Why are medical IDs critical?

Perhaps your doctor, nurse or pharmacist advised you to obtain and always wear a medical ID. Why is it important?

• In an emergency, when you might not be able to speak for yourself, a medical ID bracelet or necklace speaks for you.

• Symptoms of common ailments can easily be misdiagnosed. Prompt diagnosis is critical to effective treatment. A brief description of vital medical facts engraved on your medical ID ensures appropriate and timely medical care.

• According to a published study, half of all medical errors occur because of mistakes made upon admission or discharge from the hospital. Wearing a medical ID protects against potentially harmful medical errors.

• More than 95 percent of emergency responders look for a medical ID; more than 75 percent check for a medical ID immediately upon assessing the patient. If you're wearing a medical ID, it won't be missed.

• Medical IDs can eliminate trips to the hospital, reduce unnecessary hospital admissions and prevent minor emergencies from becoming major ones. Medical IDs save lives! One day, a medical ID may save you.

If you have ongoing medical conditions, drug or food allergies, or are taking multiple medicines, you should wear a medical ID alert. An engraved medical ID bracelet or necklace presenting a concise overview of your conditions, allergies and medicines will alert a doctor or medic before starting treatment. Informing medical personnel about your unique medical conditions and needs will greatly aid pre-hospital care. People with diabetes are strongly recommended to wear a medical ID alert!
Walk To Cure Diabetes

**Event Overview:**
The Juvenile Diabetes Research Foundation’s (JDRF) Walk to Cure Diabetes is one of the fastest growing events in the world. Each year, over 500,000 people “walk for a cure” at 200 JDRF Walk locations in over a dozen countries. Funds are raised by individual and team walkers obtaining donations from family, friends, co-workers and neighbors. Monies are also raised through corporate sponsorship and the sale of JDRF paper sneakers at retail outlets. Last year, over $100 million was raised worldwide for diabetes research education through JDRF’s Walk program. In 2008, the Southern Indiana/Tri-State Walk in Holiday World welcomed over 1,800 walkers and raised over $310,000 to help find a cure for diabetes. This year’s goal is to raise $310,000 with the hope we can hit $350,000.

**Date:**
Saturday, May 16, 2009

**Location:**
Holiday World
Santa Claus, IN

**Event Schedule:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am - 10:30 am</td>
<td>Registration, music &amp; activities</td>
</tr>
<tr>
<td>10:15 am</td>
<td>Opening ceremonies</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Official Walk Starts</td>
</tr>
<tr>
<td>11:00 am</td>
<td>Closing Ceremonies</td>
</tr>
<tr>
<td>11:00 am - 1:00 pm</td>
<td>Picnic lunch w/ family &amp; friends &amp; more!</td>
</tr>
</tbody>
</table>

**Event Details:**
Registration will take place in the Legends Parking Lot at Holiday World. Walkers raising $60 or more are admitted into Holiday World FREE. Lunch and refreshments can be enjoyed after the Walk in the Picnic Area of Holiday World. The entire walk route is approximately 1 mile. Entertainment begins at 9:00 am with a DJ during registration, several vendors and activities for everyone to enjoy!

**Registration Information:**
To register for the JDRF as either a Team Captain or Team Walker, please visit www.jdrf.org and click on the “Walk to Cure Diabetes” sneaker link in the middle of the page. It will take you to the Walk registration page.

**Juvenile Diabetes Research Foundation:**
JDRF funding and leadership is associated with most major scientific breakthroughs in type1 diabetes research. In fact, JDRF funds the majority of all type 1 research-more than any other non-profit, nongovernmental agency in the world. JDRF has provided over $1 billion in direct funding since its inception in 1970. More than 85% of JDRF’s expenditures directly support research and research-related education. Because of our unwavering focus on our mission to find a cure for diabetes, JDRF has consistently maintained it’s top reputation among the nation’s leading independent experts on charitable giving. JDRF funds research with the greatest impact, leading to results as soon as possible. But we aren’t there yet and relatively few people are aware of the prevalence, seriousness, and costliness of this disease. At home, children with diabetes face a lifetime of blood tests, restrictive diets and multiple daily injections of insulin to survive. They will not outgrow this disease. The only remedy is a cure!

