

Goulburn Valley Diabetes Centre Glycaemic Gazette



Autumn/Winter Edition 2017



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Diabetes and Oral Health – Better Health Channel

People with diabetes who have irregular blood glucose levels have a higher risk of tooth problems and gum disease than people without diabetes. This is because they have lowered resistance to infection and may not heal as easily.

If you are living with diabetes, you need to pay particular attention to your oral health and dental care, as well as controlling your blood glucose levels. Visit your dentist regularly for advice about how to keep your teeth and gums healthy.

Symptoms of gum disease

Please see your dentist if you notice any signs and symptoms of gum disease, including:

- Red, swollen, tender, bleeding gums
- A persistent discharge (pus) coming from the gums
- Gums that are loose and pull away from the teeth
- A bad taste or bad breath
- Loose teeth – this can change the 'feel' of your bite when your teeth are placed together or may make dentures fit differently
- Spaces opening up between your teeth. This means that some of the gum and bony support for the tooth has been lost.

Caring for your teeth and gums

If you are a person living with diabetes, and wish to prevent tooth and gum problems, it is advisable to:

- Follow your doctor's advice about diet and medication to keep your blood glucose levels as close to optimal levels as possible.
- Thoroughly clean your teeth and gums twice a day with toothpaste that contains fluoride.
- Use dental floss or interdental cleaners every day to clean between your teeth.
- Visit your dentist regularly for advice about proper home care, early intervention and regular preventive maintenance visits to keep your teeth and gums healthy. Your dentist will want to know what your blood glucose levels are and what medications you are taking.
- Avoid having a dry mouth – drink plenty of water and chew sugar-free gum to stimulate saliva production.
- Don't smoke – talk to your doctor, call Quitline Tel. 13 7848 or Phone 1800 222 582, option 4, ask for the Self Management Support Quit Educators for support to quit smoking.

www.betterhealth.vic.gov.au/health/conditionsandtreatment/diabetes-and-oral-health

Goulburn Valley Health Dental Service has a public service to help refugees, asylum seekers and eligible people living in Victoria receive dental care. They provide general, denture and specialist treatment for those who are eligible and for those who may also have priority access to the public dental care services.

To find out if you meet the eligibility criteria for this service please phone: Goulburn Valley Dental Service on (03) 58 323 050 during business hours - Interpreter service also available.

Information sourced from: GV Health Dental Service

How do high blood glucose levels affect my teeth and gums?

A narrowing of the blood vessels including those in the mouth which can reduce blood supply to the gums therefore increasing the risk of infection and delaying healing.

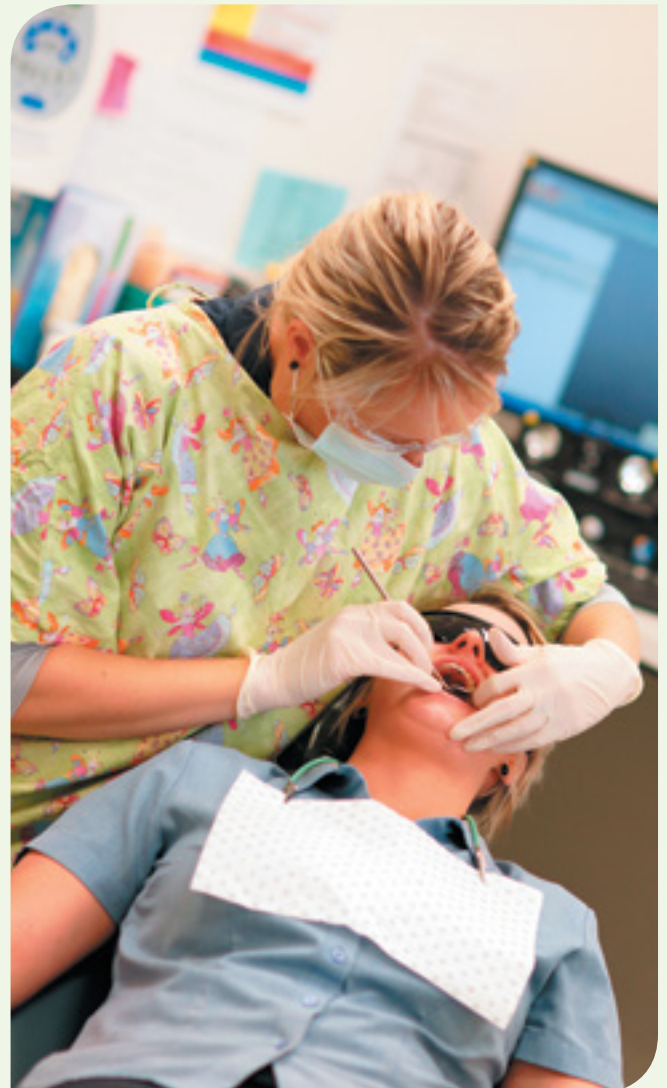
A decrease in saliva leading to a dry mouth. This can lead to an increase in the plaque build-up that causes gum disease. Saliva is very important for the health of your teeth and gums. A reduction in saliva can increase your risk of tooth decay. A dry mouth can also be caused by some common medicines.

