

DIABETES SUPPORT GROUP NEWSLETTER



An Affiliate of  UnityPoint Health

FALL 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...

Welcome to the Diabetes Newsletter. Whether you are reading this for the first time or have read it before I hope you find useful information here.

November is National Diabetes Awareness Month. During this month we focus on different aspects of diabetes to try and bring awareness. Did you know that the American Diabetes Association is celebrating its 85th Anniversary this year. The American Diabetes Association was established in 1940 and has been advocating for those affected by diabetes for the last 85 years.

Although that seems like a long time, diabetes has been around a lot longer than that. We know that it was first mentioned in Egyptian medical papyri dating back to 1500 BCE (Diabetes Research Connection, 2025). The description was fatigue and frequent urination. The term Diabetes was not used to describe those symptoms until 250 BCE. A Greek physician named Apollonius of Memphis, came up with the term, the Greek word was "Diabainein", meaning "to pass through", describing the frequent urination that was associated with the condition (Diabetes Research Connection, 2025). The "mellitus" term meant "sweet like honey", (Diabetes Research Connection, 2025), this term was used because the ancient Greek doctors thought the urine of patients with this condition tasted sweet. The term diabetes mellitus was started by Doctor Thomas Willis in the 1600's (Diabetes Research Connection, 2025). The urine was tasted to check for the presence of sugar. There is another type of diabetes, called "diabetes insipidus", that caused frequent urination without sweet urine.

How was diabetes treated back then? Treatment was herbs, chemicals, fasting, low carbohydrates, high fat and protein diets (Mudaliar, 2023). In 1889 two German physicians Joseph von Mering and Oskar Minkowski removed a pancreas from a healthy dog, and the dog developed symptoms of diabetes. This was how it was discovered that the pancreas played a role in the development of diabetes (Diabetes Research Connection, 2025).

In 1920 insulin was discovered and the first successful treatment with insulin occurred in 1922. By the 1960's patients were able to start monitoring blood sugars and insulin pumps were developed (Diabetes Research Connection, 2025). In the 1980's human insulin was developed which helped to reduce the side effects of the insulin made from pigs and cattle (Diabetes Research Connection, 2025).

Glucometers were developed in the 1980's and have continued to evolve into continuous glucose monitors, which were introduced in the early 2000's. In 1955 the first oral diabetes medication a sulfonylurea, carbutamide, was developed which led to medication that we are more familiar with such as glyburide, glimipride, and glipizide (Mudaliar, 2023). Metformin was introduced in Europe in 1957 and until 1995 the only drugs available to treat diabetes in the US was insulin, sulfonylurea, and metformin. Since that time, many new medications have been developed and have become available to help treat diabetes. We have glucometers, continuous glucometers, and insulin pumps that continue to evolve with technological advancements. New treatments are on the horizon and all of these matter as we strive to find new and effective ways to prevent and treat diabetes.

In the 85 years since the American Diabetes Association was established, we have seen a great deal of change and improved treatment for those living with diabetes. Their Slogan for this year is "It all matters". We will talk about how this approach will help us to navigate the future.

See you November 20th!



Christine Drake BSN, RN

Guthrie County Hospital Diabetes Education Coordinator

FROM THE DESK OF...

Reference:

Diabetes Research Connection. (2025a, January 17). *The remarkable history of diabetes uncovered*. <https://diabetesresearchconnection.org/the-fascinating-history-of-diabetes-mellitus/#:~:text=The%20Modern%20History%20of%20Diabetes,1%20and%20type%20%20diabetes>.

