Use It or Lose It

Annual Diabetes Education Review Class*

Do you have Diabetes and Medicare? If so, your benefits include 2 hours of diabetes education review per calendar year! (You must have completed an initial diabetes education course to be eligible for annual diabetes education reviews.)

Our Certified Diabetes Educators will help you with:
- New medications to lower blood glucose
- Dietary patterns
- Brain building foods
- Weight mistakes

Class schedules are listed on page 3.

*Subject to deductible & coinsurance

Try a Dexcom Continuous Glucose Monitor before you buy one!

Diabetes Education Center of the Midlands offers CGM Trials.

Sample a monitor before you commit.

- A 1-2 week rental of the system of Dexcom G4 CGM
- A 1-time use sensor
- All disposable supplies
- Technical training (including sensor insertion)
- Download and printout of data
- Expert data analysis
- Clinical recommendations for improving control
CGM trials are great for adjusting bolus/basal insulin doses, detecting after-meal spikes, revealing exercise patterns, insulin action curves, and much more.

For information or to schedule a CGM trial, please contact our office at (402) 399-8444 Ext. 220

Summer Eating Tips

Hydrate with fresh fruit. Summer is the peak season for refreshing and replenishing melons, berries, peaches and nectarines.

Stay energized with good carbs. Carbohydrates are your body’s main source of energy, and you can safely eat a serving (one medium piece of fruit or 1/2 cup of melon or berries) per day.

Protect yourself with vitamins and antioxidants. Summer fruits and vegetables like arugula, cucumbers, zucchini and squash are also great sources of vitamins C and A.

Don’t just meter. Monitor.

The Dexcom Continuous Glucose Monitor is an advanced diabetes management tool that continuously displays your glucose levels and alerts you when you’re heading too high or low.

BRIEF SAFETY STATEMENT
The Dexcom G4 PLATINUM Continuous Glucose Monitoring System is a glucose monitoring device indicated for detecting trends and tracking patterns in persons (age 18 and older) with diabetes. The Dexcom G4 PLATINUM (Pediatric) Continuous Glucose Monitoring System is a glucose monitoring device indicated for detecting trends and tracking patterns in persons (age 2 to 17 years) with diabetes. CONTRAINDICATIONS: Remove the System before MRI, CT scan, or diathermy treatment. Taking acetaminophen while wearing the sensor may falsely raise your sensor glucose readings. WARNING: Do not use the System for treatment decisions. The System does not replace a blood glucose meter. In a pediatric clinical study, larger differences were observed between this CGM device and actual blood glucose values compared to those differences observed in the adult clinical study. Use your blood glucose meter for treatment decisions. In a pediatric clinical study, a significant number of low glucose events were not detected by CGM. Do not rely solely on CGM alerts to detect low glucose. If a sensor breaks and no portion of it is visible above the skin, do not attempt to remove it. Seek professional medical help if you have infection or inflammation. Report broken sensors to Dexcom Technical Support. The System is not approved for use in pregnant women or persons on dialysis. Sensor placement is not approved for sites other than under the skin of the belly or upper buttocks. Contact Dexcom Toll Free at 877-339-2664 or www.dexcom.com for detailed indications for use and safety information.

©2014 Dexcom Inc. All rights reserved. This product is covered by US patent. DEXCOM, DEXCOM G4, DEXCOM G4 PLATINUM, ONE STEP AHEAD are trademarks and registered trademarks of Dexcom, Inc. All trade dress used in connection with Dexcom products and services appearing herein are property of Dexcom and protected by the United States and foreign trademark laws.
Diabetes-Friendly Tips for Handling the Summer Heat

- Keep hydrated
- Watch for signs of heat exhaustion
- Check blood glucose levels at least four times per day
- Exercise in a cool place
- Store your blood glucose meter, strips and insulin in a cool, dry place

For insulin pump users, excessive perspiration can be a problem in hot weather or during strenuous activities. This can loosen the adhesive securing the infusion set. If perspiration is a problem, try using a spray of antiperspirant on the insertion site after your usual skin-preparation routine. Others have success with skin-barrier preparations such as Mastisol, Skin-Tac H or a compound tincture of benzoin applied to the skin.

You can purchase these items at Diabetes Supply Center of the Midlands. www.diabetes-supply.com

4 Common Summer Skin Conditions With Diabetes

1. Proper foot care is important when you have diabetes. Wash your feet daily with gentle soap and warm water. Dry them completely and apply foot cream, staying away from the areas between your toes. Always wear closed shoes that fit properly. Wear well fitting white socks to help with perspiration. Avoid wearing flip-flops, sandals, and other open shoes.

