

CRAY QUARTERLY

Official Newsletter of Cray Diabetes Self-Management Center



Our Mission

The Cray Diabetes Self-Management Center supports the University of Kansas Health System's Endocrinology and Internal Medicine Departments for comprehensive diabetes care. The diabetes center is founded on Bud and Sally Cray's beliefs that diabetes treatment should not be hurried and should be based on mutual conversations, listening and problem solving. These beliefs continue to be the driving model for patient care within the program. Patients are allowed opportunities to visit with diabetes educators, attend support groups and take group classes in addition to their regular doctor and advance practice professional visits.

For more information, visit our website at www.Cookingwithcray.com or contact us at Craydiabetes@kumc.edu. or call 913-588-6877

Diabetes Technology and Trends

By Catherine Parkhurst, RN, MSN, CDCES

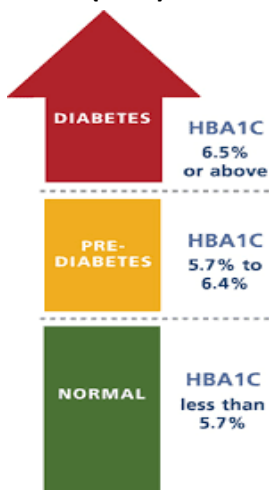


Catherine is a member of the education team at Cray Diabetes Self-Management Center. She has over 25 years of experience working with adults in the management of their diabetes.

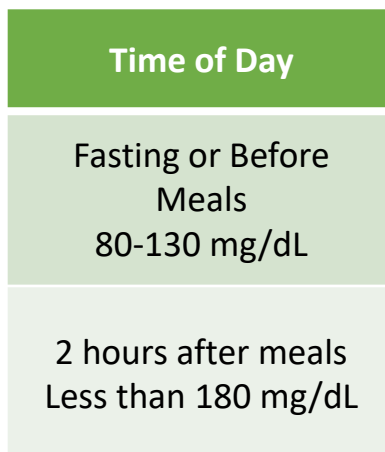
Evaluation of Glucose Control – What are my Targets?

Glucose control can be assessed by the hemoglobin A1C measurement, blood glucose monitoring (BGM), and continuous glucose monitoring (CGM) using time in range (TIR) and/or the glucose management indicator (GMI). Here are some general targets for each according to the American Diabetes Association (ADA). Remember your specific targets may be different depending on several factors including any other disease complications. Talk to your provider about where your target should be.

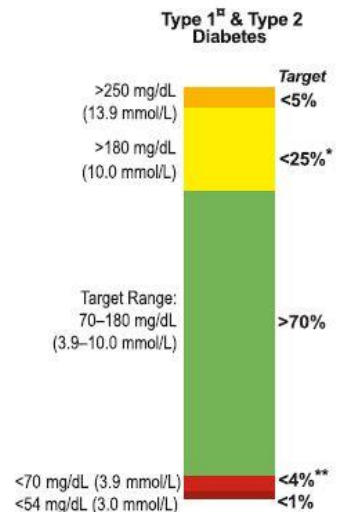
A1C and Glucose Management Indicator (GMI)



Blood glucose monitoring (BGM)



Time In Range (TIR)



Let's Move More: Breathing Exercises By Pattie Lueyot, MS, RDN, LD, CDCES

Breathing exercises can be an alternative activity to keep your lungs healthy during winter and COVID surge. Additionally, studies show that breathing exercises may be associated with several potential health benefits, including decreased anxiety and stress levels and improved sleep quality and insulin sensitivity. There are different types of breathing exercises, including:

- **Deep breathing:** taking a deep breath, holding it for a few seconds, and then releasing it slowly.
- **Alternate nostril breathing:** inhaling and exhaling through alternating nostrils by using your fingers to close one side at a time.
- **Pursed lip breathing:** inhaling through your nostrils and exhaling slowly through pursed lips.
- **Diaphragmatic breathing or belly breathing:** lie down, place your hands on your upper chest and rib cage, and exhale through pursed lips as you tighten your stomach muscles.