**For More Information:**
Please contact Stacey Holdaway at (317) 469-9604, (800) 533-CURE (2873) or sholdaway@jdrf.org.
The Daviess & Henderson County Diabetes Coalitions help bring you this newsletter. The coalitions exist solely on donations. If you would like to send a donation, make your check payable to either the Daviess County Diabetes Coalition or the Henderson County Diabetes Coalition and mail to PO Box 309 — Owensboro, KY 42302-0309. If you would like to give of your time and talents please contact Mary Tim Griffin at 270-852-5454 or Mary.Griffin@ky.gov.

Day Camp for Children with Diabetes

Camp Endeavor
(Diabetes Day Camp)

July 25, 2009
7:30 am—5:00 pm

YMCA (Downtown)
222 NW 6th Street
Evansville, IN

Ages 5—12
13 and older to be Junior Counselors

$15.00
812-476-6949
1-888-DIABETES ext. 3325

Diabetes Comprehensive Class Schedules

HealthPark
Owensboro, KY
Weekly Classes
Call for an Appointment
270-688-4804

Ohio County Hospital
Monthly Classes
Morning & Evening Classes
Call to Register
Brenda Freels 270-298-5426

Methodist Hospital—Henderson
Every Tuesday, Wednesday and Thursday
(1:00-3:00 pm)
Call Nursing Education Department
270-827-7114

Union County Methodist Hospital
Assessment 2nd Tuesday of the Month
Classes 3rd Tuesday and Wednesday of the Month
Call Methodist Hospital — Henderson for times
270-827-7114

DID YOU KNOW?
The Daviess County Diabetes Coalition and the Henderson County Diabetes Coalition both have patient assistance programs. The services include prescription assistance and assistance in applying for PhRMA programs. For assistance or more information contact:

Daviess County               Henderson County
Sheila Horn                   Meredith Griggs
270-852-2927                 270-826-3951
Kid’s Korner

TEAM JACK
Hike, Bike & Kayak Challenge

GRAND CANYON
4/6/09
Rim to River to Rim

PICKIN’ & PEDALIN’
8/11/09
62 Mile Ride

CURRENT RIVER
6/9/09
50 Miler

Introducing Jack Mayo, a nine year old with Type 1 Diabetes from Henderson, KY.

Team Jack’s “Hike, Bike, & Kayak Challenge” to cure diabetes begins on April 6th, when Jack and the team plan to hike the Grand Canyon from rim to river to rim. After that, we’ll do a short 50 mile kayak trip down the Current and Jack’s Fork Rivers in the Ozarks on June 9th. We’ll finish up the challenge on August 11th with a little 62 mile bike ride “Pickin’ and Pedalin’” bicycle tour in Henderson.

This is no small feat for a nine year old; however, this is an important event for Jack and the hundreds of thousands of young people who suffer from diabetes. This challenge will benefit the Juvenile Diabetes Research Foundation (JDRF). You can follow Jack’s progress at www.teamjack.org as he prepares for and completes the challenge.

Audubon Park Fun Day/Retreat
Saturday, June 6, 2009
(Rain Date is Saturday, August 29th)
9:30 AM - 3:30 PM
Audubon State Park
Henderson, KY

Come join us for a day of fun and adventure. This event is open for children with diabetes, ages 5-15 years old and their parents/guardians.

Pre-Registration Required: Contact Mary Ann Correll at mary.correll@ky.gov or (270) 852-5475 to request Registration Forms. All forms MUST be completed and returned by May 4th. After May 4th contact Mary Ann Correll for program availability.

Activities Include:
Animal Tracks- Playground
Disaster Planning
Educational Sessions/Networking
Hiking
Shelter Building/Wilderness Survival
Snacks/Lunch
Team Building
Visit with the Birds/Animals

ALL PARTICIPANTS: CHILDREN AND PARENTS/ GUARDIANS MUST WEAR LONG PANTS AND CLOSED TOE SHOES DAY OF THE EVENT. NO FLIP-FLOPS OR SANDALS!

Henderson County Diabetes Coalition
Diabetes Comprehensive Class Dates

**Webster County**
Comprehensive Diabetes Classes

April 20, 21, 22
8:45 — 11:30 AM

Dixon Community Center
State Route 132 East
Dixon, KY

For more Information call 270-639-9315

**McLean County**
Comprehensive Diabetes Classes

May 18, 19, 20
8:45 — 11:30 AM

McLean County Health Center
200 State Hwy 81 N
Calhoun, KY

For more Information call 270-273-3062

**Hancock County**
Comprehensive Diabetes Classes

June 8, 9, 10
8:45 — 11:30 AM

Hancock County Development Complex
1605 US Highway 60 W
Hawesville, KY

For more Information call 270-927-8803

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**Kentucky Camp**
Camp Hendon at Camp KYSOC in Carrollton, KY
*ADA Affiliate Kentucky Area*
July 26-Aug 1, 2009 Ages: 8-17
Cost: ADA Members $350
Non-members $375
Financial assistance available for the child with diabetes

**Indiana Camp**
Camp John Warvel at Camp YMCA (near North Webster in Kosciusko County, IN)
*ADA Indiana Area Affiliate*
June 7-13, 2009 Ages 7-15
*(Type 1 or 2 Diabetes)*
Cost: $350
Financial assistance is available.

