

Join us in welcoming our new Nurse Practitioner, Jackie!



Jacquelyn Meldrum, FNP-C

Jackie was an undergraduate at Madonna University in Livonia, MI where she graduated with a Bachelor's in Science and Nursing in 2005. She received her Master's degree in Science and Nursing in 2015 from the University of Phoenix in Tuscon, AZ. She is Board Certified through AANP as a Family Nurse Practitioner, and has 10+ years of experience in the cardiovascular sect and Intensive Care Unit settings.

How Often Are You Checking Your Sugar?

Testing at different times of the day can give you different information about how your diabetes care plan is working. When should you be testing?

First thing in the morning, before eating or drinking anything. This will tell you whether you have enough insulin in your body to control blood sugar levels at night, while you're asleep.

Before each meal. This will help you make decisions about how much medicine to take and how much food to eat.

After meals and before bedtime. This can tell you if you're taking enough medicine to cover the food you eat during the day and whether you're making the right food choices.

Before certain activities, such as driving or using any kind of machine. This will let you know if your blood sugar is in a normal range. If your blood sugar is low, you will want to eat a carbohydrate snack before you begin.

Before and after exercise. This can help you make sure blood sugar levels stay as close to normal as possible before, during, and after you've finished exercising.

Whenever you feel odd. You might feel like your blood sugar is suddenly starting to drop, or that it's higher than it should be, based on how you feel. But you won't know for sure unless you test. Testing takes out the guesswork. When you know what your actual blood sugar level is, you can make a better decision about what action you need to take, if any.

Remember: Use your test results to help make decisions about food, exercise, and medicines, and to have greater control of your diabetes.

<http://www.ghc.org/healthAndWellness/?item=/common/healthAndWellness/conditions/diabetes/whenToMonitor.html>

"Healthy feet will make a happier you!"

-Dr. Moosa



Diabetes and Foot Care:

An Easy Guide to Healthy Feet

There are many things you can do to keep your feet healthy.

- **Take care of your diabetes.** Work with your health care team to keep your blood glucose in your target range.
- **Check your feet every day.** Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.
- **Be more active.** Plan your physical activity program with your health team.
- **Ask your doctor about insurance coverage** for special shoes.
- **Wash your feet every day.** Dry them carefully, especially between the toes.
- **Keep your skin soft and smooth.** Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes. Read more about skin care.
- **If you can see and reach your toenails, trim them** when needed. Trim your toenails straight across and file the edges with an emery board or nail file.
- **Wear shoes and socks at all times.** Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.
- **Protect your feet from hot and cold.** Wear shoes at the beach or on hot pavement. Don't put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.
- **Keep the blood flowing to your feet.** Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two (2) or three (3) times a day. Don't cross your legs for long periods of time. Don't smoke.
- **Get started now.** Begin taking good care of your feet today. Set a time every day to check your feet.

- See more at:

<http://www.diabetes.org/living-with-diabetes/complications/foot-complications/foot-care.html#sthash.k7nCWqoa.dpuf>

THE ENDO REPORT



June 18th

11:00 am ~ 3:00 pm

2nd Annual

Diabetes Health Fair

Sylvania YMCA/JCC

6465 Sylvania Ave.
Sylvania, OH 43560

Blood Pressure - Glucose Screening - Meet the Doctor - Ask the Nurse Practitioner

New Patient Scheduling - Information Packets - Snacks - Gifts

Receive a helping hand from Certified Diabetes Educators (CDEs)

CDE's are healthcare professionals who provide expert advice for better diabetes management and are certified by the National Certification Board for Diabetes Educators.

At these sessions you will learn about:

- *What diabetes is
- *The importance of checking blood sugar levels
- *A1C and how it affects blood sugar
- *Meal planning and exercise
- *Medical tests
- *Types of medication to help manage blood sugar

We offer FREE Diabetes Education Classes:

Endocrine Specialists, PC
3830 Woodley Rd. #A-2
Toledo, OH 43606
1st and 3rd Tuesday
of each month
5:30 PM

Endocrine Specialists, PC
15506 S. Telegraph Rd.
Monroe, MI 48161
Thursday, March 17th
4:00 PM - 6:00 PM
Hosted by:
Robin Cutcher, RN, CDE

Diabetes Care Center
5871 Monclova Rd.
Maumee, OH 43537
3rd Monday of each month
6:30 PM - 7:30 PM

Diabetes Support Groups

Living with Diabetes
Education and Support
Group
474 N. Telegraph Rd.
Monroe, MI 48161
3rd Wednesday of each
month
7:00 PM - 8:30 PM