According to Peiting Lien, DPT, PT from John Hopkins, *"anyone can benefit from deep breathing techniques,...The exercises can be started at home during self-isolation and easily incorporated into your daily routine especially if you also have other conditions that may limit your body movements."*¹ You can practice deep breathing while lying down on your back or stomach, or while sitting or standing.

¹<https://www.youtube.com/watch?v=2Jq8jZnoQ8E>

Cray Expert Advice: Strengthening Diabetes Resilience

By Rebecca Bennett, MPH, RD, LD, CDCES



Rebecca is a Registered Dietitian and Certified Diabetes Care and Education Specialist at Cray Diabetes-Self Management Center. She completed her undergraduate degree at Kansas State University and her masters at the University of Kansas Medical Center.

"While resilience has sometimes been thought of as a personality trait, it is better defined as the achievement of positive outcomes in the face of adversity or significant risk." In other words, when you are resilient you are able to positively cope with stress and adversity in your life. You are already resilient! After all, you survived the emotional and lifechanging diagnosis of diabetes. Here are some strategies to strengthen your resilience to stress and adversity that people with diabetes can face daily.

- **Identify your individual strengths.** What do you like to do and/or do well? Are you organized? Do you have a good sense of humor? Do you like to solve problems? Think through how you can use your strengths to help you live with diabetes every day.
- **Identify support systems.** Do you have a caring friend who you can talk to? Do you have a family member who can drive you to appointments? Do you have access to a diabetes center nearby? What resources are available to you in your life/community?
- **Stay connected.** Do you have a diabetes group to connect with? Look on Facebook or other social media. Relating with people who understand your struggle can help.
- **Ask for help if you need it.** If you are struggling, there is no better way to grow your resilience than to meet with a mental health professional.
- **Take care of yourself.** Getting adequate sleep, eating good meals, drinking plenty of water and staying active can go a long way towards your emotional and physical health.

Check out these articles from diatribe and JDRF to learn more.

<https://diabetesed.net/wp-content/uploads/2019/05/ResilienceDiabetesBrief-1.pdf>

[Is Diabetes Resilience a Muscle You Can Build? | diaTribe](https://diatribe.org/diabetes-resilience-muscle-you-can-build-n-build? | diaTribe)

<https://www.kansashealthsystem.com/health-resources/turning-point/programs/resilience-toolbox>

Endocrinology Corner: Using phone apps to help track your progress

By Alexis Bridges, PA



Alexis is a Physician Assistant at Cray Diabetes Self-Management Center. She attended UMKC for both her Undergraduate and Masters program. She has a passion for diabetes care and is constantly searching for the latest and greatest health-related apps.

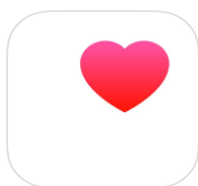
Fitbit App:



I've had a fitbit smartwatch for several years now. Over the years, I've switched from many different types, but I've always used the same app. I like that it tracks my steps even if my phone isn't around. I can set my own step goal and change it whenever I please. I can use the app even if you don't have my fitbit smartwatch, which is also convenient.

Tracks: Steps, exercise, floors climbed, calories, sleep, heart rate, water intake, weight, menstrual cycle

iPhone Health App:



I love that this app is available on all iPhones; no downloading needed. I also love that I can use this app to track so many things. I check my blood pressure every day at home and log it into my iPhone health app. Then, when I'm at my doctor's office, I can just pull out my app to review my blood pressure with him; no need to lug around a journal or anything. It's all on my phone! For my patients who check their blood sugar at home, there's a place to add blood sugar too. I love that it automatically records the date and time that you enter your data into the app.

Tracks: Sleep, menstrual cycle, blood pressure, steps, headphone audio levels, blood glucose, temperature, and nutrition (vitamins, macronutrients, etc.)

Dexcom Clarity App:



Most of my patients have diabetes and **HATE** sticking their fingers multiple times a day to monitor blood sugar. Continuous glucose monitors (CGMs) have allowed for a vast majority of patients with diabetes to monitor blood sugar without having to stick their fingers. Most of my patients have either the Dexcom or the Libre, and either have the Dexcom G6 App or the Libre app. I wanted to highlight the Dexcom clarity because I find it so valuable. I like that you can use it to monitor trends in blood sugars. It even allows you to look at your "estimated A1c," a.k.a GMI, without having to come to our clinic for a finger poke or to the lab for a blood draw. Having this app also allows you to share data with our clinic remotely.