If you suffer from a dry mouth, speak to your dentist, doctor or pharmacist about how to best manage this condition and products that may help so you can maintain the health of your teeth and gums.

The release of sugars in the gingival fluid, or fluid between the tooth and gums can increase your risk of developing tooth decay.

Fungal mouth infections such as thrush are more common when blood glucose levels are raised. Thrush appears as white, and sometimes red, patches in the mouth and on the tongue. These patches can get sore and turn into ulcers. Keeping your blood glucose levels within the recommended target range helps to avoid thrush. Not smoking also helps. See your doctor or dentist for treatment if thrush develops.

Google: Diabetes Australia, News and Resources, Publications, Feedback and request a resource, NDSS website, Diabetes and other issues and Oral Health



Juvenile Diabetes Research Foundation 2016 'One Walk' Shepparton



JUVENILE DIABETES RESEARCH FOUNDATION

WALK TO CURE DIABETES

www.jdrf.org

JDRF One Walk is the world's biggest type 1 diabetes (T1D) fundraising event. Each year, JDRF walks around the globe are bringing together around 1 million people to raise over 585 million for life-changing T1D research. This success is only possible because of the support, commitment and strength of our community.

The JDRF One Walk Shepparton was held on Sunday 9 October 2016 at Victoria Park Lake.

JDRF One Walk was a great way to support the T1D community and medical research. It was a fun family day where T1D and fundraising was the main event. Dozens of people with Type 1 Diabetes their families and friends attended the event despite challenging weather conditions early in the morning. Supporting the event was Jude Wilkinson, Diabetes educator at GVH and Jenny Wright from Medtronic, supplier of Insulin Pumps to people living with Type 1 Diabetes.

T1D is an autoimmune disease in which a person's pancreas loses the ability to produce insulin, a hormone that turns food into energy. T1D strikes both children and adults suddenly. It is not caused by diet or lifestyle. People with T1D require constant blood glucose testing through painful finger pricks, and a constant supply of insulin by injection or pump, just to stay alive.

JDRF Australia CEO Mike Wilson said that last year 20,000 Australians participated in the JDRF One walks around the country, raising nearly \$1 million for type 1 diabetes research.

"The funds raised at JDRF One walk are vital to our continued funding for critical type 1 diabetes research a lifelong autoimmune disease, type 1 diabetes usually occurs in childhood but can be diagnosed at any age. More than 120,000 Australians have this disease, and there are more than 2,000 new diagnoses each year.

One Walk was a fantastic event that brought together the type 1 community to raise awareness and funds. Thanks for your support," said Mr Wilson.

ATTENTION: 16-20 Year Olds...Are you my type?

We have something in common, type 1 diabetes, well I know as much as you do that it sucks. So I thought that in a 'good spirit', a group of us dealing with the same problem in life could meet up occasionally for a casual chat in Shepp.

Having been on a few diabetes camps, I found it great to be around people who are the same as me as it provided me a chance to feel normal. It would be great to get a group of us teenagers together to hang out without parents, little kids or any medical people who are related to our condition.

Hopefully you will consider joining this group so that we can all gain some benefits of feeling normal in our world of test strips, needles and insulin.

