

**October, November & December 2012**

**ANNOUNCEMENT:** This newsletter will now be mailed every quarter. **You will no longer receive a monthly reminder for the adult diabetes support group.** The newsletter will identify the dates and topics for our monthly diabetes support group meetings. **Please** contact the Diabetes Education office at 810-989-3362 if you have questions or concerns.

**Flu Vaccinations**

Port Huron Hospital Pharmacy Place will offer flu vaccinations for adults and children over the age of nine. Most insurance plans are accepted; however, Pharmacy Place is unable to bill Medicare. Call ahead for wait times and availability. For more information contact Sylvia Sullivan at 810-989-3455.

- **Monday – Saturday, 9 a.m. – 4 p.m.; Port Huron Hospital Pharmacy Place, 1221 Pine Grove Ave., Port Huron**

**Screenings**

**BLOOD PRESSURE SCREENING  
(NO Registration Required)**

High blood pressure is referred to as a “silent killer” because it has no symptoms, while damaging your arteries, heart, and other organs. Walk in for a free screening and to learn more about high blood pressure. **FREE**

- **Wednesdays, October 3, November 7, December 5; 8:30 to 10:00 a.m.; 55 Plus, 1320 Washington Ave., Port Huron**

**FOOT SCREENING  
(Registration Required)**

Dr. Anthony Bianchi will be here to answer your questions on your foot problems. **FREE**

- **Fridays, October 12, and December 14; 9 a.m. to 12 Noon; 55 Plus, 1320 Washington Ave., Port Huron**

**Upcoming Support Group  
Meeting Dates**

*All meetings are 6 - 7 p.m.  
in the Wismer Third Floor Classroom  
at Port Huron Hospital*

**October 16: Happy, Healthy Holiday Habits**

**November 20 & December 18:  
No meetings. Happy Holidays!**

**Diabetes on the “up side!”**

Have you ever considered thinking about having diabetes as a positive rather than a negative? I know that when we begin our diabetes class, each person that has come wants to identify how much of their former life is now gone, or they feel that will probably be gone. The missing activities or events are usually the good, fun, warm things that provide participants with great joy. When diabetes is diagnosed, everything becomes negative.

I would propose that if we could adjust our thoughts about diabetes we may adjust our connection to and acceptance of it. Throughout the past 52 years, I have identified many good things that resulted **because** I have diabetes. My view of life is not one of entitlement. I truly do see each day as an opportunity to impact those I meet with positive things. The field of diabetes and all that goes along with it is such a technologically exciting and stimulating one. New and improved means of taking insulin, testing blood glucose levels, and identifying foods and activities to improve our health are all part of the puzzle. Healthcare in the United States is very disjointed, and it is difficult to feel secure with resources and our ability to acquire them.

So, what on this earth would be good about having diabetes? First of all, one has a very strong reason for controlling one’s weight and maintaining a regular, consistent exercise program. Health is no longer something that just happens to you; it becomes your goal and your efforts are always pointing towards it. The activities of your daily life are being incorporated into a focus that will pay long term benefits. Regular physician visits keep your diabetes and blood glucose levels controlled. These visits also identify developing abnormalities **before** they become major problems for your daily activities.

Diabetes stimulates your mind to identify and understand the normal functions of your body. Research is identifying various chemicals within our bodies that participate in blood glucose control. These substances were previously unknown to us, and present new treatments and alternatives to the existing array of medications or therapies. Lay people think all of these therapies somehow replace your body’s need for a consistent insulin source when they are functioning in various capacities to lower the blood glucose levels. One’s understanding and ability to control blood glucose is dependent on how well you understand the action of these therapies. Your intelligence is enhanced and broadened as you live and learn while caring for your diabetes. It is as though you have taken a class that intensely teaches you about your body but without having to attend. **You** are the class, and your mind has been and is being impacted by your experience.

**Think about this**

Joan E. Lundblad, RN, CDE  
Port Huron Hospital Diabetes Education

