

In Touch with La Plata Physical Therapy & Wellness

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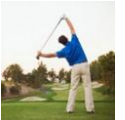
Visit [La Plata Wellness Center](#) for a customized program to help you *manage* your *Diabetes!* Talk to our trained Wellness Staff about our exercise coaching which along with a nutritional consultation and medical guidance will help in preventing and reversing the effects of *Type II Diabetes!*



Get Fit to a Tee! Start with these golf stretches:

Calf & Hamstring warm-up: Place right foot on a bench, keep right leg straight, and keep left leg (the one you're standing on) slightly bent. Reach for the toes of your right foot with both hands. Hold for 15-20 seconds. Switch to left leg.

Trunk stretches: Holding golf club overhead with both hands, gently stretch to one side until pull is felt in opposite side. Hold for 15-20 seconds. Hold club in front with both hands. Gently twist to one side and hold 15-20 seconds. Repeat to other side.



Welcome to our Community:

Michelle M. Buckingham
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Nutrition Coaching,
Counseling and
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Call for an Appointment

Simple Steps for Diet and Diabetes by Michelle Buckingham

For folks with diabetes, nutrition messages can seem conflicting and confusing. Should I go low-carb, low fat, high fiber or high protein? Is fruit good or bad for me?

If you can remember a few simple ideas, you can take simple steps to match your diet to your needs. Here's a place to start:

First, spread your food out evenly throughout the day. Three meals, four, six, - doesn't matter. The idea is to give your body about the same amount of food each time so it can better regulate your blood sugar.

Second, fill at least half your plate with non-starchy vegetables (almost all veggies except potatoes, corn and peas). Veggies fill you up on very few calories, make your plate look pretty and appetizing, and are low

in carbohydrates, so they help keep your blood sugar even.

Third, if you'd like the occasional sweet treat, your blood sugar will be better after if you: eat a small to moderate portion, eat it with/at the end of a meal, and have it be the only source of carbs at that meal (ex., chicken, broccoli and a small brownie).

Small, simple steps toward improving your diet can take you miles towards good health even with a diabetes diagnosis.

Water Workouts

- Exercising in the water decreases the strain on the joints because of the buoyancy of the water.
- Aquatic exercise is low-impact on all of the supporting structures of the body.
- See a doctor to determine if a water exercise program is appropriate if you should have high blood pressure, open/unhealed wounds, seizures, severe osteoporosis, incontinence, or limited breathing capacity.

"The Pharmacist's Corner"

By Marty Pride R.Ph. Consultant Pharmacist

As we age, type 2 diabetes becomes increasingly common. This is often diagnosed with a fasting blood sugar test with a routine physical. Sometimes symptoms, such as increased hunger and/or thirst and frequent urination will send us to the doctor. He will perform a fasting blood sugar test, the normal range for which is between 70 and 100mg/dl (milligrams of sugar per 10 milliliters of blood). As an aside, type 1 diabetes or juvenile diabetes is diagnosed very young and is caused by no insulin production in the pancreas and is only treatable with injected insulin. If your fasting blood sugar is repeatedly over 125mg/dl your doctor will probably decide to do a glucose tolerance test. If your glucose levels rise quickly during this test, you may be glucose intolerant and if the levels are high enough you may get a diagnosis of type 2 diabetes. If you are

diagnosed with type 2 diabetes, along with special dietary changes and regular exercise, you may be prescribed some medication. There are a lot of different drugs available that work in several different ways. Most commonly prescribed and least expensive due to generic availability are the sulfonylureas, including Micronase™ and Diabeta™ (glyburide) and Glucotrol™ (glipizide). Also inexpensive due to generic availability is Glucophage™ (metformin). Working in slightly different ways are meglitinides, Prandin™ and Starlix™; DPP-IV inhibitors, Januvia™ and Onglyza™; alpha-glucosidase inhibitors, Precose™ and Glyset™ and thiazolidinediones, Actos™ and Avandia™. To add to you and your pharmacist's confusion, many of these drugs are available in combination – usually one of the previously

mentioned drugs along with metformin. Diabetes medications all have specific instructions as to when they should be taken; some with food, and some before a meal. Except for metformin, all of these drugs can cause hypoglycemia, so you should carry some hard candy or instant glucose if you take any of those medications. Most side effects from these drugs are GI side effects like upset stomach, diarrhea and gas. As always check with your pharmacist or doctor if you have any concerns or questions.