2. People with diabetes tend to suffer more bacterial infections than anyone else. Bacteria thrive in the warm, humid weather of spring and summer. Bacterial infections are often caused by staph, formally known as Staphylococcus. If you think you have a bacterial infection, consult with your doctor right away. Often they are treated with antibiotics in the form of a topical cream or a pill.

3. The blood sugar highs and lows associated with diabetes can create a perfect environment for fungal infections to grow. The biggest culprit is a yeast-like fungus called Candida albicans. It is responsible for many of the fungal infections people with diabetes get. Yeast infections may develop in the moist, warm folds of your skin. Common yeast infections include ringworm, athlete’s foot and jock itch.

4. Itchy skin is common for people with diabetes, especially during the spring and summer months. Always wear sunscreen with an SPF 30+ when you go outdoors. Minimize sun exposure to sensitive areas of your skin by wearing a hat, sunglasses and socks with shoes.
Diabetes Education Center Programs

Don't Let Diabetes Puzzle You!

### 4-Day - Living Well With Diabetes Class:
- August 24-27, 2015 5-9 PM (Day 1) & 5-8 PM (Days 2-4)
- October 26-29, 2015 5-9 PM (Day 1) & 5-8 PM (Days 2-4)

### 2-Day - Day to Day Living With Diabetes Class:
- August 17 & 20, 2015 5:00 PM - 8:00 PM
- September 14 & 17, 2015 5:00 PM - 8:00 PM
- October 12 & 14, 2015 5:00 PM - 8:00 PM
- November 9 & 12, 2015 5:00 PM - 8:00 PM

*Classes are covered by most insurance plans. Call for more details.*

### Diabetes Prevention Class:
- September 9, 2015 4:00 PM - 6:00 PM

### Annual Diabetes Education Review Class for Medicare Beneficiaries:*
- August 19, 2015 1:00 PM - 3:00 PM
- September 3, 2015 1:00 PM - 3:00 PM
- October 1, 2015 1:00 PM - 3:00 PM
- November 4, 2015 1:00 PM - 3:00 PM
- December 3, 2015 1:00 PM - 3:00 PM

(You must have completed an initial diabetes education course to be eligible for annual diabetes education reviews.)

*Subject to deductible & coinsurance

### One-on-One Consultation for Medicare Beneficiaries:*
- If you have diabetes and Medicare your benefits include 2 HOURS of one-on-one consultation with a Registered Dietitian - Certified Diabetes Educator every calendar year.
- *No Coinsurance - No Deductible

*You must register to attend. 402-399-0777 ext. 230

### Insulin Pump and Continuous Glucose Monitor Information Night:
- July 14, 2015 6:00 PM - 7:30 PM Diabetes Education Center - Omaha
- September 15, 2015 6:00 PM - 7:30 PM Diabetes Education Center - Omaha
- October 15, 2015 6:00 PM - 7:30 PM Diabetes Education Center - Omaha
- November 10, 2015 6:00 PM - 7:30 PM Diabetes Education Center - Omaha

**Now available in Lincoln, Nebraska**
- July 23, 2015 6:00 PM - 7:30 PM Madonna Rehabilitation Hospital - Lincoln
- November 23, 2015 6:00 PM - 7:30 PM Madonna Rehabilitation Hospital - Lincoln

There is no charge for attending information night. We ask you to register in advance to secure your seat. Register by calling: 402-399-8444 ext. 220

Save the Date: 32nd Annual Diabetes Seminar - March 12, 2016
**Summer Fun has Begun**

**Mastisol**  
$60.00  
#170  

Mastisol Liquid Adhesive is a liquid medical adhesive used to ensure the integrity of dressings, tapes, and certain devices over an extended period of time.

**Skin Tac Wipes**  
$30.00  
#155  

Use on skin as a tacky base before applying adhesive dressings. Acts as an effective barrier between the tape and skin.

**Frio Pump Wallet**  
$31.95  
#552  

- Keeps insulin cool and safe  
- Activated by water  
- No refrigeration or ice needed  
- Light and compact  
- Reusable

**Pouch2O**  
**Insulin Travel Wallet**

- Wallet keeps insulin bottles or pens cool without refrigeration  
- Activated with just tap water  
- Great for active travelers  
- Can be used and re-activated hundreds of times  
- Stays cool up to 4 days. Available in 2 colors and 5 sizes

**Get The VIP Treatment**  
**JOIN TODAY!**

We are offering an exciting and simple to use new feature. Sign up for text messaging alerts from our Pharmacy!

TEXT **DSCM to 40518** to enroll- With this service we will send you a text message when your pharmacy order is ready for pick up, and when it's time to refill your prescription.

