

# DIABETES SUPPORT GROUP NEWSLETTER



An Affiliate of  UnityPoint Health

**SPRING 2025**

## **FROM THE DESK OF...**

SEE WHAT IS HAPPENING  
THIS MONTH

## **HEALTHY RECIPES**

REFRESH YOUR TASTE BUDS  
WITH THESE HEALTHY RECIPES

# FROM THE DESK OF...

Happy Spring! The grass is turning green, the trees are starting to leaf out and I can't wait for warmer weather and sunshine! It will be good to be able to get outside and go for a walk, dig in the dirt, or do any of the other activities that spring and summer bring. We can work on yearly maintenance in our yards, gardens, and homes. Those projects that help our homes and yards to look their best.

Preventative maintenance is important for many items in our lives. We maintain our cars, homes, campers, and many other things. Do you ever think about the maintenance your body needs to operate at it's best? This month we are going to talk about things that you can do that are preventative maintenance for your body to help keep you healthy. These things are especially important when you have diabetes.

Having an intact immune system is one of the ways to stay healthy. What is an immune system and what is it's job?

The immune system is very important to keep us healthy. It protects the body from things that can make us sick, like germs and cell changes. When your immune system becomes weak it can't fight off bacteria, viruses, and other changes and then we become ill. Without our immune system we have no way to fight things that enter our body from the outside or inside changes that occur. The main functions of the immune system are to

- Fight diseases caused by bacteria, viruses, fungus, or parasites and remove them from the body (2023)
- Recognizing and neutralizing harmful substances from the environment (2023)
- Fight changes in the body that cause diseases like cancer (2023)

There are many things that can cause our immune system not to function properly. Diabetes can contribute to that through high blood glucose and the development of chronic complications.

Have you ever heard the term "Food is Medicine"? This phrase has been used more in recent years. Did you know that the Department of Health and Human Services has a subdivision the Office of Disease Prevention and Health Promotion that has a project called "Food is Medicine". Which is looking for ways to incorporate foods that promote health? Did you know that the Rockefeller Foundation has a program "Food is Medicine" that provides funding to help people to purchase fresh fruits

# FROM THE DESK OF...

and vegetables? Did you know there is a “Food is Medicine Coalition”? There are many programs that are promoting healthier food choices and the health benefits that can happen when we eat healthier.

We need to do our preventative maintenance, to stay healthy or improve our health and have the best life possible. Join me May 15th at 7 pm at Sneakers for Diabetes Support Group we will discuss what we can do to keep our bodies healthier.



**Christine Drake BSN, RN**

Guthrie County Hospital Diabetes Education Coordinator

## **Reference:**

About FIMC. FIMC. (n.d.). <https://fimcoalition.org/about-fimc/>

Ajje, M., van Heck, J. I., Janssen, A. W., Meijer, R. I., Tack, C. J., & Stienstra, R. (2023). Disease duration and chronic complications associate with immune activation in individuals with longstanding type 1 diabetes. *The Journal of Clinical Endocrinology & Metabolism*, 108(8), 1909–1920. <https://doi.org/10.1210/clinem/dgad087>

Centers for Disease Control and Prevention. (2024, May 15). *Your immune system and diabetes*. Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/diabetes-complications/diabetes-immune-system.html>

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# Diabetes and Vaccinations

According to the American Diabetes Association, individuals with diabetes are at a higher risk for infections and complications from infections. Those with diabetes often have higher blood sugars than the general public. High blood sugars hinder your body's white blood cells from being able to fight off infections effectively. To help your immune system fight off infections, you should stay updated on vaccinations in order to protect yourself from these various infections and complications.

While there are several vaccinations that are recommended for individuals with diabetes, the vaccines work fairly similar to one another. A vaccine is designed to stimulate your own body's immune system to produce antibodies which help recognize and fight off a specific pathogen. A vaccine will contain a weakened version or inactive version of a pathogen. When it is placed inside our bodies, our immune system will recognize it as foreign and learn how to fight off the infection. If an individual is to be infected by the same pathogen in the future, our body's immune system can recognize it and be able to fight the infection off quicker. Due to the immune system having to learn how to fight off a specific pathogen following a vaccine, it can take up to 2 weeks for your body to build up immunity.

There are several vaccinations those with diabetes should receive in order to stay protected against infections. On the next page is a table of the recommended vaccines and when they should be received.

Talk to your doctor at your next appointment if you have questions or think you may be eligible for any of these vaccines!



