

# BLACK HILLS DIABETES ASSOCIATION, INC.

*Our mission is to provide  
education, increase public awareness,  
and support all with diabetes  
in the Black Hills.*

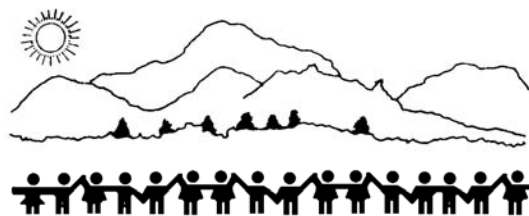
2009-2010



PO Box 9653  
Rapid City, SD 57709  
605-923-4682

ADA & BHDA Office  
429 Kansas City, Rm 5  
Rapid City, SD 57701

[www.blackhillsdiabetesassociation.org](http://www.blackhillsdiabetesassociation.org)



## DIABETES SELF-MANAGEMENT HEALTH TIPS

As you learn about your diagnosis of diabetes, please know that your healthcare team is committed to helping you enjoy many more years of healthy, active life. Diabetes is a chronic disease that is BEST MANAGED BY YOU, with support from your family, friends, and healthcare team. Research tells us that patients themselves are in the best position to know what they need to manage their health. Most persons think of diabetes as a disease of high blood sugar, but for many persons it is associated with high blood pressure and high cholesterol. Controlling ALL of these factors is important to REDUCE the risk of developing the major complications of diabetes: blindness, foot disease, kidney failure, heart attack, and stroke. IN FACT, the major cause of disability and death in diabetes is heart disease and stroke. For many persons with diabetes, controlling blood pressure and cholesterol, taking aspirin, and NOT smoking are the most important steps that they can take.

**SCREENING** for complications is important to determine whether you already have eye, foot, or kidney disease. If you do, you may need to have more frequent follow-up visits, new medications, or other treatments.

The following **HEALTH TIPS SUMMARY** is a guide to the essentials of diabetes care. Each person with diabetes is unique. We would like to help you develop the confidence and motivation to use your skills and knowledge to be the expert decision-maker in your diabetes management.

### Protect yourself. Take responsibility for the following:


**Smoking:** If you smoke or use tobacco, **STOP!** Please talk to your healthcare team about what steps you can take. Benefits start immediately. 

**Influenza** – in season: Get a **YEARLY** vaccination. Being vaccinated last year doesn't protect you this year. Getting a flu vaccination doesn't give you the flu.

**Pneumococcal vaccination:** Once in lifetime. However, if you were vaccinated more than 5 years ago, talk to your provider about whether you need a second one.


**Aspirin:** Aspirin decreases the risk of heart attacks for many persons— ask your health provider if there is a reason you should not take this medication.

**Medications:** Carry a list of your current medications.


**Nutrition and Exercise:** Following an appropriate diet and exercise are cornerstones of diabetes management. Work with your healthcare team to develop a plan that is right for you! 


**ABCs of Diabetes:** It is important for you to know what target values for blood sugar, blood pressure and blood cholesterol are best for you! This is best determined by you and your healthcare team, based upon factors such as your age, your general health, whether you have complications of diabetes, and what the potential side effects of medications are for you.

**A1c-** Hemoglobin A1c is a 2-3 month average of your blood sugar level. Know your target number! *Target Current*

**Blood Pressure:** Controlling blood pressure is the most effective treatment for preventing cardiovascular disease in persons with diabetes. Check your blood pressure at home. Have your blood pressure checked at every doctor's visit. Know your target level! 

**Cholesterol:** Know your cholesterol level goal to protect your heart! Good Bad Triglycerides (HDL) (LDL)

**Feet:** Look at your feet daily. Tell your health provider about any changes. Have your health provider look at your feet at each visit. Symptoms of pain and numbness in your feet are not always present, so ask your provider whether you have signs of blood vessel or nerve damage in your feet. If you have blood vessel or nerve damage, you are at higher risk for developing severe foot conditions and should be under the care of a foot specialist. 

**Eyes:** Know whether or not you have signs of diabetes related eye disease (retinopathy), and establish a schedule for a dilated (drops in your eyes) eye examination by an eye specialist (optometrist or ophthalmologist). Ask your health provider how often you should have an eye examination. Frequency of eye exams also depends on whether you have other eye conditions such as glaucoma or cataracts. 

**Kidney Function:** Protein in urine is an early sign of kidney disease. Know whether you have protein in your urine or more serious kidney disease. Your health provider can determine this from a urine and blood test. If you have protein in your urine, this may help determine your A1c and Blood Pressure target goals. Also, your health provider may want to consider certain medications for you.

**Sick Day Management:** Common illnesses can cause problems for people with diabetes. When you are sick, check your blood sugar every few hours. If your blood sugar remains over 250 or is repeatedly below 70, contact your healthcare team or go to the hospital. Take your insulin or diabetes pills, unless you cannot take any food or liquid. Drink liquids every hour to avoid dehydration.

### Topics to review with your Healthcare Provider:

**Every Visit:** Weight, Blood Pressure, Foot Exam, Review Blood Sugar, HbA1c.

**Every Year:** Microalbumin, Cholesterol, Triglycerides, HDL, LDL, BUN/Creatinine, Dilated Eye Exam, Review Immunizations.

**Twice a Year:** Dental Exam. Education Review; Nutrition/Meal Plan, Feelings/Stress.

**Management:** Physical Activity, Self Monitoring of Blood Sugar.

**Medication Review:** Low/High Blood Sugar (Symptoms & Treatment), Sick Day.

**Guidelines:** Smoking/Alcohol Consumption, Diabetes Complications, Diabetes Management Plan.

September 27, Sunday, 1:30-3:00 p.m.

