

Taking Care of Yourself

10 Steps to Change Your Life

*Big Ambitions do not always yield big results
Changing Lifestyles – Easier said than done*

Adopted from Diabetes Forecast Magazine 9/2008
Attribution: Robert Maurer, PhD & David Geffen

Big Idea 1: Exercise more

Why it matters: more than weight loss—improve many things
Cholesterol, reduce stress, prevent osteoporosis,
Lower BP, aide sleep, boost immune system
IE Burn body glucose & increase insulin senility

Small Step

Burn calories---Random spurts of activity

Hint

During TV commercials, exercise during a commercial set
In 2 months, increase exercise two exercise sets

Big Idea 2: Get more sleep

Why it matters?

Cutting sleep back could impact decision-making & work performance,
Increase BP, Depression, or gain in weight periods had higher A1Cs than
those who had a long restful sleep

Small Step

Go to Bed one minute earlier!

Maurer says: “you want to make sure the step you take is so ridiculously
small that you are 100% sure you can do it”.

Hint

Go to bed 5 minutes earlier this months and next month...

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Big Idea 3 Eat Healthy

Why it matters?

Boosting Health matters...reducing chance of heart disease,
Modify with healthier fare, lose weight

Small Step:

Not asking to cut out DD trips totally, make a small change by introducing something healthier into your heating

Hint

Integrate one fruit or vegetable into your meals each meal with your hamburger & fries (paraphrase Maurer)

BIG IDEA 4 Check your feet

Why it matters? If your feet have nerve damage, you may not be able to feel pain, spot infection. Diabetics have a higher risk for foot blisters & ulcers

Small Step

We take off our shoes and sock every day; why not look at your feet

Hint

Set aside one day to look at feet, bottoms, between toes; do twice next month

Example: KRL two visits to ER

BIG IDEA 5 Be Happy, Be Merry

Why it matters?

Recent AMA Journal article(s) shows greater incidence of depression
Depression makes it harder to control Blood Glucose
Increase risks of Diabetes complications

Small Step

Find ways to find to look at life more positively and improve physical & mental well-being.

Hint

Ask yourself: "What am I grateful for, and what could I be grateful for"

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BIG IDEA 6 **Cut out Salt**

Why It Matters

Eating too much salt drives up your blood pressure
People with high BP have greater chance of complications like kidney & heart disease, stroke...

Small Steps

Table salt is not your biggest enemy, **it is processed food**
Opt for spices—Mrs. Dash, Ginger...

Hint

Declare one day a week without lunchmeats
Scrap your sandwich for something healthier

BIG IDEA 7 **Floss Daily**

Why it matters:

Research links gum disease with poor glucose control
Example Dennis K: Growth on scalp (surgery) from tooth infection

Small Steps

Introduce flossing into your nightly routine
Reduce plaque nightly

Hint

First month, do it once a day

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BIG IDEA 8

BUILD A NETWORK

Why It Matters

If you survive a heart attack, you are half as likely to have a 2nd heart attack within the first year if you have family and friends.

(2004 study published in the journal HEART)

Journal of Epidemiology and Public Health you will live longer if you have friends you can do stuff with

Small Steps

Join the Lions!! Go walking with friends

Hint

Pick up the phone, and chat; next month, call more, do more

BIG IDEA 9

CUT BACK ON COFFEE

Why it Matters -- Like Wine, Conflicting research, but...

Drinking too much can interfere with sleep
Some research indicates rise in Blood Glucose levels

Small Step

Maurer: "The caffeine kick you get from your morning cup is the only thing you get going in the morning"; so drink something different

Hint

Switch to DECAF, do tea,
If you drink 4 cups, cut back to ...

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BIG IDEA 10 EAT BREAKFAST

Why It Matters

Fill up on fiber and regulate your Blood Sugar, avoid cravings...
Skipping breakfast leads to hunger craving...

Small Step

You may not be hungry for breakfast, but training your body to eat in the morning is great for weight control

Hint

Pick the same day each week to eat breakfast, next month pick a second day

CONCLUSION

Small steps lead to a lifetime of good habits

Be gentle and patient with yourself

It takes time

Do not dwell on failures—let it go & start over

Small steps make it almost impossible to fail.

Test, Do not Guess!

THANK YOU for your time

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Lion Program Related to Diabetes

District 22A

Lions Camp Merrick provides week-long residential camping experiences for deaf, blind, and children with diabetes, ages 6 –16. Additionally the camp provides many shorter weekend retreats and day long sessions for related activities, including Scouting and 4-H.

