioning.

- Signs of heat stroke include extremely high body temperature, red skin which may be dry or moist; changes in consciousness; rapid, weak pulse; rapid, shallow breathing; confusion; vomiting; and seizures.
- Heat stroke is life-threatening. **Call 9-1-1** or the local emergency number immediately.
- Rapidly cool the body by immersing the person up to the neck in cold water, if possible OR douse or spray the person with cold water.
- Sponge the person with ice water-doused towels over the entire body, frequently rotating the cold, wet towels.
- Cover the person with bags of ice.
- If you are not able to measure and monitor the person's temperature, apply rapid cooling methods for 20 minutes or until the person's condition improves.

Go to redcross.org for more information about heat wave safety.

## NIKE SHOE SHORTAGE

Due to unforeseen circumstances, we are unable to get any more Nike shoes back in stock. We are not able to give shoes out to diabetic patients as we have in the past. We do not know if we will be able to do so again in the future.

## CALENDAR OF EVENTS

### KICKAPOO TRIBAL HEALTH FAIR

KICKAPOO TRIBAL HEALTH CENTER

OCTOBER 2017

Come out to our annual health fair in October! Plans are in currently in the works and dates will be announced on the website when finalized.

### NATIONAL DIABETES AWARENESS MONTH

NOVEMBER

November is National Diabetes Awareness Month and we will be doing different promotions and education throughout the month. Stop by and see what will be going on in the department. We look forward to seeing you!

### NATIONAL NATIVE AMERICAN HERITAGE MONTH

NOVEMBER

November is also National Native American Heritage Month!

You can contact us at:

KTHC HPDP/Diabetes Program

Kickapoo Tribal Health Center

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McCloud, Oklahoma 74851

(405) 964-2081 ext. 288

We're on the Web!

See us at: <http://www.kthcmcloud.com/diabetes.html>