RCRH - West Auditorium

**Donna Riley, RD, LN - Diabetes Education  
Regional Medical Clinic**

Donna has been a dietician for 2 decades and has been working in Diabetes Education for the past 3 years. Good Nutrition is vital to good health!

**“Eating Smart with Diabetes”**



February 28, Sunday, 1:30-3:00 p.m.

RCRH - West Auditorium

**Bonnie Petersen, RN, CDE, BA  
Diabetes Education Coordinator  
Regional Medical Clinic -  
Endocrinology & Diabetes Education**

Bonny has been a Diabetes Educator for 15 years, and an RN for 28 years.

**“Making Changes Based On Your Log Book”**

*(Log books are an important tool to help make blood sugar control easier)*

April 25, Sunday, 1:30-3:00 p.m.

RCRH - West Auditorium

**Jo Prang, PharmD,  
Owner/Mgr. Medicap Pharmacies of the Black Hills  
Stephanie Schliening, Executive Secretary  
Medicap Pharmacies of the Black Hills**

*Specializing in: Bio-identical Hormone Replacement Therapy; Women's Natural Health; BIO-PRO Technology; Medication Compounding; Diabetes Help Center; Private Patient Consultation.*



**“The Role of the Community Pharmacist in Diabetes Management”**

**No meetings scheduled in  
November- December - January -  
March - June - July - August**

*Thank You*

*Rapid City Regional Hospital for their assistance with programs and this brochure.  
A special thanks to our dedicated VOLUNTEERS!*

**TARGET AUDIENCE:**

This is a self-help group that can provide educational, social, and emotional support for people affected by diabetes.

**NO MEMBERSHIP FEES**

**BHDA IS STAFFED  
ENTIRELY BY VOLUNTEERS**

**CONFIDENTIAL**

Members must be assured that whatever they say or hear in the group will be held in confidence by all who attend.

**Group Meetings, No Substitute for Doctor Visits**

Members must understand that support group meetings are not a substitute for regular medical care from their healthcare team. Members should realize that there are many ways to treat diabetes and that information that they get from the support group should be reviewed by their healthcare team before any changes are made in their established treatment plan.



**We need your help!**

**Please contact us if you would like to:**

- ◆ Be added to our mailing list
- ◆ Assist with Health Fairs:
  - October: Wal-Mart Health Fair
  - November: American Diabetes Month - Medicap Pharmacy
  - November: ADA Diabetes Month Activities

**Special Thanks**  
to American Diabetes Association  
& Taco Johns - Nachos Navidad



**Rapid City Public Library  
Homebound Delivery Service**

610 Quincy Street, Rapid City, SD 57701  
www.rapidcitylibrary.org ◆ 605-394-4171

This service is for people who do not have reliable transportation to and from the library. Contact Stephanie Jenner, ext. 223, for more information about the Homebound Delivery Service and Library Card registration.

*A variety of books are available to assist you in managing your diabetes.*



**AREA RESOURCES**

Emergency . . . . .911  
 Rapid City Regional Hospital . . . . .605-719-1000  
 Sioux San Hospital . . . . .605-355-2500  
 American Diabetes Association . . . . .1-800-342-2383  
     www.diabetes.org      Email: askada@diabetes.org  
 Juvenile Diabetes Association . . . . .1-800-223-1138  
 National Federation of the Blind . . . . .1-800-558-8418  
 Rapid City Community Health Center . . . . .605-394-6666  
 SD Dept. of Health Diabetes Control Program . . . . .605-773-7046  
 Diabetes Education Dept. - RMC - Aspen Bldg. . . . .605-718-3388

**OTHER RESOURCES**

**American Diabetes Association, Inc. / 1-800-342-2383 - www.diabetes.org**

**Information on:**

- Books for Healthy Living
- All About Diabetes
- Weight Loss and Exercise
- General Membership - includes subscription to *Diabetes Forecast*
- Diabetes Prevention
- Diabetes Research
- Government Affairs and - Advocacy
- Shop for Books & Gifts
- Nutrition and Recipes

**International Diabetes Center at Park Nicollet**  
Park Nicollet Clinic-St. Louis Park  
3800 Park Nicollet Boulevard  
St. Louis Park, MN 55416  
1-888-825-6315 (Toll Free)

**Barbara Davis Center for Childhood Diabetes**  
4200 East Ninth Avenue, Box B-140  
Denver, Colorado 80262  
(303) 315-8976

**Medtronic Diabetes**  
Diabetes Management Consultant  
John Schroeder  
119 Daly Avenue, Missoula, MT 59801  
(406) 360-3066  
-Insulin Pump Therapy  
-Continuous Glucose Monitoring

**Joslin Diabetes Center**  
One Joslin Place  
Boston, MA 02215  
(617) 732-2400

**Lauren's Hope**  
Medical ID Bracelets  
1-800-360-8680

**The Diabetes Mall**  
For Log Books, Diabetes Materials, and Equipment  
1-800-988-4772



**SUPPORT GROUP OFFICERS**

**Connie L. Tice, R.T. Executive Director**  
Staff-Volunteer Founder, Black Hills Diabetes Association, Inc. 1987  
[www.blackhillsdiabetesassociation.org](http://www.blackhillsdiabetesassociation.org)

**Co-Presidents:**  
Donna Vines . . . . .605-341-1400  
Jim Miller . . . . .605-341-1299  
Sylvia Schafer . . . . .605-343-9244

**Diabetes Info/Action Line:** . . . . .605-923-4682

**SUPPORT WILL FOLLOW ALL MEETINGS!**  
**(3:00 p.m. - 4:00 p.m. for those interested)**  
Door prize drawings, diabetes literature, and recipes at all meetings!



**No Meetings  
November - January**