I am organising a few get togethers for lunch at Noble Monks,

- **Saturday 15th July 2017 @ 12pm**

If you could RSVP by emailing me, Erin at: 5jellybeanfix@gmail.com it would be great to see you there

Thanks Erin

Barley and Raw Veg Power Salad

Source Taste Magazine - October 2014, Page 49, Recipe by Katrina Woodman, Photography by Brett Stevens



Ingredients

- 150g (2/3 cup) pearl barley
- 2 oranges, peeled
- 1 lemon, rind finely grated, juiced
- 1 tablespoon extra virgin olive oil
- 2 teaspoons maple syrup
- 250g cauliflower florets
- 1 small zucchini, finely chopped
- 2 celery sticks, thinly sliced
- 2 green shallots, thinly sliced
- 280g mixed carrots, peeled, coarsely grated
- 50g (1/3 cup) dried cranberries
- 1/2 cup fresh mint (firmly packed), chopped
- 1/2 cup fresh coriander leaves (firmly packed), chopped
- 2 tablespoons toasted pine nuts
- 200g low-fat feta, quartered
- Extra virgin olive oil, extra, to drizzle
- Fresh mint, extra, to serve
- Coriander leaves, extra, to serve

Method

Step 1 Place barley in a saucepan. Cover with cold water. Bring to the boil over high heat. Reduce heat to medium. Simmer, stirring occasionally, for 30-35 minutes or until tender. Drain. Refresh under cold running water. Pat dry with paper towel. Place in a bowl.

Step 2 Holding each orange over a bowl to catch any juice, cut along either side of the white membranes to remove orange segments. Reserve juice. Combine orange juice, lemon juice, oil and maple syrup in a bowl and season.

Step 3 Process cauliflower until finely chopped. Add cauliflower and zucchini to juice mixture. Set aside for 5 minutes to develop the flavours.

Step 4 Add orange segments, lemon rind, celery, shallot, carrot, cranberries, zucchini mixture and 3/4 of the herbs to the barley. Season. Toss to combine. Divide among bowls. Sprinkle with pine nuts. Top with feta. Sprinkle with remaining herbs. Drizzle with extra oil and sprinkle with extra herbs.

All nutrition values are per serve:

Energy: 1789kJ | Fat saturated: 6.00g | Fat Total: 16.00g
Carbohydrate Total: 45.00g | Dietary Fibre: 12.00g | Protein: 20.00g

Best Steak Salad (gluten free)

Source delicious. - March 2006, Page 86 Recipe by Valli Little, Photography by Steve Brown



Ingredients

- 650g chat potatoes, halved
- 1/4 cup (60ml) olive oil, plus extra for potatoes
- 2 garlic cloves, crushed
- 300g thick sirloin steak
- 300g thin green beans, trimmed, blanched, refreshed in cold water
- 1 small red onion, thinly sliced
- 100g cherry tomatoes, halved
- 2 tablespoons gluten-free mayonnaise
- 1 tablespoon red wine vinegar
- 1 tablespoon gluten-free horseradish cream
- 1 tablespoon chopped flat-leaf parsley leaves

Method

Step 1 Preheat oven to 190°C. Toss potatoes with oil, salt and pepper on a baking tray and roast for 20-25 minutes until cooked.

Step 2 Meanwhile, place 1 tablespoon oil in a dish with half the garlic. Season, then add steak and coat in the mixture. Set aside.

Step 3 Place the green beans, red onion and halved cherry tomatoes in a bowl.

Step 4 Mix mayonnaise, vinegar, horseradish, and remaining oil and garlic. Set aside.

Step 5 Heat a chargrill over high heat. When hot, cook steak for 2-3 minutes each side, or until cooked to your liking. Set aside to rest for 5 minutes, then slice thinly and toss with salad ingredients and roast potatoes. Drizzle with the dressing, then sprinkle with parsley.

All nutrition values are per serve:

Energy: 2455kJ | Fat saturated: 7.00g | Fat Total: 35.00g
| Carbohydrate sugars: 5.00g | Carbohydrate Total: 32.00g | Protein: 32.00g | Sodium 299.45mg

For Gluten Free Shopping Guide go to: <https://bakeridi.edu.au/-/media/Documents/fact-sheets/BakerIDI-factsheet-gluten-free-shopping-guide.ashx?la=en>

Carbohydrate Counting



Carbohydrate is the main nutrient found in food and drinks that provides our body with energy. When digested, it breaks down into glucose or sugar and is absorbed into the blood stream, which raises blood glucose levels (BGL's).

