



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this month's report on **Diabetes Care**.

You'll soon discover why Licking Memorial Health Systems is measurably different ... for your health!

Visit us at www.LMHealth.org.

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Quality Report Card

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(740) 348-4000 (phone) • www.LMHealth.org



Volume 11, Issue 9

September 2010

Health Tips – Nutrient-Rich Foods

The following foods have qualities that may benefit diabetes patients when included as part of a well-balanced diet:

- **Avocados** – good source of fiber, vitamin A, thiamin, riboflavin, niacin, folic acid and potassium
- **Beans** – high in fiber and protein, good source of magnesium and potassium
- **Berries** – high in fiber and antioxidants
- **Cinnamon** – may help with insulin resistance, according to research studies
- **Citrus fruit** – good source of fiber and vitamin C
- **Dark green, leafy vegetables** – low calorie, full of nutrients such as vitamins A, C and K, folic acid, iron and calcium
- **Garlic** – contains iron, vitamins A and C, and allicin (a phytochemical), and has anticoagulant properties
- **Nuts** – good source of fiber and magnesium
- **Oats and other whole grains** – good source of fiber, magnesium, chromium, omega-3 fatty acids and potassium
- **Olive oil** – high in monounsaturated fat, and may reduce the risk of coronary heart disease
- **Peanuts** – good source of fiber, vitamin E, folic acid and protein
- **Salmon** – high in protein, contains vitamins A and D, heart-healthy omega-3 fatty acids, niacin and carotenoids
- **Sweet potatoes** – good source of fiber and vitamin A
- **Tomatoes** – good source of vitamins C and E, iron and antioxidants
- **Yogurt** – excellent source of calcium and vitamin D

Diabetes Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

Check out
our Quality
Report Cards online
at www.LMHealth.org.

- 1** Much of the care diabetes patients receive takes place in the outpatient or physician office setting. The physician offices of Licking Memorial Health Professionals (LMHP) measure the most critical indicators for diabetes.

	LMHP 2007	LMHP 2008	LMHP 2009	National ⁽¹⁾
LMHP diabetes patients receiving eye exam	68%	72%	71%	60%
LMHP diabetes patients having HbA1c test	91%	92%	87%	86% ⁽²⁾
LMHP diabetes patients having lipid profile	93%	95%	90%	82% ⁽²⁾
LMHP diabetes patients having microalbuminuria test	90%	92%	92%	80%
LMHP diabetes patients having foot exam	90%	91%	87%	80%

- 2** While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the diabetes. The hemoglobin A1c (HbA1c) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person's blood over an extended period of time.

	LMHP 2007	LMHP 2008	LMHP 2009	National ⁽¹⁾
LMHP diabetes patients with HbA1c less than or equal to 7%	58%	54%	48%	40%

- 3** People with diabetes are at high risk for heart disease. An elevated LDL (“bad”) cholesterol test reveals if an individual has unhealthy fat levels, which increase the risk for heart disease, a very serious complication of diabetes.

	LMHP 2007	LMHP 2008	LMHP 2009	National ⁽¹⁾
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	63%	63%	61%	36%

- 4** The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people in the community with diabetes. The American Diabetes Association recommends a person with diabetes have a blood test called a hemoglobin A1c (HbA1c) at least every six months to monitor glucose levels. The two most frequent reasons a person with diabetes may not get an HbA1c are that the test is not ordered or that he/she did not go to the laboratory for the test.

	LMH 2007	LMH 2008	LMH 2009	Goal
CCM diabetes patients who obtained an HbA1c	87%	99%	99%	80%

- 5** Licking Memorial Hospital offers special classes and services for people with diabetes. Certified diabetes educators, registered nurses, dietitians and pharmacists teach classes and help participants set and meet personal goals.

	LMH 2007	LMH 2008	LMH 2009	Goal
Goals met by diabetes education graduates – within six months	92%	91%	91%	Greater than or equal to 80%

Patient Story – Larry Jacobs

When Larry Jacobs retired as the vice president of a forklift dealership in Michigan in 2004, he and his wife, Jacqueline, moved to Florida with dreams of an active senior lifestyle, full of golf outings and adventurous travel destinations. Larry had a couple of health concerns – he was diagnosed with “borderline” type 2 diabetes, and had two heart bypass surgeries. But Jacqueline passed away suddenly in 2006, and Larry’s dreams and health both became mired in grief.

