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Diabetes Life Lines

Back to Basics: What Should Your Medical Team Be Checking?

If you go in for a complete medical exam for your diabetes, what should you expect? Here is what the American Diabetes Association recommends:

Your medical team should ask about:

1. The history of your diabetes diagnosis, previous care and diabetes education;
2. How often you have low and high blood glucose levels and how severe they are;
3. Any diabetic complications you have;
4. Problems you may have coping with your diabetes.

Your health care provider during the physical exam should check your:

1. Height, weight and body mass index;
2. Blood pressure;
3. Thyroid;
4. Skin;
5. Feet with your shoes and socks off.

Your health care professional should also order:

1. An A1C test to see your average blood glucose over the last 3 months;
2. Fasting blood tests for your cholesterol and triglyceride levels;
3. Kidney and liver function tests;
4. Tests for albumin (protein) in your urine;
5. A thyroid test if you have type 1 diabetes, are a woman over age 50 or have high cholesterol or triglyceride levels.

Your health care provider may also refer you for:

1. A dilated eye exam from an eye doctor;
2. Diabetes self-management training from a diabetes educator;
3. Medical nutrition therapy with a dietitian;
4. A visit with the dentist;
5. A consult with a mental health professional if needed.
College Diabetes Network

If you or someone you know with type 1 diabetes plans to go to college, check out the website of the College Diabetes Network at http://collegediabetesnetwork.org.

The College Diabetes Network is a non-profit group founded by Christina Roth when she was a college student in Massachusetts. The Network has chapters on college campus in over 30 states to help college students manage their diabetes better while dealing with the stresses of college life. Many states have more than one chapter. You can search for a chapter at the colleges you are interested in on their website.

The website also has a wealth of information about dealing with diabetes at college and beyond. There is even information about scholarships only for students with diabetes. Topics covered on the website are:

- What to consider about diabetes when selecting a college
- Guidelines on how to handle diabetes once on campus
- Ways to deal with diabetes while studying abroad
- How to advocate for your rights and get support to manage your diabetes
- Possible career paths and internships
- Advice on how to handle relationships issues related to diabetes
- Discussions of specific concerns for guys and girls
- Descriptions of diabetes technology that may be helpful
- Help with obtaining and using health insurance
- Links to other diabetes websites for more information
- Links to clinical trials related to diabetes

You can also sign up for a newsletter from the Network. This organization and its website are a real asset for anyone with type 1 diabetes trying to successfully transition from home to college.

A family also needs to start talking to their child’s health care team around the beginning of adolescence about transitioning to adult diabetes care. Waiting until the young person is 18 is almost too late.
**FREE Diabetes Tracker App**

The American Association of Diabetes Educators has a free app for both Android and Apple devices to help you keep track of your diabetes goals. This Tracker is available in both English and Spanish and helps you set goals and keep track of these goals as often as you decide you need it. You can even share these goals with others to get support.

The app also provides important information about how diabetes affects your body, how to detect symptoms that indicate your diabetes management may need to be adjusted, ways to make those changes and tips on setting realistic goals.

The app is available as the “AADE Diabetes Goal Tracker” on both iTunes and Google Play Store.

**Rates of Diabetes Self-Management Training Low Among the Privately Insured**

The Centers for Disease Control and Prevention analyzed insurance claims from private health insurers to see whether people newly-diagnosed with diabetes were receiving diabetes self-management training. The American Diabetes Association recommends that people with diabetes participate in diabetes self-management training within one year of their diagnosis. Unfortunately the CDC found that only 7 percent of all newly diagnosed individuals between the ages of 18-64 got this training. Adults over age 45, people on insulin and those living in urban areas were more likely to get these services, but even in those groups, participation was less than 15 percent.

Diabetes self-management training does improve blood glucose control which can reduce risk for diabetic complications, cut trips to the hospital and lower health care costs. If you have not had diabetes self-management training, find out what is offered in your community. Then ask your health care provider to refer you to a program. It is covered by Medicare and many private health insurers.
# Mouth-Watering Oven-Fried Fish

This recipe is adapted from the *Healthy Eating on a Budget Cookbook* available online at [http://choosemyplate.gov/budget/downloads/2WeekMenuCookbook.pdf](http://choosemyplate.gov/budget/downloads/2WeekMenuCookbook.pdf)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 pounds fish fillets (cod or other white fish)</td>
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<tr>
<td>1 tablespoon fresh lemon or lime juice</td>
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<tr>
<td>¼ cup fat-free buttermilk</td>
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<tr>
<td>1 teaspoon minced, fresh garlic</td>
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<tr>
<td>1/8 teaspoon hot sauce</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon white ground pepper</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon salt (optional)</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon onion powder</td>
<td></td>
</tr>
<tr>
<td>½ cup crushed cornflakes or bread crumbs</td>
<td></td>
</tr>
<tr>
<td>½ cup crushed cornflakes or bread crumbs</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 fresh lemon, cut into wedges</td>
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</tbody>
</table>

1. Preheat oven to 475 degrees.
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine buttermilk, hot sauce and garlic.
4. In separate bowl, combine the white pepper, salt, onion powder and cornflakes or bread crumbs.
5. Let fillets sit briefly in the buttermilk mixture. Remove and coat both sides of fillets with seasoned crumbs. Let each fillet stand briefly in the crumbs so coating sticks to each side.
6. Lightly coat a shallow baking dish with the oil and arrange fillets evenly in dish.
7. Bake on middle rack of the oven for 20 minutes without turning.
8. Cut into 6 pieces and serve with fresh lemon.

### 6 servings

**Nutrition Analysis with salt:**

- Calories: 150
- Carbohydrate: 4 grams
- Protein: 25 grams
- Fat: 3.5 grams
- Saturated fat: 0.5 grams
- Cholesterol: 60 milligrams
- Sodium: 210 milligrams
- Fiber: 0 grams

Diabetic Choices: 3 lean meats

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Dear Friend,

*Diabetes Life Lines* is a bi-monthly publication sent to you by your local county Extension agent.

It is written by an Extension Nutrition and Health Specialist and other health professionals from the University of Georgia. This newsletter brings you the latest information on diabetes self-management, healthy recipes and news about important diabetes-related events.

If you would like more information, please contact your local county Extension Office.

Yours truly,

County Extension Agent

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