



# The Beacon

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## Med-Cert Medical Management Resources

“Guiding your way to better health management”

### TRUTHS and MYTHS about diabetes you need to know now

**Truth or Myth:** You can lower high blood sugar with high-fiber foods.

**Truth** - A New England Journal of Medicine study reported that people with Type 2 diabetes who eat high fiber diets can significantly lower their blood sugar and insulin levels – as much as 10% - versus those who have a low fiber diet. Furthermore, research shows that having a diet high in refined sugars more than doubles the chances of developing type 2.

#### Some Good Sources of Fiber:

- Apples
- Grapes
- Cantaloupes
- Bananas
- Peaches
- Green beans
- Sweet Potatoes

#### Fiber Intake Recommendation

Under 50	25g a day (women) 38 g a day (men)
Over 50	21g a day (women) 30g a day (men)

**Truth or Myth:** Insulin pump users can insert the infusion set, press a button or two at mealtime, and then forget about it?

**Myth** – Insulin pumps do provide users with a newfound freedom but you can't just “set it and forget it.” For starters, you need to understand how the pump works in case it gets clogged, and you need to know how to change - and how often to change – your infusion set to minimize

the risks. You still need to carry backup supplies like you always did – insulin, syringes, etc. Plus you still have to check your blood sugar often to see if you need to make corrections.

**Truth or Myth:** Over the counter creams for itching, rashes or muscle aches are safe for people with diabetes?

**Myth** – They may not be safe if you suffer from neuropathy! As reported through the American Diabetes Association (ADA), some of these creams may cause or aggravate muscle pain associated with neuropathy. You should also be aware that products containing salicylic acid can cause burning and irritation, too.

**Truth or Myth:** An ultra low carb diet (like Atkins) is easy to adopt by people with diabetes.

**Myth** – First of all, if you have diabetes, do not try the Atkins diet on your own. You MUST consult your doctor. **Why?** Because cutting carb intake to almost nothing without adjusting your diabetes meds could cause your blood sugar to plummet = putting you at risk.

**Truth or Myth:** People with diabetes should aim for the same cholesterol level as people without diabetes.

**Myth** – Truth is, a cholesterol level that is considered low enough for a person without diabetes is still too high for a person with diabetes.

**Truth or Myth:** Neuropathy is always caused by diabetes.

**Myth** – Yes, neuropathy or nerve damage is a very common complication of diabetes, however it can actually be a side effect of some medications. What's more, higher doses of B6 are known to cause nerve problems leading to uncontrolled movements such as staggered walking and poor balance.

### Recommended Cholesterol Levels for most people with Diabetes

LDL Goals: less than 100 mg/dl

HDL Goals: at least 40 mg/dl (Note: HDL or “good” cholesterol can never be too high)

Triglycerides: below 150 mg/dl

### TIGHT PANTS: A Hidden Culprit That Can Cause Nerve Damage

Sound Strange? It has been medically documented as Femoral Cutaneous Neuropathy. A doctor writing in the *Canadian Medical Association Journal* said some of his patients have had tingling or numbness in their thighs. One patient even feared she had multiple sclerosis. All of the patients were somewhat overweight and had worn hip huggers for months before seeing a doctor. The doctor discovered the hip huggers put too much pressure on a major nerve. “Anything that causes restriction around the groin, where the lateral phemeral cutaneous nerve comes out, can, particularly if the pressure is there for a period of time, cause this type of damage,” said Dr. Carol Koski, director of the Center for Neuromuscular Disease at the University of Maryland. According to Koski, the damage can be permanent for older people, but for younger people, the nerve will usually regenerate in six weeks. Heavy tool belts and girdles can also cause this sort of problem, according to the experts.

## Drink Your Milk.....

Calcium is good for your bones AND your blood pressure? Just 3-4 low-fat milk servings a day can lower your chances of getting high blood pressure and lower blood pressure that is already high.



## Avoid Crippling Falls In Your Golden Years

Every year, over 250,000 Americans suffer a hip fracture. Within a year, one in 5 dies. And of those who survive, nearly half never fully recover and require long-term nursing care.

But it doesn't have to be that way. Most of the falls that cause broken bones can be easily prevented. How? By improving your balance.



Your sense of balance is like a muscle -- you must exercise it regularly or it will weaken and lose its usefulness to you. The good

news is it's easy to improve your balance. Simply stand on one leg and move the other, bent at the knee, through space. Do this several times throughout the day. (Many people find that the best time to do this is while brushing their teeth.)

Once you get really good at it and can stand for several minutes, try standing on one leg with your eyes closed. In the beginning, you'll probably only be able to do it for a few seconds. But with practice, you'll soon be able to stand for 28 seconds -- the same amount of time as the average 30-year-old!

Be sure to have something sturdy nearby to grab hold of in case you need additional support

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## KITCHEN SPONGE GERMS



Even if you wash your kitchen sponge regularly, it can still be full of bacteria. In fact, studies show that the average kitchen sponge can contain up to a million more germs than a toilet seat! And if you're not careful, those germs can make it onto your dishes, your drinking glasses, and your countertops.

Fortunately, the best way to decontaminate a sponge is also the easiest. Just rinse it, wring it out, and microwave it for 30 to 60 seconds. The microwave will kill those nasty germs dead.



## ASK A NURSE

### What causes canker sores?

Canker sores, known to doctors as *recurrent aphthous ulcers*, are the most common oral disease -- yet we still don't know exactly what causes them.

Canker sores, which occur inside the mouth, are different from cold sores, which appear on the lips. Cold sores are caused by the herpes virus and are contagious. Canker sores are not contagious. Unfortunately, there is no treatment for canker sores.

### Does cracking knuckles lead to arthritis?

There's no connection. Knuckle cracking is relatively harmless -- the loud noise is just bubbles popping in the synovial fluid surrounding the joint. Long-term knuckle cracking might stretch the ligaments surrounding the joint, causing a slight decrease in grip strength, but this isn't likely to become a significant problem.

### Why does hair turn gray as we get older?

We lose hair color because the pigment cells in our hair follicles die off as we get older. The age at which this occurs is determined largely by heredity, though smoking or vitamin deficiency can speed up the process.

## Potassium and High Blood Pressure Link

Researchers at John Hopkins University in Baltimore have discovered that high potassium consumption may lower -- or even prevent -- high blood pressure. Here are some good sources of potassium:

- Baked Potato with skin
- Bananas
- Cooked Acorn Squash
- Dried Apricots and Peaches
- Low-Fat Yogurt
- Orange Juice
- Prune Juice
- Spinach
- Tomato Juice

## Recipe Corner



### Spinach and Garlic Penna Pasta

1 (16-ounce) package uncooked penna pasta  
1 pound fresh spinach, washed, dried, stemmed, and shredded  
8 slices bacon, diced  
1 tablespoon minced garlic  
2 tablespoons butter  
1/3 cup extra-virgin olive oil  
Freshly grated parmesan cheese

Cook pasta according to package directions; drain and return to pan to keep warm.

In a large frying pan over medium-high heat, fry bacon until crisp; remove bacon to a plate with paper towels to drain. Remove and discard all but 2 tablespoons of bacon fat. Reheat frying pan; add butter and olive oil and heat. Stir in garlic until aromatic. Add spinach, stirring until spinach is cooked. Add pasta and stir until blended. Remove from heat and transfer onto individual serving plates. Scatter bacon over top and sprinkle with parmesan cheese.

Makes 4 servings.



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition were the American Diabetes Association, Bottom Line's Daily Health News and Secrets, and [whatscookingamerica.net](http://whatscookingamerica.net).