It is important for those with diabetes to recognise how much carbohydrate they are eating at each meal and snack. It gives you better flexibility for day to day management. Also, you can match what you are eating with your insulin and/or medication treatment. The amount and type of carbohydrate you eat will affect your BGL's differently.

Carbohydrate is found in:

- Bread, cereals, rice and pasta
- Starchy vegetables include potato, sweet potato, corn, taro
- Fruits and fruit juice
- Milk products (except cheese and cream) including milk, yoghurt, ice-cream
- Sugary foods e.g. soft drinks, cakes, lollies and packaged products such as sweet biscuits

Carbohydrate counting is a method to estimate the amount of carbohydrate in different foods. There are a few ways to count such as counting carbohydrate in grams or in exchanges (either 10g or 15g). For example 1 carbohydrate exchange (15g) is:

- 1 slice of bread
- 1 medium size apple
- ½ cup of pasta
- 1 cup of milk

Each individual's carbohydrate amount varies and it is best to speak with an Accredited Practising Dietitian for personalised dietary advice. The more that you practice, the better you get. You can download apps such as Calorie King and Easy Diet Diary to help you out. If you would like to learn more on carbohydrate counting speak with your diabetes team to see an Accredited Practising Dietitian.

For the Easy Diet Diary applications Google:

Easy Diet Diary – easynetdiary.com (Apple phones) - Free
Australian Calorie Counter – [easy diet diary for iphones](http://easydietdiary.com)
Easy diet diary connect – connect.easynetdiary.com (Apple phones)

Calorie King:

Calorie King Australian Food Search on the app store
<https://itunes.apple.com/au/app/calorieking-austalia-food/id>
(requires iOS 6.0 or later). Free. Iphone, ipad and ipod touch

Honey Yoghurt Tropical Ice-blocks

Source Super Food Ideas - February 2011 , Page 71. Recipe by Nadia French Photography by Ben Dearnley



Summer's in full swing, so slide over to the freezer for a frosty treat of honey yoghurt tropical ice-blocks.

Ingredients

- You'll need a 6-hole, 1/4 cup- capacity ice-block mould.
- 1/2 cup honey yoghurt
- 1 medium mango cheek, sliced (see tip)
- 1/2 cup orange juice
- 2 medium passion fruit, halved (see note)

Method

Step 1 Spoon 1 tablespoon yoghurt into each mould. Freeze for 1 hour or until just firm.

Step 2 Meanwhile, blend mango and orange juice until smooth. Transfer to a jug. Stir in passionfruit. Carefully pour over yoghurt in moulds.

Step 3 Place lids on moulds. Freeze for 4 hours or until frozen. Serve

All nutrition values are per serve:

Energy: 206kJ | Fat saturated: 0.20g | Fat Total: 0.40g |
Carbohydrate Total: 8.00g | Dietary Fibre: 1.90g |
Protein: 2.10g | Sodium: 15.00mg



Continuous High Blood Sugars - What can I do?



Having high blood sugar levels can be discomforting and many people wish to know what they can do to help to bring down high blood glucose levels.

High blood sugar is commonly known as hyperglycemia.

What are the signs of high blood sugar?

- Feeling very thirsty
- Needing to go to the toilet often
- Having a dry mouth
- Feeling tired/lethargic
- Feeling uncomfortable and irritable

Testing of blood sugar before bringing your levels down is particularly important if you take insulin.

Walking

Exercise can help lower blood sugar and walking is a very good way of achieving this (If type 1 and ketones – do not exercise as this can exacerbate the situation)

It might make sense that exercising harder would have a better effect on lowering blood sugar, but this is not always the case as strenuous exercise can produce a stress response which causes the body to raise blood glucose levels. This response does tend to vary from person to person.

When to call for medical advice

It is important to note that very high blood glucose levels can be dangerous and it is important to be aware of the symptoms and risk factors of the following conditions:

- Diabetic ketoacidosis – a short term complication most commonly associated with type 1 diabetes
- Hyperosmolar Hyperglycaemic State – a short term complication most commonly associated with type 2 diabetes

If you are struggling to keep your blood glucose levels under control, speak to your GP or your Diabetes Educator.