**Tennessee Camp**
Camp Sugar Falls (Day Camp) in Goodlettsville, TN (North of Nashville)
*ADA Affiliate Tennessee Area*
August 3-7, 2009 Ages: 6-12
Time: 8:30 AM – 4 PM
Cost: $75

**Contact:**
Devin Anna Bradford
dbradford@diabetes.org
(615) 298-3066 ext. 3331
1-800-DIABETES
(1-800-342-2383)
Diabetes & Your Heart

NATIONAL DIABETES EDUCATION PROGRAM

The Link Between Diabetes and Cardiovascular Disease

What is the link between diabetes and cardiovascular disease (CVD)?
- CVD is a major complication of diabetes and the leading cause of early death among people with diabetes—about 65 percent of people with diabetes die from heart disease and stroke.
- Adults with diabetes are two to four times more likely to have heart disease or suffer a stroke than people without diabetes.
- High blood glucose in adults with diabetes increases the risk for heart attack, stroke, angina, and coronary artery disease.¹
- People with type 2 diabetes also have high rates of high blood pressure, lipid problems, and obesity, which contribute to their high rates of CVD.²
- Smoking doubles the risk of CVD in people with diabetes.

What is the national response to this major health problem?
The National Diabetes Education Program (NDEP) works in collaboration with many partner organizations to reduce illness and death from CVD in people with diabetes.

NDEP’s Control Your Diabetes, For Life, education campaign strives to help health care professionals and their patients control the multiple risk factors associated with CVD and diabetes. It also helps people with diabetes learn how to reduce their risk of diabetes kidney, eye, and nerve disease. The campaign focuses on comprehensive control of diabetes and urges optimal management of A1C (a measure of average blood glucose), Blood pressure, and Cholesterol. The ABC treatment goals for most people with diabetes are:

A  A1C (blood glucose) less than 7 percent
B  Blood Pressure less than 130/80 mmHg
C  Cholesterol – LDL less than 100 mg/dl

What are the benefits to people with diabetes when they control their ABCs?
The United Kingdom Prospective Diabetes Study,² the Diabetes Control and Complications Trial/Epidemiology of Diabetes Interventions and Complications³ study and other clinical trials have demonstrated the following benefits of optimal control of the ABCs of diabetes:
- Intensive glucose control reduces the risk of any CVD event by 42 percent and the risk of heart attack, stroke, or death from CVD by 57 percent.¹
- In general, every percentage point drop in A1C blood test results (e.g., from 8.0 percent to 7.0 percent) reduces the risk of microvascular complications (eye, kidney, and nerve diseases) by 40 percent.²
- Blood pressure control reduces the risk of CVD among persons with diabetes by 33 percent to 50 percent, and the risk of diabetic kidney, eye, and nerve disease by approximately 33 percent.² In general, for every 10 mmHg reduction in systolic blood pressure, the risk for any complication related to diabetes is reduced by 12 percent.³³
- Improved control of cholesterol or blood lipids (for example, HDL, LDL, and triglycerides) can reduce CVD complications by 20 percent to 50 percent.³³

How well are people meeting therapy goals for diabetes and CVD?
National surveys of people with diabetes show that there still is a wide gap between current and desired diabetes care. For example:
- only 7.3 percent of people surveyed were at goal for all three ABCs of diabetes⁴
- two in five have poorly controlled LDL cholesterol
- one in three has poorly controlled blood pressure
- one in five has poorly controlled blood glucose.⁵
What can people with diabetes do to lower their CVD risk?
People with diabetes can work with their health care team to develop and use an action plan to reach their ABC goals. An action plan can help people to:

- **Reach and stay at a healthy weight.** Being overweight or obese is a risk factor for heart attack and stroke.
- **Get at least 30 to 60 minutes of physical activity.** Brisk walking or a similar activity most days of the week can help with weight loss and lower blood pressure.
- **Eat foods that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars — choose lean meats, poultry, fish, nuts (in small amounts), fat-free or low-fat milk, and milk products.**
- **Eat more fiber** — whole grains, fruits, vegetables, and dry peas and beans.
- **Stop smoking** — or ask their health care team for help to quit. Smoking is one of the major risk factors associated with heart attack and stroke.
- **Take medications as directed** — and ask their doctor about taking daily aspirin.
- **Ask family and friends to help them manage their diabetes.** This support can help people reach their goals.

