

June 2015

# The Diabetes Beat

Hard to believe we have been doing this newsletter for over three years. Currently we mail out about 175 issues monthly or bimonthly. If you have friends or family that would like a copy, have them contact Kay Gattis at 251-368-9136 extension 2326 and asked to be put on our mailing list or have it sent via email.



## June

Is

### National Men's Health Month



June 1 marks the beginning of "hurricane" season. Before Ivan, most people in this area thought that hurricanes occurred only in coastal areas. Memories of Ivan, and another hurricane Katrina, who devastated neighboring communities, will remain in our thoughts for the rest of our lives.

After these storms, people became more aware of the need to be prepared for such an emergency. The urgency for planning is essential for everyone, but for those with a chronic disease, it is critical. Diabetes, which affects almost 29 million persons in the United States, is a disease which requires daily routines for medications, eating, and blood glucose monitoring.

Persons with diabetes are encouraged to attend our "Summer: Are You Ready?" class to learn more about emergency preparedness. This class will be taught in Pensacola on June 3 and again in Atmore at the PCI Health Department on June 11. For more information and to register for class, please contact Kay Gattis at 251-368-9136, Ext. 2326.

Marsha Fendley, RD, CDE

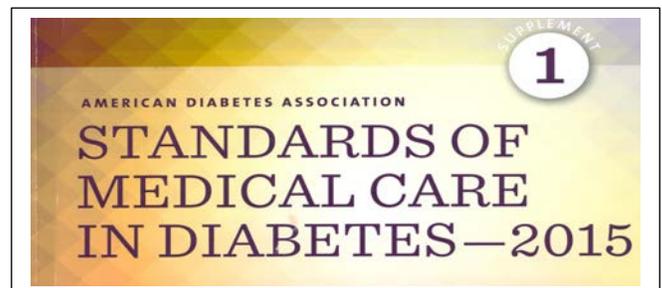
Many of you that utilize the PCI Health Clinic may have heard different ones of us speak about the “standards of care” and wondered exactly what they were. The American Diabetes Association publishes these “standards” at the beginning of each year. These standards act as guidelines or a map so to speak, that direct us to ensure that we offer the best care possible to our patients with diabetes. These guidelines represent the most up to date recommendations based on evidence obtained from clinical practice. As educators, one of the more common questions that we are often asked is “what should my blood sugar be?” This is an excellent question and our answer comes directly from the standards of care. The American Diabetes Association recommends that a blood sugar target before meals should be between 80-130mg/dl. This has changed from the 70-130mg/dl that many of us have learned in the past.

So what else has changed since last year? When we have our blood pressure checked, it is composed of two numbers. The top number represents the amount of force exerted against blood vessels each time the heart beats and the bottom number represents the amount of force exerted on the blood vessels in between beats. The goal for the bottom number, also called the diastolic pressure, used to be 80mmHg, but was changed to 90mmHG for most people with diabetes and high blood pressure in order to better relate to evidence provided by clinical trials. The target for the top number also called the systolic pressure remains the same at 140mmHG.

The ADA also recommends that everyone have a cholesterol screening when they are first told they have diabetes, at their first initial medical visit and / or at the age of forty and then periodically. People that have diabetes may not get their feet

checked as often as needed. This makes it difficult to identify potential problems early. It is now recommended that everyone with loss of feeling or sensation in their feet, or have any type of foot deformities have their feet checked each visit when they see their doctor.

Physical activity was changed to reflect evidence that everyone, including people with diabetes, should limit the amount of time that they spend sitting. If you sit for long periods at your job, try getting up every 15-20 minutes and walking in place or stretching. For questions about your diabetes disease process, please call Kay Gattis at 251-368-9136 extension 2326 and ask for Marsha or Donna.

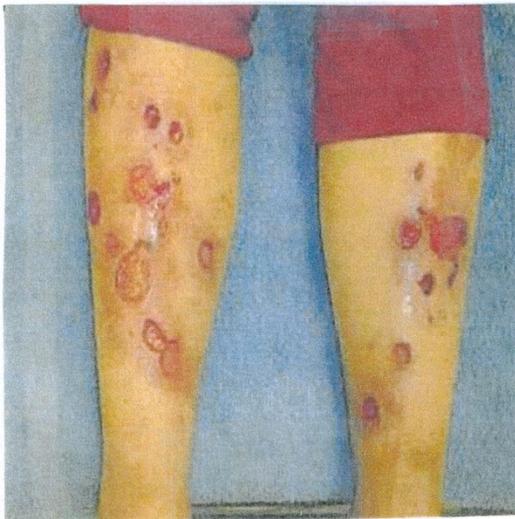
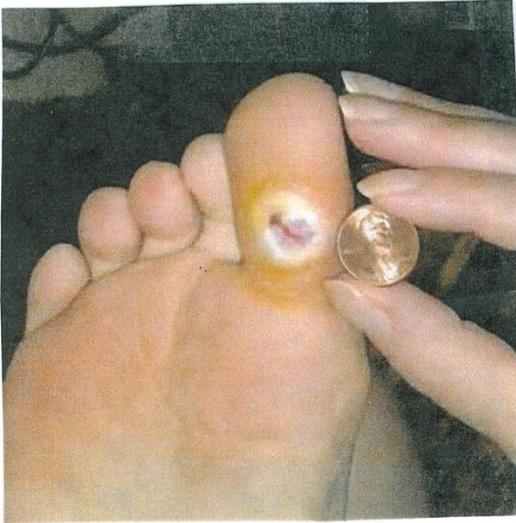


