

Managing Glucose and Social Challenges Through the Holidays

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- Health Maintenance
- Health Risk – ETOH
- Social and Emotional Stressors
 - “Only I have diabetes”
 - “I don’t have diabetes like you do”
 - Peer Pressure and uncomfortable moments
- Tools for in your office.

Health Maintenance Vaccinations and Immunizations

- ▶ COVID - Primary Care Provider
- ▶ Flu shot every year
- ▶ Depending on your age and personal needs
 - ▶ Pneumonia
 - ▶ Hepatitis B

Send Results to your
Primary Care
Provider



ETOH = Risk for Hypoglycemia

15/15 Rule

If your blood glucose drops below 70 mg/dL, remember the 15/15 rule and treat your hypoglycemia right away.

- 1. Check your blood glucose.** If it is lower than 70 mg/dL, eat or drink **15 grams** of carbohydrates. If you can't check your blood glucose right away, eat or drink 15 grams of carbohydrates just to be safe.
- 2. Wait 15 minutes.** That's how long it takes for sugar to get into the blood.
- 3. Check your blood glucose again.**
- 4. Repeat steps 1, 2, and 3 if:**
 - Your blood glucose level is still lower than 70 mg/dL

OR

 - You still have symptoms of hypoglycemia

If your blood glucose is lower than 70 mg/dL after you check it three times, call 911.

- 5 or 6 pieces of hard candy
- 3 glucose tablets
- 1 serving of glucose gel (read the label for the right amount)
- 2 tablespoons of raisins
- 4 ounces (1/2 cup) of juice or regular soda (not diet soda)
- 1 tablespoon of sugar or honey
- 8 ounces of skim milk or 1% milk

Social Stressors - Family push back

- ▶ 1. It is a blood test.
- ▶ 2. It shows the average amount glucose in your blood over the last 2- 3 months.
- ▶ 3. You don't have to fast for your A1C test.
- ▶ 4. Your A1C level is done 2- 4 times a year.

How A1C relates to the estimated average blood sugar level

A1C Levels	Average Blood Sugar
12%	298 mg/dL
11%	269 mg/dL
10%	240 mg/dL
9%	212 mg/dL
8%	183 mg/dL
7%	154 mg/dL
6%	126 mg/dL

The American Diabetes Association recommends an A1C of less than 7%.

Emotional Stressors – Social situations

- I don't have diabetes ?

DO YOU HAVE PREDIABETES?

Prediabetes Risk Test

- 1 How old are you?
Less than 40 years (0 points)
 40–49 years (1 point)
 50–59 years (2 points)
 60 years or older (3 points)
- 2 Are you a man or a woman?
Man (1 point) Woman (0 points)
- 3 If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points)
- 4 Do you have a mother, father, sister, or brother with diabetes?
Yes (1 point) No (0 points)
- 5 Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points)
- 6 Are you physically active?
Yes (0 points) No (1 point)
- 7 What is your weight status? (see chart at right)

Write your score in the box.

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+

You weigh less than the amount in the left column (0 points)

Add up your score.

LOWER YOUR RISK

Here's the good news: It is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

For more information, visit us at DoIHavePrediabetes.org



Emotional Stress – Peer Pressure

Mindful Eating

- ▶ **Give yourself 5**

- ▶ Put off eating for five minutes? Or start with one minute.

- ▶ Wait. Take a deep breath and check in with yourself.

- ▶ Are you thirsty?

- ▶ How are you feeling? Name the emotion. (***Tame it!***)

- ▶ Even if you end up eating, you'll have a better understanding of why you did it.

- ▶ *Different response next time.*

- ▶ **Learn to accept your feelings**

- ▶ Allow yourself to feel the uncomfortable emotion.

- ▶ The most painful and difficult feelings subside relatively quickly and lose their power to *control our attention.*

- ▶ E-MOTION

Ideas – Office Visits or during training



HOLIDAYS WITH A BIG MEAL

- Eat breakfast or snacks earlier in the day and avoid the idea of saving carbs for the big feast later on. If you skip meals, it may be harder to manage your blood sugar.
- Limit the number of servings of starchy foods on your plate. It might be tempting to have some mashed potatoes, sweet potato casserole and rolls, however, try to choose just one of these items. Or just take a few spoonfuls or bites of each.
- Choose fruits and vegetables served raw, grilled or steamed. Avoid vegetables in creams, gravies and butter.
- Stick to calorie-free drinks such as water, tea, seltzer, or diet sodas instead of punch or mixed drinks.
- If you choose to drink alcohol, limit the amount and have it with food. Talk with your healthcare team about whether alcohol is safe for you. Women should drink no more than one alcoholic beverage a day and men should drink no more than two.

A DRINK IS:

- 12 fluid ounces (fl oz) of beer
- 5 fl oz of wine
- 1½ fl oz of 80-proof distilled spirits
- 1 fl oz of 100-proof distilled spirits
- Enjoy your favorite holiday treats, but take small portions, eat slowly, and savor the taste and texture.

- After your meal, take a walk with family and friends. Exercise will also get you moving, keep you focused on your goals, and give you a welcome break from being surrounded by treats. Exercise is also a great way to lower blood sugar levels.
- If you overindulge, don't beat yourself up. If you eat more carbs or food than you planned for, don't think you have failed, just make a plan to get back on track.

CONTRACT

I know that it is possible to enjoy the wonderful food of this holiday season **and** keep my blood sugar stable.

Today, I make a promise to myself to make healthy food choices during this holiday season. I will balance my food intake. I will limit the sweets and desserts I eat. I will avoid grazing between meals. If I drink, I will do so in moderation. I will maintain my activity level. And I will check my blood sugar throughout the day, everyday, to make sure that I am within my target ranges.

I promise to enjoy this special time of the year and give thanks for my health, happiness, and the love of my friends and family.

Signature _____ Date _____

Sign and date this contract and place it on your refrigerator, or take it with you wherever you go this holiday season.

Brought to you by:

AADE American Association of Diabetes Educators

- **Refer to Diabetes Self-Care Management Training**
 - **Certified Diabetes Care and Education Specialist (CDCES) formerly (CDE)**
 - ADA –
 - [Find a Diabetes Education Program | ADA](#)
 - **ADCES - Association of Diabetes Care and Education Specialist**
 - [Association of Diabetes Care & Education Specialists \(diabeteseducator.org\)](https://www.diabeteseducator.org)

Questions?