How can NDEP help?
NDEP provides free materials to help people with diabetes understand the link between diabetes and CVD and to take action to manage the ABCs of diabetes and lower their risk for CVD. Materials are available in English, Spanish, and 15 Asian and Pacific Islander languages. All materials include a record form to track the ABCs of diabetes test results and monitor progress toward goals.

For free copies of NDEP's materials about the ABCs of diabetes, call 1-800-438-5383 or visit www.ndep.nih.gov and click on diabetes control. These materials may be downloaded, reproduced, and distributed without copyright restrictions.

References

Medicare Benefits for People with Diabetes

What Benefits Does Medicare Offer for People with Diabetes?

**People with diabetes enrolled in Medicare may be covered for all or part of the cost for:**

- A "Welcome to Medicare” physical exam when they enroll
- A1C testing
- Cholesterol testing
- Diabetes self-management training to learn how to manage diabetes
- Medical nutrition therapy: nutrition and lifestyle assessments, diet management information, and nutrition counseling
- Diabetes equipment and supplies for self-monitoring of blood glucose, including special equipment for persons with low vision
- Foot exams by podiatrist or foot care specialist if medically necessary
- Therapeutic shoes and inserts if medically necessary
- A dilated eye exam and glaucoma screening
- Flu and pneumonia shots
- Insulin pumps
- Diabetes medications

For more information visit http://ndep.nih.gov/campaigns/campaigns_index.htm — *The Power to Control Diabetes is in Your Hands!*

Tobacco Prevention & Control Resources

KY Quitline 1-800-Quit Now

Cooper Clayton Information 270-683-2560

Tobacco Control Coalition for the Green River District 270-852-5486

The Power to Control Diabetes Is In Your Hands

Information About Diabetes and Medicare
**Diabetes Charity Golf Scramble!**

Daviess County Diabetes Coalition

**Charity Golf Scramble**

Friday, September 18, 2009

*Panther Creek Golf Course*

Registration opens: 7:30 AM
Shotgun start: 8:30 AM

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**Diabetes and Gum Disease**

Dental care and good blood sugar control will help prevent the development of cavities and tooth and gum disease (*periodontal disease*).

- If blood sugar remains high for a long time it can cause loss of teeth.
- High blood sugar slows healing and contributes to a poor blood supply to the teeth and gums.
- High blood sugar interferes with the infection fighting white cells and encourages the growth of bacteria.

People with poor blood sugar control get gum infections and tooth decay more often and more severely than others.

- Brush teeth and gums at least twice daily.
- Use a soft toothbrush.
- Floss teeth at least once a day.
- See the dentist and dental hygienist at least twice a year.

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**Tips to follow when visiting the oral health practitioner:**

- Blood sugar should be in control before any major dental work is done.
- Early morning appointments may be best because blood sugar may be in better control.
- Keep appointments short (*less stress on the body*).
- Take insulin or medications as you normally would before a dental visit.

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*Source: Kentucky Diabetes Prevention & Control Program (KDPCP)*

Prepared by: Sharlee Shirley Burch, RDH, MPH
UK College of Dentistry, Extension Health Specialist
UK Cooperative Extension HEEL Program
June 2005

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Foursome = $160.00

GOLF FEES INCLUDE GREEN FEES, CART, LUNCH, SOFT DRINK, GOODY BAG, ENTRY FOR “CLOSEST TO PIN, LONGEST DRIVE, & LONGEST PUT” AND LUNCH.

For more information or to register, please call DCDC at 270-852-5454.
If You Have Diabetes, Protect Your Eyesight

Don’t wait for symptoms of diabetic eye disease!
Diabetic retinopathy is the most common of a group of eye problems that people with diabetes may face. It is caused by changes to the blood vessels in the eye and can lead to severe vision loss or even blindness. Often there are no early warning signs so it is very important for people with diabetes to have a dilated retinal eye exam at least once a year. A dilated exam is not the same as the test that checks to see if you need glasses. This dilated eye exam is the only way your eye doctor can detect and possibly treat early signs of the eye disease. When a person has diabetes, payment for a dilated eye exam is covered by most health insurance policies. Contact your insurance carrier for details and be sure to tell them that you have diabetes.

