

NMCL QUANTICO DIABETES NEWS

Volume 2 Issue 1

SPRING 2004



Diabetes Team, *The Sequel*

What Are Your Thoughts on Follow Up Education?

Are you interested in a follow up educational group session? If you are receiving this newsletter, then you have already attended our diabetes team session.

We are looking for interested people to help create a follow-up session. It is for those who have been

diagnosed with diabetes and are interested in **moving beyond the basics.**

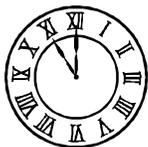
To maximize participation, we want you to design this new program.

Attached with this newsletter is a survey of ideas to fax, drop off, or e-mail your own com-

ments. Let us know if you are interested in this type of meeting.

This is your chance to provide input about dates, times, formats, speakers, and topics.

Please look at the survey and let us know what you think.



Spring Ahead: Make sure your glucose monitor is correct for Daylight Savings Time!!

SEMPER FIT/TRICARE CHANGES IN THE WORKS

With the changing TRICARE contracts, we are anticipating the end of funding for our diabetes patient lecture series at Semper Fit Center. We are hopeful this program will continue through July. It is important to get the word out to those who may have delayed attending.

The next 4 class series will start Wednesday, May 5th,

from 4-6 pm, at the Semper Fit Center and run for four Wednesdays in May. If approved, the July classes should be from 9-11 am on Wednesdays. Please call Semper Fit at 784-3780 or the Diabetes Educator to sign up.

Be assured, this will not impact the NMCLQ Diabetes Team individualized appointments.



Special points of interest:

- ♦ *The Sequel.*
- ♦ *Hurry to class?*
- ♦ *Fitness.*
- ♦ *Microalbumin test?*
- ♦ *TIP JAR?*
- ♦ *What do we offer?*

Diabetes Team:

Diabetes Educator:

703-784-1520

Dietitian:

703-784-2869

Mental Health:

703-784-1779

Semper Fit Educator:

703-784-2339

Other helpful numbers:

TRICARE Appointments

1-888-999-5195

Pharmacy Refill Line

1-800-854-8239

Clinic Information:

1-888-784-1802

Clinic Website:

[Http://nmclq.quantico.med.navy.mil](http://nmclq.quantico.med.navy.mil)

If you do not wish to receive mailings or you have any comments, please contact the Diabetes Educator.

Diabetes & Fitness



Always ask your provider before starting any exercise program.

According to the American Diabetes Association, “Physical activity can lower your blood glucose (sugar), blood pressure and cholesterol.” “Regular physical activity helps insulin work better.” Visit www.diabetes.org for more information.

The Semper Fit Center and the fitness trainers at Barber Gym are available to help you develop a personal fitness plan. They do ask for a clearance letter from your provider prior to starting a program. Stay safe and enjoy !

- Keep activity safe. Get a clearance letter. Know your limitations.
- Plan ahead, do testing, and start slow. Do not start if your glucose monitoring is higher than 250. If you are less than 100, then you may need a snack first.
- Insulin users: inject in an area you will not be exercising.
- Bring water and snacks.
- Monitor your response. Prepare for lows (carry sugar tablets).
- Wear medical identification.
- Buy proper fitting shoes and check your feet daily.

What is a Microalbumin test?



In the last newsletter, we reviewed the importance of a 3-6 month A1c blood test to help determine your level of blood glucose control. The Microalbumin urine test is also important. It is often

mentioned in professional journals as the earliest way to predict a problem with kidney

According to the National Kidney Foundation, Diabetes is the single leading cause of kidney failure and need for dialysis.

function.

The healthy range for this test is 30mg/d or less and is recommended yearly to diabetics who fall in normal range. If

your test is greater than 30, then your health care provider will discuss the importance of blood pressure medications, good blood glucose control, or a dietitian supervised low protein diet to help protect the kidneys. He/She may want you to return for more frequent tests.

Stay educated about kidney disease. Visit www.kidney.org for more details.

Tip Jar Hints!

The diabetes tip jars at NMCL Quantico were created to give patients a chance to share their ideas with other diabetes patients.



Thank you to those who submitted a helpful comment. Your assistance with this project is sincerely appreciated.



What we offer...

1. Individual Appointments with Educators
2. Adult Diabetes Team Clinic Session
3. Semper Fit Center Diabetes Contracted Lecture Series (may end after July 2004)
4. Diabetes Team Quantico Website

...and hope for future offerings.

1. Follow up Diabetes Team Group Sessions
2. Pre-Diabetes Class