

SURVIVING THE HOLIDAY



HOLIDAY SURVIVAL GUIDE

Celebrations

Parties can pose a challenge for people with diabetes. Without a little preplanning you risk throwing your diabetes off course and sending a joyous occasion into a healthcare problem.

Spiritual practice beliefs can pose challenges with your diabetes healthcare. Please consult with your Doctor or Educator for a plan.

Please keep your glucose monitor handy and check it periodically.

Symptoms of Low Blood Sugar

Shaky or Dizzy	Blurry Vision
Hungry	Weak/Tire
Sweaty	Grouchy
Nervous	Headache
Light-headed	

Common causes of low blood sugar include missed meals, more activity than usual or too much insulin or diabetes medication.

PLAN TO WALK EXTRA OR EAT SMALL AMOUNTS OF THE SWEETS OR RICH FOODS TO AVOID SUGAR SPIKES.

NEW YEARS:

- **ALCOHOL:** can cause low blood sugars. Please eat a meal before having a drink that contains alcohol. You may need less insulin should you have champagne on December 31st.
- You might try a small snack before arriving to the party to avoid a low blood sugar.

CHRISTMAS:

- **CHRISTMAS MASS OR CHURCH:** (whether it be midnight or early mass) lows can occur in the middle of a sermon.
- Have a snack if the main meal feast is delayed.
- Take a couple of hard candies or 3 glucose tablets.
- You may need more insulin to account for the big meal.

SUGAR QUICK FIX: if your blood sugar is below 70mg/dL or any symptoms, take one of the following.

3 to 4 glucose tablets

½ can of regular soda (not diet)

5 to 6 pieces of hard candy

½ cup of fruit juice (orange, apple, or grape juice)

1 cup of milk



Afterward please have a protein to avoid reoccurring of the lows.

Diabetes Prevention for Kids

Cause of Type 2 diabetes in children:

- High Intake of Liquid Sugars
- Large Quantities of Food
- Low Activity

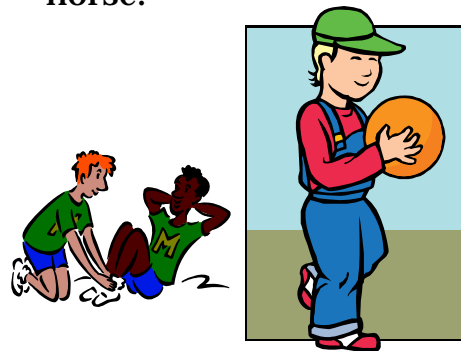


Many Ways to Stay Active:

- Walk the dog
- Take a hike
- Ride a bike
- Ice skate
- Dance
- Swim
- Play basketball
- Play baseball
- Play softball
- Play soccer
- Check out a cartoon or animated exercise tape and

workout at home especially in winter.

- Find one or two exercises you like and make it part of your weekly routine.
- If you have horses, ride a horse.

**How you can get more information. see websites:**

American Diabetes Association, American Dietetic Association, My Pyramid Plan, KidsHealth, Children High Cholesterol, ehow

Walk

Walking is a great way to be more physically active. It's free, fun, and you can do it almost anywhere.

Regular walking burns calories, which addition to a healthy diet can help you manage your weight.

More than half the body's muscles are designed for walking: it is a natural movement that is almost injury-free.

Regular brisk walking has many health benefits

Brisk walking is an aerobic activity. It makes your heart, lungs, and muscles stronger.

Walking refreshes the mind, reduces fatigue increases energy, and improves sleep.

Walking can be a great time for sharing and socializing with friends and family.



DECEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	*Suzette Gonzales Out: 11/30/11—12/08/11 *Suzette Gonzales Out: 12/26/11—12/29/11			1 Blood Sugar Screening FNCH Lobby 9-10	2	3
4	5 Blood Sugar Screening FNCH Lobby 9	6	7	8 Blood Sugar Screening @Indian Center 9-12	9	10
11	12 Blood Sugar Screening FNCH Lobby 9-10	13	14	15 Blood Sugar Screening FNCH Lobby 9-10	16	17
18	19 Blood Sugar Screening FNCH Lobby 9-10	20	21	22 Blood Sugar Screening FNCH Lobby 9-10	23 FNCH Open 1/2 Day 8am—12pm	24
25  Christmas Day	26 OFF	27	28	29 Blood Sugar Screening FNCH Lobby 9-10	30	31

Blood Sugar Screening

First Nations Community Healthsource

Front lobby every **Monday & Thursday** morning

Free!

Free!



HAPPY NEW YEAR

NAVAJO WORDS OF THE MONTH:

Navajo Medical Terminology

Blood vessels: a tsoos

Heart Attack: Ajéí niil t'ááá

Chocolate No-Bakes Wonderful Cookies

INGREDIENTS:

1/3 cup unsweetened co-
coa powder
1/4 cup nonfat dry milk
3/4 cup sugar
1/4 cup light corn syrup
1/2 cup skim milk
1/2 cup peanut butter
(natural, crunchy)
1 Tbsp vanilla
3 1/2 cups oats (quick-
cooking or old-fashioned)

Makes 36 servings:

Serving size 1 cookie

Prep Time: 20—30 minutes

Preparation:

1. Mix together cocoa powder, milk, sugars, corn syrup and peanut butter in medium saucepan and bring to a boil for 1 to 2 minutes.
2. Pour hot mixture over oats and mix well. Drop by spoonfuls into waxed paper and allow cookies to down.
3. Transfer to an airtight container and refrigerate. (Because these have less saturated fat, they do not set up “solid” at room temperature like the traditional No-Bakes. Expect them to be gooey and good.)

Nutritional Information Per Serving:

Exchanges/Choices
1 carbohydrate 1/2 fat

Calories from fat:30%

Calories: 75

Fat: 2.5g

Sodium: 25mg

Total Carb 12g

Fiber: 1g

Saturated Fat: 0.5g

Protein: 2.5g

Sugar: 7g

Cholesterol: 0mg

SERVICES AVAILABLE AT FNCH

- Dental
- Diabetes Prevention
- Behavioral Health
- Family Planning
- Homeless Outreach
- Healthy Heart Program
- HIV Prevention
- Massage / Acupuncture (\$30.00 hr)
- Medicaid Enrollment
- Social Services
- Pathway
- Primary Care
- Traditional Healing (Sweat Lodge)
- WIC

FITNESS PRO-

First Nations Diabetes Prevention is seeking new recruits for the New Heart Fitness Program. Potential participants must meet the following requirements:

- Be Native American
- Have an established provider at First Nations
- Commitment to utilize the gym 2-3 times a week and see the Diabetes Educator 4 times per year

Benefits include:

- Free gym membership
- Free prevention education

Please contact Marian Nez @ 262-6529 further details.

PROGRAM STAFF

- * **Primary Care Provider**—Francis Torres, MD
- * **Diabetes Educator**—Suzette Gonzales, RN CDE
- * **Community Outreach Worker**—Marian Nez

Call (505) 262-2481 or 262-6529 to schedule an appointment with the Diabetes Program

First Nations Hours of Operation

Monday—Friday
8:00 AM—9:00PM
Saturday
9:00 AM—1:00PM