Phone the GV Health Diabetes Centre: 1800 222 582, option 4 ask for the Diabetes Centre

<http://www.diabetes.co.uk/how-to/bring-down-high-blood-sugar-levels.html>

Diabetes and Menopause: A Twin Challenge



Diabetes and menopause may team up for varied effects on your body. Here's how to stay in control.

By Mayo Clinic Staff

Menopause — and the years leading up to it — may present unique challenges if you have diabetes. But it's not necessarily a one-two punch. First, learn what to expect. Then consider what to do about it.

Diabetes and menopause: What you can do

Menopause can wreak havoc on your diabetes control. But there's plenty you can do to better manage diabetes and menopause.

- **Make healthy lifestyle choices:** Healthy lifestyle choices — such as eating healthy foods and exercising regularly — are the cornerstone of your diabetes treatment plan. Healthy foods and regular physical activity can help you feel your best after menopause, too.
- **Ask your doctor about adjusting your diabetes medications:** If your average blood sugar level increases, you may need to increase the dosage of your diabetes medications or begin taking a new medication — especially if you gain weight or reduce your level of physical activity. Likewise, if your average blood sugar level decreases, you may need to reduce the dosage of your diabetes medications.
- **Ask your doctor about cholesterol-lowering medication:** If you have diabetes, you're at increased risk of cardiovascular disease. The risk increases even more when you reach menopause. To reduce the risk, eat healthy foods and exercise regularly. Your doctor may recommend cholesterol-lowering medication if you're not already taking it.

Diabetes and menopause is a twin challenge. Work closely with your doctor to ease the transition.

For full story follow the link below:

<http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes/ART-20044312?pg=1>

Eye Health



If you have diabetes, it is likely that you will develop some changes to your eyes. Diabetes sometimes causes the focusing ability of the eye to weaken or to vary from day-to-day however; this problem eases when blood glucose levels are stable. Diabetes can also cause vision loss from Diabetes Retinopathy (damage to the very small blood vessels on the back of the eye).

The risk of developing diabetic retinopathy increases with the length of time you have had diabetes. The risk is also increased when blood glucose levels are not well controlled over time. Good blood glucose levels and blood pressure, and regular comprehensive eye examinations can greatly reduce the risk of developing diabetic retinopathy but it does not eliminate it.

It's best to have regular eye examinations so that changes can be detected and treated early. People who have diabetes should have their eyes checked from when diabetes is first diagnosed, and then regularly checked every two years.

Looking after your eyes:

- Have your eyes checked regularly, at least every two years, to pick up early signs of damage
- Control your blood glucose levels.
- Maintain a healthy blood pressure and cholesterol levels
- If your vision has been affected, seek treatment from your doctor to stop it from getting worse.

If the damage is detected before it has affected your sight, treatment can prevent vision loss. Where vision loss has already occurred, treatment can only stop it from getting worse.

For more information: contact the Optometrists Association of Australia.

<https://www.diabetesaustralia.com.au/eye-health>

New PBS listing will improve quality of life for people with type 2 diabetes

15 August 2016

**New PBS listing will improve quality of life for people with type 2 diabetes* *Diabetes Australia welcomed the Minister for Health Sussan Ley's announcement of the Federal Government's decision to list diabetes drug Bydureon on the Pharmaceutical Benefits Scheme (PBS) and said the move would improve quality of life for many people with type 2 diabetes.

Bydureon is a once-a-week injection to treat type 2 diabetes and is used in combination with other oral diabetes medicines.

Diabetes Australia CEO A/Professor Greg Johnson said the PBS listing of Bydureon was great news for people living with type 2 diabetes, making the treatment more affordable.

"This once-a-week injection using an injection pen is a great step forward for many people," A/Professor Johnson said. "The injection pen is much easier to use, and has less intrusion on the day-to-day lives of people with diabetes.

"It surprises some people to learn that the progressive nature of type 2 diabetes means many people with type 2 diabetes need injectable drugs when the oral treatments don't work sufficiently.