**Jackie Willms, PharmD**  
Director of Pharmacy

## **References**

Centers for Disease Control and Prevention. (n.d.). *RSV Vaccines*. Centers for Disease Control and Prevention. <https://www.cdc.gov/rsv/vaccines/index.html>

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*Vaccinations*. Diabetes & Vaccinations | ADA. (n.d.). [https://diabetes.org/about-diabetes/vaccinations#:~:text=Respiratory%20syncytial%20virus%20\(RSV\)%20can,Wheezing](https://diabetes.org/about-diabetes/vaccinations#:~:text=Respiratory%20syncytial%20virus%20(RSV)%20can,Wheezing)

# Diabetes and Vaccinations

	How often to receive	Time of Year	Notes	Common Vaccine Side Effects
<b>Influenza</b> (Any age)	Yearly	October	Those with diabetes are 3x more likely to have severe complications from influenza infections	<ul style="list-style-type: none"> <li>▪ Injection site pain and redness</li> <li>▪ Headache</li> <li>▪ Fatigue</li> <li>▪ Fever</li> <li>▪ Nausea</li> <li>▪ Chills</li> </ul>
<b>Pneumonia</b> (Adults 19 years or older with diabetes)	Varies depending on previous pneumonia vaccines	Any time of year	Those with diabetes are 3x more likely to have severe complications from pneumococcal diseases	<ul style="list-style-type: none"> <li>▪ Pain and redness at injection site</li> <li>▪ Fever</li> <li>▪ Headache</li> <li>▪ Fatigue</li> <li>▪ Loss of appetite</li> </ul>
<b>RSV</b> (60 years and older)	1 dose	Any time of year	Infection can potentially lead to pneumonia and bronchiolitis in those with diabetes	<ul style="list-style-type: none"> <li>▪ Pain and redness at injection site</li> <li>▪ Fatigue</li> <li>▪ Headache</li> <li>▪ Muscle/joint pain</li> <li>▪ Fever</li> <li>▪ Nausea</li> <li>▪ Diarrhea</li> </ul>
<b>Tdap - Tetanus, diphtheria and pertussis</b> (Any age)	Every 10 years	Any time of year	N/A	<ul style="list-style-type: none"> <li>▪ Pain at injection site</li> <li>▪ Redness or swelling at injection site</li> <li>▪ Fever</li> <li>▪ Headache</li> <li>▪ Nausea</li> <li>▪ Vomiting</li> <li>▪ Stomachache</li> </ul>
<b>COVID Booster</b> (Any age)	May receive current booster up to 2 times in 1 year	Any time of year	N/A	<ul style="list-style-type: none"> <li>▪ Pain and redness at injection site</li> <li>▪ Fatigue</li> <li>▪ Headache</li> <li>▪ Muscle pain</li> <li>▪ Fever</li> <li>▪ Chills</li> </ul>
<b>Shingles</b> (Adults 50 years and older)	2 dose series Second dose given 2-6 months after 1 <sup>st</sup> dose	Any time of year	<i>May receive 2nd dose even if it has been &gt;6 months since 1<sup>st</sup> dose</i>	<ul style="list-style-type: none"> <li>▪ Pain and redness at injection site</li> <li>▪ Headache</li> <li>▪ Muscle aches</li> <li>▪ Fatigue</li> <li>▪ Fever</li> <li>▪ Nausea</li> <li>▪ Vomiting</li> </ul>
<b>Hepatitis B</b> (Any age)	Typically given as an infant but some individuals may need to repeat the series  2 dose series, give 2 <sup>nd</sup> dose one month after the 1 <sup>st</sup> dose	Any time of year	Those with diabetes are at an increased risk for hepatitis B if they share blood glucose meters, fingerstick devices, and other diabetes care equipment	<ul style="list-style-type: none"> <li>▪ Pain and redness at injection site</li> <li>▪ Headache</li> <li>▪ Fatigue</li> <li>▪ Fever</li> <li>▪ Nausea</li> <li>▪ Vomiting</li> </ul>

*Here are some heart healthy diabetes friendly recipes to try.*

# Chicken Creole

## INGREDIENTS

- 1 Tablespoon vegetable oil
- 1 pound boneless, skinless chicken breast
- 1 can (14.5 ounces) diced tomatoes, with juice
- 1 cup chili sauce (about 9 ounces)
- 1 green bell pepper, diced
- 2 stalks celery, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced or
- 1/2 teaspoon garlic powder
- 1 teaspoon basil
- 1 teaspoon dried parsley
- 1/4 teaspoon cayenne pepper



## PREPARATION

1. Heat a skillet over medium high heat (350 °F in an electric skillet). Add the oil and chicken and cook until it is not pink inside after cutting.
2. Reduce heat to medium (300 °F in an electric skillet).
3. Add the tomatoes with juice and the rest of the ingredients.
4. Bring mixture to a boil; reduce heat to low. Cover skillet and simmer for 10 to 15 minutes. Serve hot.