Larry and Jacqueline had been married 52 years after meeting as teenagers on the Newark Courthouse Square. “It was difficult for me to lose my wife after all those years,” Larry said. “We used to enjoy traveling and being active together. That all came to a screeching halt when she died. I let myself go a little bit, and I did not feel like doing anything – I just wanted to sit around.” Grief-stricken, Larry decided to return to Newark, his original hometown.

As a former Army X-ray technician stationed at the 98th General Hospital in Germany, Larry uses the Veterans Affairs (VA) Community Based Outpatient Clinic. During a round of golf in the summer of 2009, Larry had trouble walking. “My legs locked up on me,” he said. “I returned home and checked my blood sugar. It was really high, so I called the VA right away.” Larry’s physician put him on insulin therapy and recommended that he begin visiting a Wellness Center to improve his health. “That was a big shock for me to begin taking insulin,” Larry remembered. “But I take just one injection of Lantus each night, and it has made a difference.”

“I also did a little research and learned about the Licking Memorial Hospital (LMH) Wellness Center right here in Newark,” Larry said. “Since it was so close and convenient, I decided to try it, and it has really paid off. I arrive early in the morning to exercise three days each week. I use several types of exercise equipment, including the Nautilus, treadmills, stationary bikes and arm bikes. Now, I look forward to my days at the Wellness Center. It gets me out of the house, and Darcy Nethers (Wellness Center coordinator) and the rest of the staff really know how to motivate people. I hate to miss a day.”

While at the Wellness Center, Larry met Sandy Gienger, a certified diabetes educator at LMH, who suggested that he attend the four-part series of Diabetes Management Classes. “The classes helped me to understand how diabetes affects the body, and how I need to adjust my diet, insulin and other medicines to compensate for the fact that my body does not produce and use natural insulin the way it should,” he said.

In addition, he met with Registered Dietitian Annmarie Thacker for one-on-one nutritional counseling in a two-hour session.



Larry Jacobs finds he feels much better after exercising vigorously three days a week at the Licking Memorial Wellness Center. Larry has achieved good blood glucose control through exercise and careful meal planning.

“My wife was always careful about watching her weight, so for more than 50 years, she cooked healthy meals for us. It is difficult to cook for one person. No one wants leftovers, so you tend to eat up all the extra food. The plastic food models that Annmarie used to show me the correct portion sizes were very helpful. You could read forever about what size of potato you should eat, but it will not mean as much to you as seeing it with your own eyes. Annmarie used the plastic models in different combinations on a plate to build meals, and now I have a mental picture of correct portion sizes. That was the biggest help I have had so far.”

Larry’s new regimen of diet and exercise has greatly improved his health and sense of well-being. In 2009, his HbA1c was 11.9 (under 7 is considered very good for patients with diabetes). One year later, his HbA1c had dropped to 7.4. A lower HbA1c level is an indicator of good long-term blood glucose control which can help to prevent complications from diabetes.

“I feel pretty good,” he said. “I’ve been active all my life, so I feel so much better after my days at the Wellness Center. It has really helped me get back in the groove. The one piece of equipment that I have not used very much is the elliptical machine that works the arms and legs at the same time. I get exhausted on it after just a few minutes. One man who comes to the Wellness Center uses it at a full run for 40 minutes at a time. He is my hero! My goal is to work on it for a 10-minute stretch – I will get there.”

Larry is taking advantage of his renewed energy by enjoying the activities and culture his boyhood home offers. He plays golf whenever possible and enjoys theater and symphony performances. He has also become a big fan of the LMH diabetes education program and urges his friends and family to take advantage of the classes, nutritional counseling and Wellness Center.

What Are the HbA1c and EAG?

Diabetes patients need to test their blood frequently at home according to their physicians’ instructions to monitor their blood glucose levels. In addition, patients should receive periodic lab testing that will evaluate long-term blood sugar control.

The hemoglobin A1c (HbA1c) test can measure the overall percentage of glucose in the bloodstream over the previous two to three months. It is considered a good indicator of how well a patient’s diabetes is being managed. The American Diabetes Association reports the ideal level is under 7 percent.