Mudaliar, S. (2023). The evolution of diabetes treatment through the ages: From starvation diets to insulin, incretins, SGLT2-inhibitors and beyond. *Journal of the Indian Institute of Science*, 103(1), 123-133. <https://doi.org/10.1007/s41745-023-00357-w>

The Relationship of Diabetes and Chronic Kidney Disease

What are your kidneys purpose in the body? Your kidneys contain millions of small blood vessels with holes in them that act as filters to help your body get rid of the waste it creates from digesting the protein that we eat. These waste products then become part of your urine and exit your body when you go to the bathroom, the filters also keep the useful protein and red blood cells inside your body. When you have high blood glucose levels caused by diabetes, this can damage this filtration system which causes protein to also be filtered out through your urine. Having small amounts of protein in your urine is called microalbuminuria. Your doctor can test to see if you have microalbuminuria through a urine sample and should be doing this at least yearly. Microalbuminuria is the start of kidney disease and when caught early, treatments can be started to prevent it from getting worse. Once large amounts of protein are found in the urine, this is called macroalbuminuria and means that the kidney disease has started to progress.

Not everyone who has diabetes will develop chronic kidney disease (CKD). There are factors outside of blood glucose control that also affect the development of CKD, including family history and high blood pressure. If you are in the early stages of CKD, you will most likely not experience any symptoms at all. If the CKD has gotten worse and towards the end where most of the function of your kidneys is gone, you could suffer from the following: fluid buildup, loss of sleep, poor appetite, upset stomach, weakness and difficulty concentration.

There are four groups of medications that can help decrease and/or manage CKD. We will discuss each of them and how they help CKD progression.

ACE Inhibitors/ARBs: These medications groups help lower blood pressure and decrease the pressure on the filters in your kidneys. Decreasing blood pressure to a goal of less than 130/80 mm Hg can help delay the progression of kidney disease. Decreasing blood pressure also decreases the pressure on the filters in your kidneys, which then lessens protein leakage into the urine.

ACE-I Examples: Benazapril, Captopril, Enalapril, Fosinopril, Lisinopril, Moxipril, Quinapril, Ramipril, Trandolapril

ARB Examples: Candesartan, Irbesartan, Losartan, Olmesartan Telmisartan, Valsartan

SGLT-2 Inhibitors: This group of diabetic medications helps your body remove extra glucose and sodium from your body through your kidneys. By removing this excess glucose and sodium, this decreases the pressure on the filters in your kidneys to slow CKD progression.

SGLT-2 Examples: Jardiance, Farxiga

GLP-1 Agonists: This group of diabetic medications helps lower blood glucose levels and helps with weight loss, both of which can help delay CKD progression. This medication class is also thought to directly work on the kidneys, but more research is needed to better understand this mechanism.

GLP-1 Examples: Ozempic, Bydureon, Saxenda, Victoza, Trulicity

Medication Spotlight: SGLT-2 Inhibitors

nsMRAs: Non-steroidal mineralcorticoid receptor agonists are considered “kidney protective” and also lower the pressure on the filters in your kidneys to help slow CKD progression.

nsMRA Examples: Kerendia

Aside from medications, keeping your blood glucose within target range can reduce your risk of microalbuminuria by one third. If you already have microalbuminuria, controlling your blood glucose can cut the risk of it advancing to macroalbuminuria in half. If CKD does occur other treatments (besides medications) available including losing weight (if needed), avoiding alcohol and tobacco, exercising regularly, eating a kidney friendly diet.



Jackie Willms, PharmD

Director of Pharmacy



HEALTHY HOLIDAYS

— *recipes* —

GUTHRIE COUNTY HOSPITAL



Here are some heart healthy diabetes friendly recipes to try.