"There are about 250,000 Australians with type 2 diabetes currently using insulin and other injections, and for many people this means multiple injections every day.

"For many, this once-a-week injection form is ideal and it's now affordable with the PBS listing."

Bydureon is the brand name for exenatide and is the first version of the drug available in Australia as a once-a-week injection. Other forms of exenatide currently available require much more regular injections. Exenatide helps treat type 2 diabetes by stimulating the release of insulin in the body which lowers blood glucose levels.

A/Professor Johnson said the listing supported the Federal Government's national diabetes strategy.

"This new PBS listing is in line with the Australian National Diabetes Strategy 2016-2020 released by the Government last year which included recommended action to improve affordable access to diabetes medicines."

"Ensuring people can access new medicines and in new forms helps them manage their diabetes, improve their health and reduces the likelihood of costly and debilitating diabetes-related complications including preventable blindness and amputation" he said.

A/Professor Johnson remarked that the discovery of exenatide was another example of the unpredictable path of diabetes research and modern medicine.

"Rather than being an entirely new substance, exenatide is a synthetic form of a substance found in the saliva of a lizard – the Gila Monster, native to the south western USA and parts of Mexico," he said.

"This goes to show that some medical solutions can be found in the most unlikely places."

Note: Bydureon is only suitable for treating people with type 2 diabetes. It cannot be used to treat people with type 1 diabetes.

<https://www.diabetesaustralia.com.au/news/15277?type=articles>

“It is difficult to manage your diabetes”

Why me?

When people are first diagnosed with Diabetes there's a voice inside them that says: "Why me", "there must be a mistake".

It can take some time to accept a diagnosis; but if we do deny the diagnosis it can stop us from learning what we need to know to keep ourselves healthy.

New normal

Sometimes denial can serve a purpose. It is a way for us to cope with bad news. It can keep us from getting overwhelmed and depressed and it lets us accept the news little by little, when we are ready.

Denying that your diabetes is serious lets you avoid self-care. It shields you from the fact that diabetes is a lifelong, chronic illness, which, if left untreated, can result in complications. It also lets our family and friends pretend that "nothing's wrong."

If you hear yourself thinking or saying to yourself some of the phrases below, you are avoiding some part of your diabetes care.

- One bite won't hurt.
- This sore will heal by itself.
- I'll go to the doctor later.
- I don't have time to do it.
- My diabetes isn't serious. I only have to take a pill, not shots.

Not testing

It can be a bother to check your blood glucose regularly. You may decide you "know" what your blood glucose is by how you feel" but a meter is a much better measure of blood glucose than feelings are.

Food choices

Changing eating habits and food choices is tough. When your doctor told you to see a dietitian, follow a meal plan, and change your eating habits, maybe you thought to yourself:

- It's too expensive to see a registered dietitian.
- I can't ask my family to change what they eat. I don't want to eat alone or fix two meals.
- There's no place to buy healthy food where I work, it's too hard to bring my lunch.
- Eating right may not be as difficult as you think. A dietitian can help you put together a plan that meets your personal needs.



Forgetting your feet

You know you should check your feet each day, but it takes too much time. Or you forget. Or you have limited mobility and it's too hard. Washing and checking your feet for signs of trouble every day is essential to avoid serious injury. This is true no matter what type of diabetes you have.

Smoking

You might tell yourself, "I only take a few puffs." You may say smoking keeps you from eating too much. "If I quit, I'll gain weight." Smoking and diabetes are a deadly duo. Quitting may not be easy but it could be the best thing you can do to prevent or reduce the complications of diabetes.



Change your thinking

Denial is human. It's bound to crop up from time to time. When it does, you can recognize what's going on and fight back.

- **Make a plan** — write down your diabetes care plan and your health care goals. Understand why each item in your plan is important to managing your diabetes and accept that it will take time to make some changes to reach your goals.
- **Ask for help** — if you find you are struggling to manage some parts of your diabetes care, ask your Diabetes Educator for help. If you're having trouble with your food plan, talk to a registered Dietitian. Together you can come up with some solutions. If you're still having difficulties you can contact the Self Management Support Team at Community Health @ GV Health who can support you to make changes.
- **Enlist friends and family** — tell your friends and family how they can help you. Let them know that encouraging you to go off your plan is not a kindness. Inform them about how you take care of your diabetes — they might want to adopt some of your healthy habits.

