

# Managing glucose and social challenges through the holidays

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# Holiday Discussions – Start in October

- Health Maintenance
- Health Risk - ETOH
- Managing Social and Emotional Situations
- Resources

# 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



# Health Maintenance Vaccinations and Immunizations

[Vaccines.gov](https://www.vaccines.gov) - Find COVID-19 vaccine locations near you

**Find COVID-19 Vaccines & Boosters**

[I'm looking for flu vaccines](#) →



# ETOH and the Holidays

- Medication
  - SGLT2s
  - Sulfonylureas
  - Insulin
- Hydration
- Risk of hypoglycemia
  - CGM = Safety



# 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

# Managing Social and Emotional Situations

- *“I am the only one with diabetes in the family”*
  - *“We don’t have diabetes like you do”*
- **Empower your patient**



# Empower your patient to lead their family

## 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)

Write your score in the box.
- 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)

**Add up your score.**

**If you scored 5 or higher:**

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)

| 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+       |
|        | (1 Point)     | (2 Points) | (3 Points) |

Adapted from Bang et al., *Ann Intern Med* 151:779-783, 2009.  
Original algorithm was validated without gestational diabetes as part of the model.

**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](http://DoIHavePrediabetes.org) for more information on how to make small lifestyle changes to help lower your risk.

Ad Council    American Diabetes Association    AMA    CDC

- Place in lobby and patient rooms

[DPP Pre diabetes Risk Test.pdf](#)



# Emotional Stress – Food Everywhere

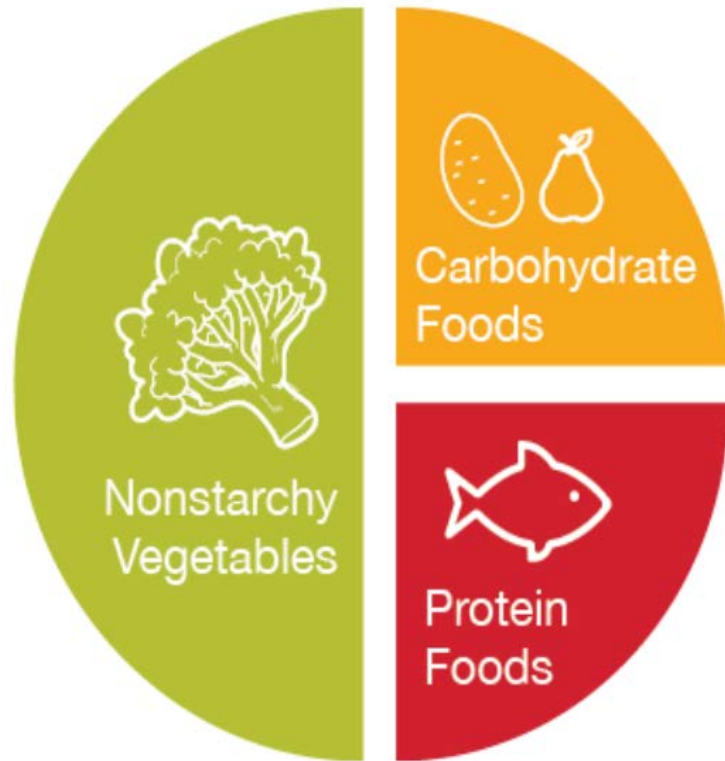
## Give yourself “5”

- Put off eating for **5** minutes
- Wait. Take **5** deep breaths and check in with yourself.
  - Are you thirsty?
  - How are you feeling?
  - Even if you eat you now have a better understanding of why.
    - (You are now prepared for the next time.)
- Learn to accept your feelings
  - Takes practice
- Allow your self to feel the uncomfortable emotion.
  - Takes practice

E-motion

Walking – dancing – games that involve motion

# Thanksgiving Plate



- Nonstarchy Vegetables
  - Green beans
  - Salad greens
- Carbohydrates
  - Rice / Corn bread dressing
  - Yam
  - Potatoes
  - Macaroni
  - Rolls
  - Pumpkin Pie
- Proteins
  - Turkey
  - Beef
  - Pork
  - Ham

- **Who is your office Diabetes Champion?**
- **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://diabeteseducator.org)

**Questions?**