Roasted Pork Tenderloin

INGREDIENTS

- 3 1/2 tbsp olive oil (divided)
- 3 garlic (minced, for the marinade)
- 1 tbsp clove fresh thyme (plus 4 sprigs for garnish)
- 1/2 tsp salt (for the marinade)
- 1/4 tsp black pepper (for the marinade)
- 1 lbs pork tenderloin
- 1 cup seedless red grapes
- 2 tbsp balsamic vinegar



PREPARATION

1. Preheat your oven to 400 degrees F.
2. In a small bowl, whisk together 2 tablespoons olive oil, minced garlic, fresh thyme leaves, salt, and black pepper to create the marinade.
3. Place the pork tenderloin in a shallow dish or resealable plastic bag. Pour the marinade over the pork, making sure it is evenly coated. Allow it to marinate in the refrigerator for at least 1 hour or overnight for maximum flavor.
4. Remove the pork tenderloin from the marinade and discard leftover marinade. Heat an oven-safe skillet or roasting pan over medium-high heat. Add 1 1/2 teaspoon of olive oil to the pan and sear the pork tenderloin on all sides until browned, about 2-3 minutes per side.
5. In a separate bowl, toss the grapes with the balsamic vinegar until coated. Add grapes to the roasting pan with the pork.
6. Transfer the pan to the preheated oven and roast the pork tenderloin for about 15-20 minutes or until it reaches an internal temperature of 145 degrees F and the grapes are slightly caramelized and juicy.
7. Remove the pork tenderloin from the oven and let it rest for a few minutes before slicing.

NUTRITION INFORMATION

4 servings per recipe

Servings Size: 4 oz pork and 1/4 cup grapes

Calories 200; Total Carbohydrate 8g; Total Sugars 7g; Protein 22g; Total Fat 9g; Saturated Fat 2g; Cholesterol 60mg; Sodium 80mg.

Creamy Parmesan Spinach Bake

INGREDIENTS

- 3 packages (9 ounces each) fresh baby spinach
- 1 small red onion, chopped
- 1 tablespoon butter
- 1 package (8 ounces) cream cheese, cubed
- 1 cup sour cream
- 1/2 cup half-and-half cream
- 1/3 cup plus 3 tablespoons grated Parmesan cheese, divided
- 3 garlic cloves, minced
- 1/8 teaspoon pepper
- 2 cans (14 ounces each) water-packed artichoke hearts, rinsed, drained and chopped
- 1 tablespoon snipped fresh dill
- 1/4 teaspoon seasoned salt
- 8 butter-flavored crackers, coarsely crushed



PREPARATION

1. Preheat oven to 350°. Place half the spinach in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 3-4 minutes or just until wilted. Transfer to a large bowl. Repeat with remaining spinach; set aside.
2. In a large saucepan, saute onion in butter until tender. Reduce heat to low; stir in the cream cheese, sour cream, half-and-half, 1/3 cup Parmesan cheese, garlic and pepper. Cook and stir until cream cheese is melted. Stir in the artichokes, dill, seasoned salt and spinach.
3. Transfer to an ungreased 2-qt. baking dish. Sprinkle with cracker crumbs and remaining 3 tablespoons Parmesan cheese. Bake, uncovered, for 20-25 minutes or until edges are bubbly.

NUTRITION INFORMATION

Serving Size: 1/2 cup

Calories 196; Total Carbohydrate 10g; Total Sugars 2g; Protein 7g; Total Fat 14g; Saturated Fat 8g; Cholesterol 45mg; Sodium 394mg.

Garlic & Parmesan Roasted Carrots

INGREDIENTS

- 1 pound medium carrots, trimmed and cut in half lengthwise
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup grated Parmesan cheese
- 2 cloves garlic, minced



PREPARATION

1. Preheat oven to 425 degrees F. Line a large rimmed baking sheet with parchment paper or a silicone mat.
2. Toss carrots, oil, salt and pepper together in a large bowl. Transfer to the prepared baking sheet and roast for 10 minutes. Turn the carrots over and sprinkle with Parmesan and garlic. Roast until the carrots are tender and the cheese is melted, about 10 minutes more.

NUTRITION INFORMATION

4 servings per recipe

Servings Size: 3/4 cup

Calories 133; Total Carbohydrate 12g; Total Sugars 5g; Protein 3g; Total Fat 9g; Saturated Fat 2g; Cholesterol 4mg; Sodium 314mg.

