

## National Immunization Awareness Month

Immunizations are an important part of diabetes care

### Diabetes Type 1 and Type 2 and Adult Vaccination

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die. People with diabetes (both type 1 and type 2) are at higher risk for serious problems from certain vaccine-preventable diseases. Getting vaccinated is an important step in staying healthy. If you have diabetes, talk with your doctor about getting your vaccinations up to date.

#### Why Vaccines are Important for You

Diabetes, even if well managed, can make it harder for your immune system to fight infections, so you may be at risk for more serious complications from an illness compared to people without diabetes.

Some illnesses, like influenza, can raise your blood glucose to

dangerously high levels.

People with diabetes have higher rates of hepatitis B than the rest of the population. Outbreaks of hepatitis B associated with blood glucose monitoring procedures have happened among people with diabetes.

People with diabetes are at increased risk for death from pneumonia (lung infection), bacteremia (blood infection) and meningitis (infection of the lining of the brain and spinal cord).

Immunization provides the best protection against vaccine-preventable diseases.

Vaccines are one of the safest ways for you to protect your health, even if you are taking prescription medications. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

#### Vaccines You Need

**Influenza vaccine:** To protect against seasonal flu every year

**Pneumococcal vaccine:** To protect against serious pneumococcal diseases

**Tdap vaccine:** To protect against tetanus, diphtheria, and whooping cough

**Hep B vaccine:** To protect against hepatitis B

**Zoster vaccine:** To protect against shingles

There may be other vaccines recommended for you based on your lifestyle, travel habits, and other factors. Talk to your healthcare professional about which vaccines are right for you.

#### Getting Vaccinated

You regularly see your provider for diabetes care, and that is a great place to start! If your healthcare professional does not offer the vaccines you need, ask for a referral so you can get the vaccines elsewhere. Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments and other locations. Most health insurance plans cover recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers covered by your plan.

Source: <https://www.cdc.gov/vaccines/adults/rec-vac/health-conditions/diabetes.html>



### Next Meeting... Please Join Us

We will resume in person support group, September 20, 2022, PROMPTLY at 7pm, please arrive by 7:05pm as the doors will be locked and you will be unable to enter the building. Please use the Lancaster Patient Care Center-GROUND FLOOR ENTRANCE. This is the entrance that is located off from Brickyard Rd. Reminder: Masks are required to attend.

### August Fun Facts:

The birthstones for the month of August are peridot and sardonyx. Flowers that honor the month are the gladiolus and the poppy.





**For more information on diabetes, or to make an appointment, call your Weeks primary care provider at 603-788-5095.**

The Diabetes Support Group monthly newsletter is produced by Weeks Medical Center Registered Nurse and Diabetes Care and Education Specialist, Ashley Clauss. If you have any questions regarding the Diabetes Support Group, contact Ashley at 603-788-5659. Not only is this support group for patients with diabetes, but also their family, caregiver, and support person. All are welcome. We are always looking for new members!



## RECIPE OF THE MONTH

### Peach Jam

Making your own jam may sound intimidating, but it is worth it when making this delicious, sugar-free peach jam with Splenda® Granulated Sweetener. This will be a great use of all those nutrient-rich peaches you find during peach season, and it makes a great gift for family and friends. Or you can keep it all to yourself by storing the jars in a cool, dark place for up to one year!

#### INGREDIENTS

- 2 lbs chopped fresh or frozen peaches
- ¾ cup water
- 1 package pectin (1.75 ounce)
- ½ cup Splenda® Granulated Sweetener



#### NUTRITION FACTS

Servings Per Recipe: 48, Serving Size: 1 tbsp, Calories 10, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 2g, Dietary Fiber 0g, Total Sugars 2g, Added Sugars 0g, Protein 0g, Potassium 15mg, Phosphorus 0mg.

#### DIRECTIONS

1. Wash jars and lids in hot soapy water; rinse with warm water.
2. Fill canning pot half full of water; add jars and water to cover. Bring water to a boil, reduce heat and simmer.
3. Place lids in water to cover in a small saucepan; bring water to a simmer. Simmer until ready to use.
4. Remove and drain jars and lids, one at a time as needed for filling.
5. TO MAKE THE JAM: Peel, pit, and finely chop peaches; measure exactly 3 cups fruit.
6. In a large, heavy stock pot, combine crushed peaches, water, and pectin; stir until pectin dissolves. Let stand 10 minutes.
7. Bring mixture to a full rolling boil (a boil that doesn't stop bubbling when stirred) over high heat, stirring constantly. Boil 1 minute, stirring constantly. Remove from heat; add Splenda Sweetener, stirring until sweetener dissolves. Skim off any foam.
8. TO CAN THE JAM: Ladle hot jam immediately into prepared jars, leaving ½" of headspace at top of jars. Wipe jar rims and threads. Cover with 2-piece lids; tighten bands.
9. Place jars on a rack in canning pot. (Water must cover jars by at least 1"; add boiling water, if necessary.) Cover; bring water to a gentle boil.
10. Process for 10 minutes. Remove jars and place upright on a towel to cool completely.
11. After jars cool, check seals by pressing center of lid with fingers. (If lid springs back, lid is not sealed and refrigeration is necessary.)
12. Store in a cool, dark place for up to 1 year. Once opened, store refrigerated and use within 2 weeks.

[https://www.diabetesfoodhub.org/recipes/peach-jam.html?home-category\\_id=1](https://www.diabetesfoodhub.org/recipes/peach-jam.html?home-category_id=1)