Almost half of the 17.9 million people in the United States who are diagnosed with diabetes, and some of the over 5.7 million people who have diabetes but don’t know it, have some stage of diabetic eye disease. Diabetic retinopathy is when damage occurs to the tiny blood vessels on the inside lining of the eyeball (called the retina). Retinopathy is a complication of diabetes and a leading cause of blindness. Every person with diabetes – Type 1 or Type 2 – is at increased risk for eye disease and vision loss.

There are two forms of diabetic retinopathy – nonproliferative and proliferative. In nonproliferative diabetic retinopathy, the blood vessels may swell and leak fluid. Often, symptoms go unnoticed at this phase of the disease. In some cases, the condition may progress into the more advanced form called proliferative retinopathy. At this stage, new blood vessels grow on the surface of the retina and can bleed into the eye, blocking vision and possibly causing blindness. Proliferative disease can be treated with laser and surgical procedures if detected in time. This is why getting an annual dilated eye exam is so important. The exam can allow for early detection and treatment of diabetic eye disease which may prevent vision loss and blindness. Maintaining good control of your blood sugar levels, blood pressure, and cholesterol as well as not smoking can also prevent damage to your eyes. Early detection is very important!

When your eye doctor performs this exam, sharing the results with your primary care doctor is an important part of managing your overall diabetes care. The Kentucky Diabetes Network (www.kentuckydiabetes.net) has a brochure that provides information about protecting your eyesight. Copies of the eye brochure can be obtained from your health care plan, local health department, or may be downloaded at www.kentuckydiabetes.net. Take this brochure to your next dilated eye exam. The back of the brochure has a place for your eye doctor to write his findings. After the exam, have your eye doctor complete the form and mail or take the form to your primary care doctor. Good vision is priceless!!!!

For more information about diabetic eye disease check out:
National Eye Institute www.nei.nih.gov
American Diabetes Association www.diabetes.org

Information and images from:
Tonya King, RN
Kentucky Diabetes Network
June 2008
**Diabetized Fudgy Brownies**

**Number of Servings:** 16  
**Serving Size:** 1 square

**Ingredients**

<table>
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<tr>
<th>Name</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Unsweetened Cocoa</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>Dash</td>
</tr>
<tr>
<td>Baking Powder</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>Buttery Spread (Promise Active)</td>
<td>4 Tbsp</td>
</tr>
<tr>
<td>Splenda for Baking</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
</tr>
<tr>
<td>Egg Whites</td>
<td>2</td>
</tr>
<tr>
<td>Vanilla</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Nonfat Plain Yogurt</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Mini Chocolate Chips</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Toasted Walnuts</td>
<td>1/4 cup</td>
</tr>
</tbody>
</table>

**Preparation Instructions**

1. Preheat oven to 350 degrees. Coat an 8 inch baking pan with cooking spray.
2. In a bowl, combine the flour, cocoa, salt, and baking powder.
3. Cream together the buttery spread and Splenda with an electric mixer at medium speed. Add the egg, egg whites, and vanilla. Reduce the speed to low and add in the flour mixture. Add the yogurt and mix until combined. Add the chocolate chips and walnuts.
4. Pour into the prepared pan and bake for 20-25 minutes, until brownies test clean. Cool in the pan for 10 minutes and then cut into 16 squares.

<table>
<thead>
<tr>
<th>Nutrition Information</th>
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<tbody>
<tr>
<td>Amount per serving</td>
</tr>
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<td>Sodium</td>
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<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
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</tbody>
</table>

**Exchanges Per Serving**

1 starch

This recipe is provided by Diabetes Forecast.

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**Zippy Mango Salsa**

**Number of Servings:** 12  
**Serving Size:** 1/4 cup

**Ingredients**

<table>
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<tr>
<td>Toasted Walnuts</td>
<td>1/4 cup</td>
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</tbody>
</table>

**Preparation Instructions**

1. In a medium bowl, combine all the ingredients; mix well.
2. Cover and chill for at least 1 hour before serving.

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<tr>
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**Exchanges Per Serving**

0.5 fruit

This recipe is provided by Diabetes Forecast.