Banana Chocolate "Ice Cream"

INGREDIENTS

- 2 medium bananas
- 1/3 cup skim milk
- 2 tbsp cocoa powder
- 1 cup whipped topping (fat-free)



PREPARATION

1. Peel bananas and slice into 1/4-inch coins. Place in a bowl and freeze for at least 2 hours.
2. Once bananas are frozen, add the bananas, milk and cocoa powder to blender. Blend until smooth.
3. Fold in the whipped topping.
4. Place mixture in a freezer-safe container and freeze for at least 30 minutes.
5. Scoop into 1/2-cup scoops to serve.

NUTRITION INFORMATION

5 servings per recipe **Servings Size: 1/2 cup**

Calories 80; Total Carbohydrate 18g; Total Sugars 8g; Protein 1g; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 15mg.

Strawberry Kiwi Spritzer

INGREDIENTS

- 4 squeezes strawberry kiwi flavored stevia drops
- 1 liter Still or soda water
- 1 1/2 cup Fresh Strawberries (hulled and chopped)
- 4 med strawberries (sliced, for garnish)
- 2 kiwi(s) (peeled and chopped)
- 1 whole kiwi (sliced, for garnish)
- 1 cup med ice (to taste)



PREPARATION

1. In a big pitcher, add chopped strawberries and kiwis. Muddle with a wooden spoon until the fruit is well mashed. If you prefer whole fruit, do not mash.
2. Add flavored drops and still or soda water to the pitcher.
3. Add lots of ice. Mix with a spoon and pour into glasses.
4. Add sliced strawberries and kiwi to each glass for garnish.

NUTRITION INFORMATION

4 servings per recipe **Servings Size: 10 oz. (1.25 cups)**

Calories 60; Total Carbohydrate 13g; Total Sugars 8g; Protein 1g; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 10mg.



COOKSMARTS GUIDE TO FLAVORING WITH SPICES

Learn how to spice up your meals and add flavor to your foods with this comprehensive spice chart. Become a seasoning pro and never make a bland meal again!