For full story google:

<http://www.diabetes.org/living-with-diabetes/complications/mental-health/denial.html>

An explanation of the GV Diabetes Centre “Diabetes Chronic Illness Care Model”

The levels of “Chronic Illness Care Model” shown below are how the Goulburn Valley Diabetes Centre staff knows where your diabetes care will need to be at.

Depending on your diabetes, you’re level of care will either be at level 4, 3, 2, or 1.

Level 1

This means that you have diabetes and you may also have heart disease and/or kidney disease. Which means your diabetes team will involve other health professionals working together with you to manage your diabetes.

Level 2

When you’re blood glucose levels are not controlled, therefore you are at risk of developing or you already have diabetes. You need a team of health professionals which may include a podiatrist, diabetes educator, a psychologist and dietitian.

Level 3

You have developed diabetes but you are actively managing your diabetes with support from your GP, diabetes nurse/educator, regular exercise, follow a healthy diet and attend clinical appointments.

Level 4

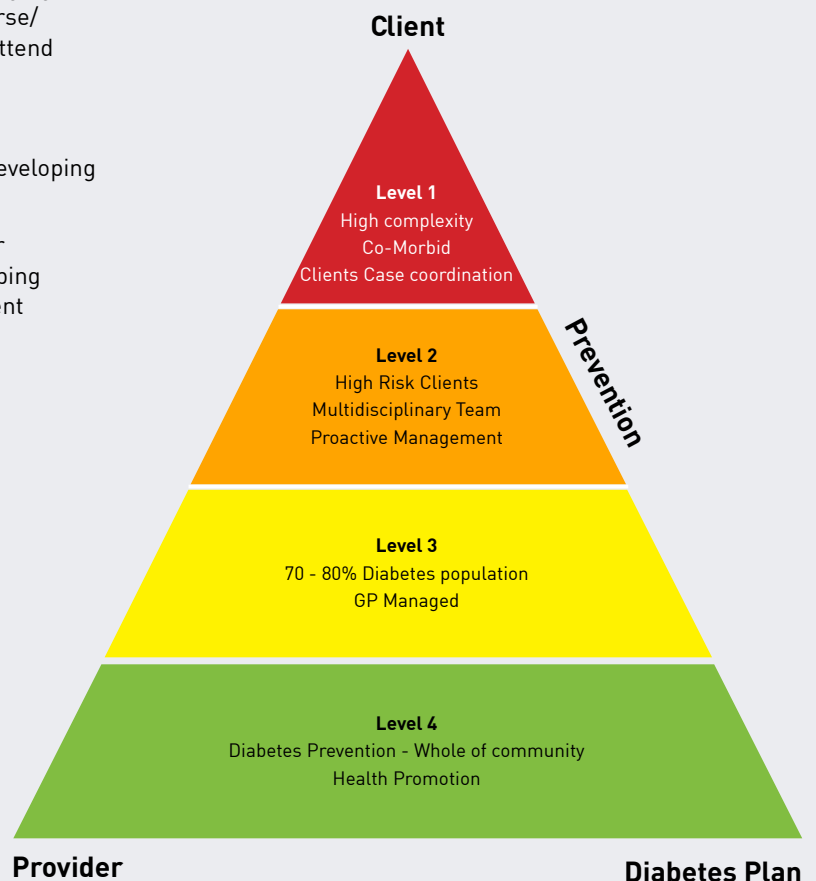
Keeping the community informed about the risks of developing diabetes.

The prevention of diabetes developing through regular checkups with your GP and if you are at risk of developing diabetes, what is available in your community to prevent developing diabetes.

Chronic Disease Management Disease Model

“Promote Health and Wellbeing Through Quality Diabetes Services”

- People receive the right level of care
- Classify the patient’s level of risk
- Encourage patients to attend self management support programs
- Diabetes Care
 - Services working together for total patient care
 - Bringing different elements working together
 - Team approach
- Best Practice Clinical Care
- Communication between clinicians and the referrer



Reid's Pharmacy



GRAHAM HILL EYECARE
OPTOMETRISTS

JOHN ANDERSON PHARMACY



GVHealth

Healthy Communities