



January, February & March 2014

Staying healthy during the cold and flu season

Having diabetes dramatically increases the risk of catching the common cold and flu viruses during the winter months. It is very important to have good blood glucose control because elevated blood glucose levels are associated with a higher chance of infection. People with diabetes also should talk with their physician regarding their medications while ill. Many times there are questions about taking medication when not eating, and also blood glucose levels are often elevated during illness. It is important to have a plan from your physician before you become ill in order to manage your blood glucose while ill and keep yourself healthy. It is also very important to remember to monitor blood glucose levels closely and perhaps more frequently while ill. Fluids are also important because both illness as well as high blood glucose values can lead to dehydration. Another important item to remember is to check cold and flu medications because some contain sugar and may lead to higher blood glucose values. Communication is key to maintaining good health. Make sure to contact your physician should you have blood glucose concerns.

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, January 8, February 5, March 5; 8:30 to 10 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**

- **Friday, February 14; 9 a.m. to 12 Noon; 55 Plus, 1320 Washington Ave., Port Huron**

This newsletter will be mailed to you every quarter. It identifies the dates and topics for our monthly diabetes support group meetings. Call Port Huron Hospital Diabetes Education at 810.989.3362 with questions or comments.

Upcoming Support Group Meeting Dates

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

January 21: *Sticking to Your New Year's Resolutions*

February 18: *The Benefits of Breakfast*

March 18: *Breaking Unhealthy Habits: Tips to establish everyday routines to manage diabetes*