Tracks: Continuous glucose patterns

FITON App:



This last app isn't necessarily an app where you log information. But since a lot of my patients have been spending more time at home, I wanted to toss in a free workout app. I love that this app has so many different types of exercise workouts. It even allows you to work out with friends. I was able to work out with a coworker while we were both at our own homes! You can stream your workouts to your TV and most workouts require little to no equipment.

Tracks: Previous workouts



Healthy Eating: Low Carb Recipes

By Pattie Lueyot, MS,RDN,LD,CDCES



Pattie is a Registered Dietitian, a Certified Diabetes Care and Education Specialist (CDCES), and the program coordinator at Cray Diabetes Self-Management Center. Previously, she was a diabetes educator and a private chef. She loves to grow herbs and vegetables in her backyard to use in her cooking.

Spaghetti Squash Carbonara:

<https://ketokarma.com/keto-friendly-spaghetti-squash-carbonara/>

Ingredients:

- 1 large spaghetti squash (about 4 cups)
- 1/2 cup grated parmesan cheese (plus more for garnish)
- 2 large egg yolks
- 1/4 tsp salt (or to taste)
- 1 tsp, ground black pepper
- 5 oz pancetta or (turkey) bacon, cut in 1/4" cubes
- 1 clove garlic, minced
- 1/4 tsp crushed red pepper flakes
- 1/2 cup heavy cream
- 1/4 cup fresh flat-leaf parsley leaves, chopped

Directions:

1. Cut the squash in half lengthwise. Scoop out and discard the seeds with a spoon. Place squash onto a microwave safe plate, cover tightly with plastic wrap, and microwave on high for 13-14 minutes, until tender and the flesh can easily be detached with a fork.
 2. In a separate bowl, mix the parmesan cheese, egg yolks, salt and pepper and set aside.
 3. Cook the pancetta in a large skillet over medium-high heat, stirring occasionally, for about 7-8 minutes, until crisp.
 4. Add the garlic and red pepper flakes to the skillet and cook, stirring for about 1 minute, until the garlic is fragrant. Stir in the heavy cream, scraping up any brown bits in the pan, and bring to a simmer. Reduce the heat to medium-low and add the squash strands. Toss together until squash is coated.
 5. Add the parmesan and egg mixture slowly and toss to gently cook the eggs and make a creamy sauce. Turn off the heat and stir in the parsley.
 6. Divide among 4 plates and serve with more Parmesan and parsley for garnish if desired.
- 4 servings (1.25 cup each)

*** Each serving contains: 337 kCal, 7 g Net Carb, 14 g Protein and 29 g Fat**

Braised Herbed Chicken:

<https://www.diabetesfoodhub.org/recipes/braised-herbed-chicken.html>

Ingredients:

- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1 Tbsp olive oil
- 1 lb. chicken thighs (boneless, skinless)
- 2 cups low sodium chicken broth (fat-free, reduced sodium)
- 3 large carrots, cut into 1-inch chunks
- 12 oz. fingerling potatoes, cut in halves

Directions:

1. In a small bowl, combine the rosemary, thyme, oregano, garlic powder and black pepper.
2. Heat the oil in a Dutch oven over medium-high heat. Add the chicken and sauté for 3 minutes per side.
3. Add the garlic and sauté for 30 seconds.
4. Add the potatoes and carrots around the chicken in the pan. Pour the herb mixture over the chicken and potatoes.
5. Add the chicken broth to the pan and bring to a boil. Reduce heat to a simmer; cover and cook for 30-35 minutes.

Nutrition Facts	
4 Servings	
Serving Size	1 chicken thigh + 1/2 cup vegetables
Amount per serving	
Calories	260
Total Fat 9g	
Saturated Fat 2g	
Cholesterol 105mg	
Sodium 270mg	
Total Carbohydrate 23g	
Dietary Fiber 3g	
Total Sugars 3g	
Protein 21g	
Potassium 770mg	