*By: Donna Johnson, RN, CDE, CCM, CFCM*

# HOW MUCH DO YOU LOVE YOUR FEET

By: Carrie Martin, RN BSN, Community Health Representative

Have you heard the saying "Plant your feet on a solid foundation"? Well, if we plant our feet on a solid foundation, then let's make sure that our feet are able to with stand whatever is put upon them. Think of your feet as a foundation. You should want only the best foundation; one with no open lesions, sores, blisters, redness, cracked skin, or odor. If your feet do not provide you with a solid foundation this is what will happen.



Turn  
Page  
For  
End  
Results



## Santa Fe Grilled Chicken Soft Tacos



### Nutritional Information

Calories 198  
Fat 5 g  
Saturated Fat 1 g  
Protein 19 g  
Carbohydrate 17 g  
Fiber 2 g  
Cholesterol 42 mg  
Sodium 285 mg

### Ingredients

2 tablespoons chili powder  
2 tablespoons cumin  
1 tablespoon paprika  
1/2 teaspoon crushed red pepper  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 tablespoon packed dark brown sugar  
2 tablespoons olive oil  
2 1/2 pounds boneless, skinless chicken breasts, trimmed and pounded thin (about 4 large breasts)  
16 taco-size soft flour tortillas

### Preparation

1. In a small bowl, combine chili powder, cumin, paprika, red pepper, salt, pepper and brown sugar. Stir in oil; mixture will be moistened but crumbly.
2. Generously rub chicken on all sides with chili mixture. Let stand at room temperature for 30 minutes to marinate (or cover and refrigerate for up to 1 day).
3. Preheat gas grill to medium, or preheat broiler to high and set rack 6 to 8 inches from source of heat. Grill or broil chicken until firm, about 5 minutes per side. Let cool for 5 minutes, then cut into thin strips.
4. Warm tortillas as package label directs. Serve chicken with tortillas. Top with your favorite taco toppings—lettuce, tomato, cheese, cilantro—for a one-dish Mexican meal.

<http://www.myrecipes.com/healthy-diet/calorie-counts/low-calorie-grilled-recipes#santa-fe-grilled-chicken-tacos>

# Men's Health Statistics



### Health Facts:

Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)

In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women. (CDC)

### Silent Health Crisis

There is a silent health crisis in America...it's that fact that, on average, American men live sicker and die younger than American women."

Dr. David Gremillion  
Men's Health Network

### Prevention:

Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (CDC 2001)



### Cause & Rate<sup>1</sup>

	Men	Women
Heart Disease	228.6	143.0
Cancer	211.6	146.8
Injuries	51.1	24.6
Stroke	39.7	37.8
Suicide	19.2	4.9
HIV/AIDS	4.4	1.7

### Men as Victims of Homicide

The chance of being a homicide victim places African-American men at unusually high risk.

Chance of being a Homicide Victim\*

1 in 30 for black males      1 in 179 for white males  
1 in 132 for black females      1 in 495 for white females

\*BJS DATA REPORT, 1989

### Who is the Weaker Sex?

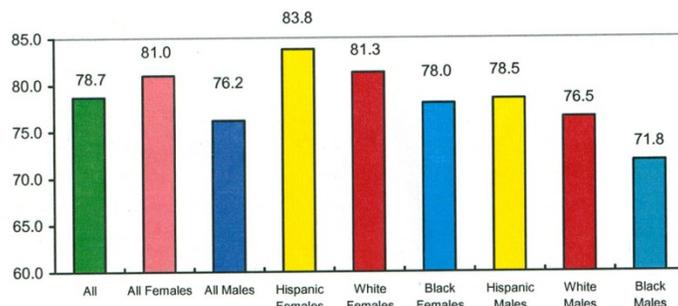
- ◆ 115 males are conceived for every 100 females.
- ◆ The male fetus is at greater risk of miscarriage and stillbirth.
- ◆ 25% more newborn males die than females.
- ◆ 3/5 of SIDS victims are boys.
- ◆ Men suffer hearing loss at 2x the rate of women.
- ◆ Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- ◆ Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- ◆ By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-03)

### Depression and Suicide<sup>1</sup>

Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide.

- ◆ Among 15- to 19-year-olds, boys were 4 x as likely as girls to commit suicide.
- ◆ Among 20- to 24-year-olds, males were 6 x as likely to commit suicide as females
- ◆ The suicide rate for persons age 65 and above: men...28.5 – women...3.9.

Life Expectancy At Birth, 2010



### To learn more, call:

Men's Health Network  
P.O. Box 75972  
Washington D.C. 20013

202.543.MHN.1 (6461) x 101

info@menshealthnetwork.org  
www.menshealthnetwork.org

1 Centers for Disease Control and Prevention and the National Center for Health Statistics 2011. Retrieved from <http://205.207.175.93/HDI/tableView/tableView.aspx?ReportId=166>  
2 Life Expectancy data is from CDC/NCHS, Health, United States, 2013