KEY	FLAVOR PROFILE	ALLSPICE	BASIL	CINNAMON	CLOVES	CORIANDER	NUTMEG	OREGANO	PAPRIKA
		EARTHY, SWEET	SWEET	EARTHY, SWEET	EARTHY, SWEET	EARTHY, PEPPERY	SWEET	EARTHY	SWEET, WARM
PRODUCE		Apples, Beets, Cabbage, Carrots, Squash, Sweet Potatoes, Turnips	Bell Peppers, Eggplant, Potatoes, Tomatoes, Zucchini	Apples, Carrots, Pears, Sweet Potatoes, Squash	Apples, Beets, Squash, Tomatoes, Sweet Potatoes	Bell Peppers, Potatoes, Onions, Tomatoes	Broccoli, Cabbage, Carrots, Squash, Cauliflower, Sweet Potatoes	Artichokes, Tomatoes, Bell Peppers, Zucchini, Potatoes, Mushrooms	Bell Peppers, Squash, Cauliflower, Broccoli, Potatoes
PROTEINS		Beef, Lamb	Cheeses, Chicken, Fish, Pork	Chicken, Lamb	Lamb	Chicken, Beef, Fish, Pork, Tofu	Lamb	Beans, Chicken, Fish, Lamb, Pork	Chicken, Shellfish, Lamb, Tofu
USE IN		Soups, Desserts, Breads	Salad Dressings, Sauces, Dry Rubs, Marinades	Fruit Sauces, Desserts, Breads	Curries, Soups, Marinades, Desserts, Breads	Curries, Soups, Sauces, Stuffing, Dry Rubs, Marinades	Rice, Stuffings, Sauces	Soups, Salad Dressings, Tomato Sauces, Dry Rubs, Marinades	Rice, Soups, Salad Dressings, Marinades
PAIRS WELL WITH		Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace	Garlic Powder, Rosemary, Thyme, Marjoram, Oregano	Allspice, Cloves, Nutmeg	Cinnamon, Nutmeg, Allspice, Basil	Chili Powder, Cumin, Cinnamon	Allspice, Cloves	Chili Powder, Bay Leaves, Thyme	Garlic Powder, Chili Powder, Cardamom, Cinnamon, Cumin
BAY LEAVES	BITTER	CARDAMOM	CAYENNE PEPPER	CUMIN	GARLIC POWDER	GINGER	ROSEMARY	THYME	TURMERIC
		SWEET	SPICY	SMOKY, EARTHY	SAVORY	SWEET, WARM	EARTHY	EARTHY	PEPPERY, BITTER
Potatoes, Tomatoes, Mushrooms		Carrots, Citrus, Corn, Peas, Sweet Potatoes, Squash	Eggplant, Potatoes, Zucchini, Bell Peppers, Corn, Tomatoes	Eggplant, Tomatoes, Zucchini, Carrots, Corn, Green Beans	Cabbage, Tomatoes, Zucchini, Carrots, Mushrooms	Carrots, Citrus, Sweet Potatoes, Beets, Squash	Mushrooms, Peas, Potatoes, Onions	Carrots, Tomatoes, Zucchini, Cauliflower, Green Beans, Peas	Cauliflower, Cabbage, Potato, Sweet Potatoes
Beans, Lentils, Shellfish		Chicken, Duck, Lentils, Pork	Chicken, Beef, Fish	Beans, Chicken, Beef, Fish, Lentils, Pork, Tofu	Beans, Chicken, Beef, Fish, Tofu	Chicken, Beef, Fish, Pork, Tofu	Beans, Chicken, Lamb, Pork, Fish	Beef, Chicken, Fish, Lamb, Pork, Lentils	Beans, Lentils, Chicken, Fish, Tofu
Risotto, Soups		Curries, Rice	Rice, Soups, Salad Dressings, Sauces, Marinades	Curries, Rice, Soups, Sauces, Dry Rubs, Marinades	Curries, Soups, Sauces, Stir-Fries, Dressings, Dry Rubs, Marinades	Rice, Curries, Stir-Fries, Marinades	Marinades	Soups, Salad Dressings, Dry Rubs, Marinades	Curries, Rice
Oregano, Sage, Thyme, Marjoram		Cinnamon, Cumin, Ginger, Turmeric	Cumin, Paprika, Cinnamon	Garlic Powder, Turmeric, Ginger, Cinnamon, Oregano	Oregano, Cumin, Coriander, Turmeric	Garlic Powder	Garlic Powder, Oregano, Thyme, Basil	Soups, Salad Dressings, Dry Rubs, Marinades	Cardamom, Garlic Powder



COOKSMARTS GUIDE TO FLAVORING WITH FRESH HERBS

This Guide has everything you need to know about how to properly store and cook with fresh herbs. Use them to add flavor and freshness to your meals!