The estimated average glucose (EAG) is a new way of translating the HbA1c results that patients can relate to their home glucometer testing. For example, an HbA1c score of 6.5 would equal an EAG score of 140, comparable to an average home glucometer reading of 140.

Healthy Meal Planning for Diabetes Management

Foods contain many nutrients that provide the energy our bodies require. Carbohydrate is the nutrient that has the most significant effect on blood glucose levels, whereas protein and fat have much less impact. A balance of carbohydrate, protein and fat is needed for a healthy meal plan.

Many foods that contain carbohydrate, such as grains, starchy vegetables and fruit, contain additional nutrients and energy for the body's cells, and it is important to include some with each meal. On the other hand, desserts, sweets and soft drinks also provide carbohydrate, but they provide very few other nutrients. When the quantity of carbohydrate is controlled, the blood sugar can be more easily controlled. Women typically require about 30 to 60 grams of carbohydrate per meal and men require 45 to 75 grams per meal. Snacks should be limited to 15 to 30 grams of carbohydrate.

For properly balanced meals, it is important to include a good source of carbohydrate, lean protein and/or healthy fat. A simple way to plan healthy meals and control portion sizes is to use the "plate method," where one-half of the plate is filled with vegetables, one-quarter of the plate is filled with lean protein, and the remaining quarter of the plate is filled with

whole grain or starch. A serving of fruit and milk could also be included with the meal or included as part of a healthy snack. Make sure you are including lean meat, whole grains, fruits, vegetables and low-fat dairy foods daily to get all the nutrients you need.

Patients with diabetes have a much greater risk for developing heart disease, therefore, it is important for them to consume heart-healthy meals and snacks. Many favorite recipes can be modified to make them healthier by reducing the sodium content and using leaner meats and healthy fat. Here are some simple recipe substitutions that will make your meals more healthy:

Instead of:

1 cup cream

1 egg

Pastry dough

Butter, margarine
or oil for sautéing

Better to use:

1 cup evaporated skim milk

2 egg whites, or
¼ cup egg substitute

Graham cracker crust,
or phyllo dough

Cooking spray, chicken broth
or dab of olive oil



Annmarie Thacker, a registered dietitian at Licking Memorial Hospital, uses plastic food models to demonstrate the "plate method" of healthy meal planning.

Many reduced-fat or fat-free products are now available in the grocery store. Substituting the following products for the original versions can help you follow a heart-healthy diet:

- Lean turkey bacon
- Extra lean ground beef or ground turkey breast
- Fat-free sour cream
- Reduced-fat or fat-free mayonnaise
- Skim milk

However, be aware that some products, such as salad dressings, add extra sugar to their low-fat versions.

Many recipes can be improved by cutting back on the amount of sugar or fat. Experiment by adding a little less than what the recipe instructs. In many instances, you can reduce the amount of sugar in recipes by 25 percent without noticing a change in flavor.

Garlicky Green Beans

Try this delicious, healthy recipe to substitute for the standard, high-calorie green bean casserole:

- 1-1/2 pound green beans
- 2 teaspoons olive oil
- 6 ounces sliced mushrooms
- 4 shallots, peeled & cut lengthwise in half, or 1 medium onion
- 3 minced garlic cloves

- 2 teaspoons fresh chopped thyme
- ½ teaspoon salt
- ¼ cup coarsely crushed multigrain croutons
- ¼ cup canned french fried onion rings

Cook green beans in boiling water until tender, approximately 6 to 8 minutes. Drain.

Heat 1-1/2 teaspoons olive oil in a large, nonstick skillet. Add mushrooms and shallots (or onions). Stir occasionally until tender, approximately 6 minutes. Add garlic, thyme and salt, and stir constantly for 1 minute. Stir in the cooked green beans.

For topping, heat the remaining ½ teaspoon olive oil in a small nonstick skillet over medium heat. Add crushed croutons and french fried onion rings. Cook 1 to 2 minutes, stirring constantly, until lightly toasted.

Place green beans in a large bowl, sprinkle with topping.

Yield: 6 servings. Nutrition information for each serving – calories: 66, fat: 2g, saturated fat: 0g, cholesterol: 0g, sodium: 172mg, carbohydrates: 10g, dietary fiber: 3g, protein: 2g

