

## Diabetes Standards of Care

Guidelines from the American Diabetes Association (ADA) describe what should happen with your diabetes care throughout the year. These guidelines are called the Standards of Care. They list what you and your doctor need to do to take care of your diabetes. For example, some things, such as your blood pressure, should be checked every time you see your doctor. Other things, such as a dilated eye exam, should be done once a year.

The Standards also list recommended targets for your diabetes ABCs:

- A: A1C or estimated blood glucose (eAG)
- B: blood pressure
- C: blood cholesterol (also called blood lipid) levels

Keeping your diabetes ABCs on track is the most effective way to prevent diabetes-related health problems.

### What should you expect at visits?

At every office visit:

- Talk about your blood glucose meter readings. Take your meter with you.
- Check your blood pressure.
- Check your weight and talk about ways to reach a reasonable weight.
- Talk about what you eat.
- Discuss any lifestyle, work, or emotional changes.
- Discuss your physical activity.
- If you smoke, talk about ways to quit.
- Remove shoes and socks for a foot check.
- Talk about all medicines including over-the-counter pills, herbs, vitamins, or supplements.

- Ask if you should take aspirin to prevent a heart attack.
- Ask any questions you have about your diabetes care.

At Least every 3 to 6 months:

- Check your A1C/eAG
- Dental Exam

At Least once a year:

- Check your cholesterol to see your risk for heart and blood vessel disease.
- Have a dilated eye exam to check for eye problems.
- Get a flu shot.
- Have a complete foot exam.

At Least once in a lifetime:

- Get a pneumonia vaccine



Resource: American Diabetes Association



## September Fun Facts:

Did you know? Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year. No other months have the same number of letters as their number in the calendar year.



**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!



## 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.

## RECIPE OF THE MONTH

### Spinach, Avocado, and Summer Berry Salad

This superfood salad is packed with antioxidants and bright, summery flavors. Pair it with a grilled chicken dish, like Grilled Lime Chicken Fajitas, or fish, like Grilled Salmon with Mango and Tomato Salsa.

#### INGREDIENTS

- 10 oz fresh baby spinach
- 1 cup diced or sliced strawberries
- 1/2 cup blueberries
- 1 avocado (diced)
- 1/3 cup finely diced or sliced red onion
- 2 tbsp olive oil
- 2 tbsp white balsamic or champagne vinegar
- 1 tsp honey
- 1/2 large lime (juiced)
- 1 clove garlic (minced)
- 1/4 tsp black pepper

#### DIRECTIONS

1. Place the spinach, strawberries, blueberries, avocado, and onion in a large salad bowl.
2. In a small bowl, whisk together the olive oil, vinegar, honey, lime juice, garlic, and black pepper.
3. Pour the dressing over the salad and toss to evenly coat.



#### NUTRITION FACTS

Servings Per Recipe: 8, Serving Size: 1 cup,  
Calories 90, Total Fat 6g, Saturated Fat 0.9g,  
Trans Fat 0g, Cholesterol 0mg, Sodium  
30mg, Total Carbohydrate 9g, Dietary  
Fiber 3g, Total Sugars 4g, Protein 2g,  
Potassium 350mg, Phosphorus 40mg.

[https://www.diabetesfoodhub.org/recipes/spinach-avocado-and-summer-berry-salad.](https://www.diabetesfoodhub.org/recipes/spinach-avocado-and-summer-berry-salad)



**Weeks Medical Center**

Diabetes Support Group Newsletter is published 12 times a year by Weeks Medical Center. To find our current newsletter visit [WeeksMedical.org](http://WeeksMedical.org). From home page, go to Your Health and scroll down to Diabetes Support Group and click on link.