The camp is owned and operated by the Lions Clubs of District 22-C (Washington D. C. and Calvert, Charles, Montgomery, Prince George and St. Mary counties in Maryland). Monetary support is provided by local Lions Clubs throughout Maryland, Washington D.C., Delaware and Northern Virginia, area businesses

Diabetic Coordinators Appointed by District Governors

22A 22B 22C 22W & District

The Lions Eye Health Program

The Lions Eye Health Program (**LEHP**, pronounced "leap") is a community-based education program that allows Lions clubs, other community organizations, and individuals to promote healthy vision and raise awareness of the causes of preventable vision loss. The mission of LEHP is to empower communities to save sight through the early detection and timely treatment of glaucoma and diabetic eye disease, encourage those at risk to undergo a dilated eye exam, and educate those with low vision and their caregivers about the condition.

LEHP is the main **SightFirst**-funded initiative for industrialized nations. LEHP has been active in the United States, Japan, the British Isles and Ireland, Canada, Australia, and Turkey. Everyone interested in eye health can now participate in LEHP and help to increase eye health awareness

Two other groups, children and seniors, are two important target populations in your community who need to receive eye health education, and your Lions club can provide this information easily. There are a number of resources available to supplement your community outreach services and to promote healthy vision for everyone. Two [PowerPoint Presentations](#) are available on children's vision and eye health for seniors. There is also public service announcement on [senior's](#) eye health.

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Six brochures are available to download and print::

- [Is Your Eyesight Going up in Smoke?](#) Information on how smoking can affect vision
- [For Eye's Sake: eat right, exercise and don't smoke](#) Information on how a healthy lifestyle affects vision
- [Eyecare Checklists](#) Eyecare provider checklist, warning signs of eye disease and five steps to protecting your family's vision
- [Do What's Right to Protect Your Sight](#) Steps to prevent eye disease
- [Be Eye Smart, It's Best to Test](#) Information about screenings for children
- [Get an Eye Exam](#) When and why to get an eye exam

LION Grants

[Standard grants](#) provide matching funds of up to US\$75,000 to expand or initiate Lions' humanitarian projects such as schools, camps and homes for the disabled or disadvantaged youth. Lions have built countless schools and playgrounds, constructed Lions youth camps and shelters, and purchased mobile screening units.

[SightFirst grants](#) target preventable and reversible blindness worldwide but particularly in developing countries. Lions have built or upgraded hundreds of Lions eye hospitals, trained eye health care workers and provided sight-saving surgeries. All funds raised through Campaign SightFirst II will go toward future SightFirst grants.

[Core 4 grants](#) provide up to US\$200,000 for large-scale projects that preserve sight, combat disability, promote health or serve youth. In addition to grants for diabetes, low-vision and other sight initiatives, Core-4 grants include funding to assist districts in expanding or implementing Lions Quest, a schools-based life-skills program. Through a partnership with Habitat for Humanity, Lions have built countless homes for those in need.

[International Assistance Grants](#) (IAG) provide between US\$5,000 and \$30,000 for projects between Lions clubs in a developed country and Lions clubs in an undeveloped country. Funds assist Lions in crossing borders for humanitarian service. The Lions of Japan hold an annual medical clinic in the Philippines, Lions in California have held eyeglass missions in Latin America and Lions of France have built numerous latrines and water wells in Mali.

[Emergency grants](#) provide up to US\$10,000 for districts affected by a natural disaster that affects at least 100 people, including tornados, hurricanes, floods and typhoons. LCIF typically awards over \$2 million in emergency grant funding each year for immediate disaster relief.

[Designated grants](#) represent restricted funds that LCIF handles for donors supporting a particular cause. Money is spent solely as directed; funds are not applied to the general humanitarian grant fund. Recent designated funds include the tsunami, Hurricane Katrina and Campaign SightFirst II

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ROCKY MORNINGS HIGHS

Sometimes diabetes does not make sense. Most morning I wake up with higher blood sugar than when I went to bed. Did not eat...should have lower BS
Three reasons:

The DAWN PHENOMENON

Natural rise in BS between 4 & 8 am due to body hormonal changes

Releases cortisol & growth hormone & blood glucose rises

People

without Diabetes secrete insulin to cover
with diabetes have a problem

Handle Dawn P based on treatment plan

24 hour release

adjust timed release

add metformin to reduce liver's glucose production

The SOMOGYI EFFECT

Is your body's response to a low that you had while sleeping

Often, diabetics sleep thru the effect & you would never know you had happened

Induced by Excess insulin, alcohol consumption, insufficient food

Body counters by the liver producing glucagons

Body responds by raising blood glucose (sometimes too much)

Treatment: Opposite Dawn Effect

Have a snack before bed

If on insulin, figure out when it "dips" you down

Wake up sweating, head aches are signs

WANING INSULIN

Some times your insulin runs out or wears off

Adjust to change by taking more...splitting doses...different times