### Notes:

- Serve over cooked rice or pasta. Use brown rice or whole-wheat pasta to include whole grains.
- No chili sauce? Make your own sauce by mixing these ingredients:
  - 1 can (8 ounces) tomato sauce
  - 1 Tablespoon vinegar
  - 1 teaspoon packed brown sugar
  - 1 teaspoon chili powder

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## NUTRITION INFORMATION

**10 servings per recipe**      **Serving Size: 1 cup**

110 calories, 2.5g fat, 25mg cholesterol, 450mg sodium, 12g carbohydrate, 10g protein.

# Green Salad with Peas

## INGREDIENTS

- 1 cup peas, fresh, frozen or canned
- 6 cups salad greens, torn in bite size pieces
- 1/2 cup chopped cucumber
- 1/2 cup low-fat salad dressing
- 1/2 cup low-fat feta cheese



## PREPARATION

1. Thaw and drain frozen peas or rinse and drain canned peas.
2. In a large serving bowl, combine peas, salad greens and cucumber.
3. Add dressing just before serving. Toss to mix well. Sprinkle with feta cheese.

## Notes:

- Try adding 2 tablespoons of chopped fresh mint to this salad for a refreshing twist!

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## NUTRITION INFORMATION

**6 servings per recipe**

**Serving Size: 1 cup**

90 calories, 3.5g fat, 5mg cholesterol, 430mg sodium, 7g carbohydrate, 6g protein.



# Watermelon and Fruit Salad

## INGREDIENTS

- 1 cup diced watermelon
- 2 cups sliced strawberries
- 1 cup blueberries (fresh or frozen and thawed)
- 1/2 cup diced fruit, try apple, banana or pear
- 2 teaspoons lime juice
- 2 teaspoons honey\* or brown sugar



## PREPARATION

1. In a serving bowl, gently mix together fruit.
2. In a small bowl, combine lime juice and honey. Pour over fruit and toss to coat.

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## NUTRITION INFORMATION

**8 servings per recipe**      **Serving Size: 1/2 cup**

Calories 40; Total Carbohydrate 10g; Total Sugars 7g; Protein 1g; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 0mg.



# Banana Oatmeal Cookies

## INGREDIENTS

- 2 very ripe bananas
- 1 cup oats (quick or old-fashioned)
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup raisins



## PREPARATION

1. Preheat oven to 350 °F.
2. In a medium bowl, mash bananas with a fork until mostly smooth.
3. Add oats, cinnamon, vanilla and raisins. Mix well.
4. Drop spoonfuls of dough onto lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or bottom of a drinking glass.
5. Bake 10 to 15 minutes. Remove from oven and let cool before serving.

### Notes:

- Texture will be best when freshly made.
- Try dried cranberries or chopped nuts instead of raisins.

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## NUTRITION INFORMATION

**7 servings per recipe**

**Serving Size: 2 cookies**

Calories 120; Total Carbohydrate 25g; Protein 3g; Total Fat 1g; Saturated Fat 0g; Cholesterol 0mg; Sodium 0mg.

# DIABETES SUPPORT GROUP

## • SAVE THE DATE •

May 15th, 2025 @ 7:00 p.m.

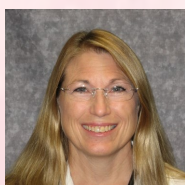
August 21st, 2025 @ 7:00 p.m.

November 20th, 2025 @ 7:00 p.m.

*Facilitated by Christine Drake, RN, BSN*

Join us at Sneakers Café located in Guthrie County Hospital for the diabetes support group. This is a great way to share your experiences and expand your knowledge about diabetes in a relaxed educational setting.

## DIABETES EDUCATION TEAM



**CHRISTINE DRAKE**

Diabetes Education  
Coordinator



**JACKIE WILLMS**

Director of Pharmacy



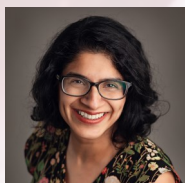
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