---

**TO ORDER:** Call  
Diabetes Supply Center of the Midlands

402/399-8444 in Omaha  
800/779-3374 Outside of Omaha  
2910 South 84th Street, Omaha, NE 68124  
Hours: 8 a.m. - 6:00 p.m. Monday-Friday  
9 a.m. - 1 p.m. Saturday
Thank You

Diabetes Education Center of the Midlands, a 501(c)(3) nonprofit agency, gratefully acknowledges those whose gifts have been instrumental in helping the Center meet the needs of persons with diabetes, and their families.

Donations received from May 11 to July 1, 2015

Omaha Gives:
- Cynthia Sacks, Omaha, NE
- Sandra Lane, Omaha, NE
- Fred Totten, Omaha, NE
- Carol Meduna, Crescent, IA
- Judith Miller, Omaha, NE
- Julie Rensch, Omaha, NE
- Ken Dirksen, Omaha, NE
- Linda Sondag, Omaha, NE
- Elliott Brown, Omaha, NE
- Sheryl Hess, Thurman, IA
- Kevin Talbott, Omaha, NE
- Julie & Todd Evans, Omaha, NE
- Silvia Velazquez, Chicago, IL
- Carol Gwilt, Omaha, NE
- Lori Busboom, Bellevue, NE
- Joan Heiser, Omaha, NE
- Timothy Wahl, Omaha, NE
- John Barnhart, Omaha, NE
- Nancy Schwartz, Omaha, NE
- Claire & Tracy Baker, Omaha, NE
- Nabil Molai, Elkhorn, NE
- Mary Stuhr, Council Bluffs, IA
- Glen Johnson, Omaha, NE
- Gail Spelts, Omaha, NE

In-Kind Donors
- Sarah Legband, Elkhorn, NE
- Tammy Wzorek, Omaha, NE
- Tandem, Omaha, NE
- Anonymous
- Anonymous

2015 Diabetes Seminar
- Medtronic
- Nebraska Pork Producers
- ConAgra Foods

Honors and Memorials
In honor of Frances "Betty" Rubasciotti:
- Neil O'Donnell and Robin Marit
- Melba Leete
- Mr. Tom McCain
- Staff of Immanuel Fontenelle

In memory of Marlene Gay Mink:
- Kent and Mary Haertel

As a 501(c)(3) community-based health organization, DECM depends on the generosity of supporters like you. Your tax-deductible gift donation will directly fund our education efforts.

By Mail:
2910 South 84th St.
Omaha, NE 68124
402.399.0777

Online:
http://diabetes-education.com

Tree of Life

The Tree of Life is a touching symbol of renewed hope, new life, and personal well-being. You create a lasting tribute to a loved one with a personalized inscription on a leaf or stepping stone in your choice of silver or gold.

It may be inscribed to memorialize or honor a loved one or to celebrate a birth, anniversary, or special event. This lasting acknowledgment of your support to DECM will be recognized and appreciated over time by all who view the Tree of Life in our Resource Center.

Please call us at (402) 399-0777 to discuss this unique giving opportunity.
Simple Tips to Ease Summer Travel

Be over-supplied. If you are traveling in the United States or most places in Europe, pack twice as much medication and blood-testing supplies as you need. If you are traveling to Africa or places where medical resources can be scarce, pack three to four times what you need.

Carry on. Flying travelers should pack at least one set of medication and supplies in a carry-on bag so that your medication is always with you; checked luggage can be lost. Keep this carry on with you at all times. If you are stuck in an airport, you may not be able to leave to get to a local pharmacy for replacement supplies.

Prepare for change. If you are traveling across time zones, start adjusting your medication times for insulin in increments in the days leading up to your trip to help soften the blow of the time change. If you are traveling somewhere there is more than a four-hour time difference, call your diabetes health care team to devise a new dosing schedule to avoid making a mistake and stacking, or taking too much insulin.

Move, move, move. Finally, if you are traveling long distances, make sure you move around or get out and walk at least every hour or two. Individuals with diabetes are more prone to blood clots, and movement can prevent clots from forming.

Pump check. Keep an eye on insulin pumps when flying. Recent studies have shown changes in cabin pressure during flights can cause insulin pumps to deliver too much insulin when the plane is ascending, putting sensitive individuals with diabetes at risk. Those who are extremely sensitive to insulin may want to consider disconnecting the device before taking off and while the plane is ascending, as well as checking the insulin supply for air bubbles upon landing.

Make a Gift for the Future

Estate Planning

For many individuals, ensuring that the important work carried out by their favorite charities continues after their lifetime is important. If you are interested in supporting Diabetes Education Center of the Midlands (DECM) through your estate plan, find out how to name Diabetes Education Center of the Midlands in your will or trust.

Call 402-399-0777 x 219 to discuss your estate plan directive to DECM today

If you have already named Diabetes Education Center of the Midlands in your will, we thank you and ask that you please let us know about your plans. Knowing of your commitment to DECM helps us to plan for our work in the future, and also ensures your wishes are honored.