KEY	BASIL SWEET, PEPPERY	CHIVES MILDER-ONION	CILANTRO BRIGHT, CITRUSY	DILL GRASSY	LEMONGRASS ZESTY, CITRUSY	MARJORAM GRASSY, SLIGHTLY SWEET	MINT SWEET, COOL	OREGANO PUNGENT, PEPPERY
PRODUCE								
PROTEINS	Bell Peppers, Eggplant, Tomatoes, Zucchini	Potatoes, Asparagus, Onions, Leeks	Avocado, Tomatoes, Bell Peppers	Cabbage, Potatoes, Cucumbers, Carrots, Green Beans, Tomatoes	Bell Peppers, Tomatoes	Carrots, Mushrooms, Peas, Spinach, Zucchini, Tomatoes	Carrots, Eggplant, Watermelon, Mushrooms, Tomatoes, Potatoes, Zucchini	Artichokes, Bell Peppers, Eggplant, Mushrooms, Tomatoes, Potatoes, Zucchini
USE IN	Chicken, Beef, Fish, Tofu	Chicken, Fish, Shellfish, Eggs	Chicken, Fish, Shellfish, Lamb, Lentils, Tofu	Fish, Shellfish	Chicken, Beef, Pork, Fish	Chicken, Beef	Beans, Lentils, Lamb	Chicken, Beef, Lamb, Fish
HOW TO STORE	Pestos, Tomato Sauces, Soups, Stews, Stir Fries, Curries	Garnishes, Dips, Soups, Sauces, Risottos, Rice	Salsas, Guacamole, Chutneys, Soups, Curries, Salads	Omelets, Yogurt Dishes, Potato Salad, Sauces, Salad Dressings	Asian Soups, Rice, Curries, Marinades, Teas	Stuffings, Salad Dressings, Soups, Risottos, Brown Butter Sauce	Fruit Salads, Curries, Cream Sauces, Soups, Marinades	Tomato Sauces, Pizzas, Salad Dressings
	In a jar, countertop, for 7-10 days	Rolled in a damp paper towel, in the fridge, 10-14 days	In a jar, in the fridge, for 7-10 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	In a jar, in the fridge, for 7-10 days	Rolled in a damp paper towel, in the fridge, for 10-14 days

PARSLEY
FRESH, GRASSY



Mushrooms, Peas, Potatoes, Tomatoes, Cucumbers, Zucchini

Lamb, Beef, Chicken, Fish, Tofu

Sauces, Salads, Garnishes

In a jar, in the fridge, for 7-10 days

ROSEMARY
WOODY, PUNGENT



Mushrooms, Peas, Tomatoes, Potatoes

Chicken, Lamb, Pork, Fish

Focaccia Bread, Tomato Sauces, Pizza, Soups, Stews, Roasted Veggies

Rolled in a damp paper towel, in the fridge, for 10-14 days

SAGE
WOODY



Brussel Sprouts, Eggplant, Peas, Winter Squash

Pork, Beef, Turkey

Stuffings, Salad Dressings, Soups, Risottos, Brown Butter Sauce, Roasted Veggies

Rolled in a damp paper towel, in the fridge, for 10-14 days

TARRAGON
PEPPERY, LICORICE



Artichokes, Carrots, Leeks, Mushrooms, Potatoes, Spinach

Chicken, Beef, Lamb, Fish

Omelets, Gazpachos, Salad Dressings, Garnishes

In a jar, in the fridge, for 10-14 days

THYME
MINTY



Carrots, Peas, Potatoes, Winter Squash, Tomatoes

Chicken, Pork, Lamb, Duck, Fish

Rice, Dips, Stews, Roasted Veggies, Tomato Sauces

Rolled in a damp paper towel, in the fridge, for 10-14 days

HOW TO STORE FRESH HERBS

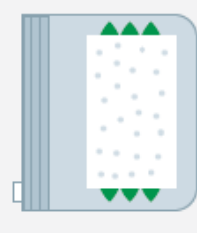


"PLANTING" METHOD

- Trim the base of the stems with scissors or a knife
- Fill a jar (an old condiment jar works great) about 1/3 to halfway with cold water
- Place the cut stems into the water
- Cover the jar with a plastic bag
- Secure with a rubber band at the base of jar to enclose the bag around the jar
- Place the "planted" herb in the fridge or leave it out on the countertop depending on the herb

TOWEL METHOD

- Wrap the herbs in a damp paper towel
- Put the wrapped herbs in a Ziploc bag
- Place the herbs in the fridge



DIABETES SUPPORT GROUP

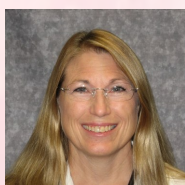
• SAVE THE DATE •

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



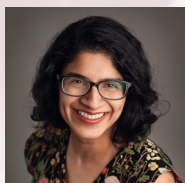
MANDY SCHIEFERT

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DIABETES SUPPORT GROUP

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