Managing Glucose and Social Challenges Through the Holidays

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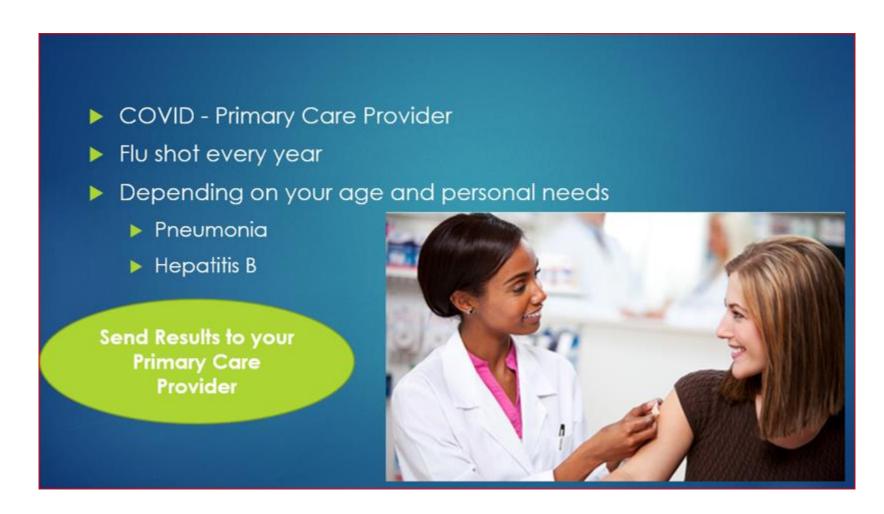


- Health Maintenance
- Health Risk ETOH
- Social and Emotional Stressors
 - "Only I have diabetes"
 - "I don't have diabetes like you do"
 - Peer Pressure and uncomfortable moments
- Tools for in your office.





Health Maintenance Vaccinations and Immunizations







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

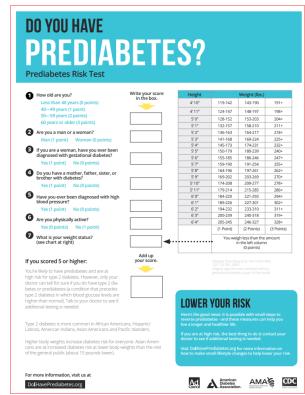
A1C Levels	Average Blood Sugar
12%	298 mg/dL
11%	269 mg/dL
10%	240 mg/dL
9%	212 mg/dL
8%	183 mg/dL
7%	154 mg/dL
6%	126 mg/dL





Emotional Stressors – Social situations

I don't have diabetes?









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







- 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)





Questions?