

# April 2014

## Diabetes Watch

### *You Can Live Well With Diabetes!*

Diabetes is a chronic (lifelong) condition. Without treatment, it can result in serious health problems, including high blood pressure and cholesterol. But you can learn to manage diabetes and live a healthier life.

*Here are some tips and tools to follow:*

- **Monitoring Blood Glucose**  
The basis of diabetes management.
- **Creating a Meal Plan**  
Eating healthy foods every day is key to managing blood glucose.
- **Participate in Physical Activity**  
Being active in a great way to help manage blood glucose.
- **Medication Management**  
Develop a daily routine to take daily medications needed to keep glucose in target range.
- **Maintaining Overall Health**  
Prevention of serious complications or reducing risk of complications.



### *My Diabetes Toolkit*

Keep track of your blood glucose supplies and medications by creating a diabetes kit. A small makeup or travel bag makes an ideal “diabetes toolkit.” Include the supplies shown below, as needed. And don’t forget to include any other medications you take for diabetes-related conditions.

- ✓ Diabetes Medications
- ✓ Fast-acting Sugar
- ✓ I.D. Bracelet (wear daily)
- ✓ I.D. Card
- ✓ Insulin Pen
- ✓ Lancet
- ✓ Log Book
- ✓ Meter
- ✓ Syringe
- ✓ Test Strips



### *In Case of Disaster*

Be prepared for an emergency. Keep an insulated, waterproof diabetes disaster kit ready. Include all the same items as in your diabetes toolkit. A disaster kit should also contain prescription numbers, medication lists, and photocopies of recent lab results. Be sure to update this list at least twice a year.



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### *Recipe of the Month*

#### *Baked Ginger Pear Oatmeal*

- 1 cup old-fashioned oats
- 3/4 cup fat-free (skim) milk
- 1 egg white
- 2 tablespoons packed brown sugar, divided
- 1-1/2 teaspoons grated fresh ginger (see tip)  
or 3/4 teaspoon ground ginger
- 1/2 ripe pear, diced



1. Pre-heat oven to 350 degree F. Spray 2 (6-ounce) ramekins with non-stick cooking spray.
2. Combine oats, milk, egg white, one tablespoon brown sugar and ginger in medium bowl; mix well. Pour evenly into ramekins. Top evenly with pear; sprinkle evenly with remaining one tablespoon brown sugar.
3. Bake 15 minutes. Serve warm.

Makes 2 servings

*Tip: When buying fresh ginger, select roots with smooth, unwrinkled skin. To use, peel the tough skin away to expose the tender root underneath; peel only as needed.*

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