

Better Homes and Gardens Special Interest P

**Crispy
foods you'll
CRAVE!**
p. 72

diabetic LIVING

**Guilt-free
goodies**
everyone will love

Pantry Picks
**What to
BUY,
what to
PITCH**

Spring 2014
Display until May 12
Vol. 11, No. 1

\$5.99 U.S.



DiabeticLivingOnline.com

light and fresh
**Easy Berry
Puff Pancake**, p. 68

Slim-down success!

**The natural way
to lose weight
and lower blood sugar**

TAKE CHARGE!

Continued from page 14

A Smart Shot to Get

Adults with diabetes should be vaccinated for pneumococcal (noo-muh-kok-ul) disease, according to the National Foundation for Infectious Diseases. Pneumococcal disease can cause pneumonia, blood infection, or meningitis. The bacteria is spread through coughing or sneezing, or through direct contact, such as kissing. Symptoms include abrupt onset of fever, chills, cough, and shortness of breath.

What other vaccines do people with diabetes need? Check out this quick list, in English and Spanish: DiabeticLivingOnline.com/Vaccine



BOOKS FOR T1 KIDS

Type 1 diabetes is pretty complicated for kids to understand, and books can help explain it. Here are some good ones.

Coco Goes Back to School, a collaboration between Lilly Diabetes and Disney; distributed free at many doctors' offices. **MediKidz** comic book; \$15; order online at medikidz.com. **Diabetes and Me**, a graphic novel (Hill and Wang, 2013); \$30; fsgbooks.com.

Stand Up to Leg Pain

Diabetic neuropathy, or nerve pain, affects 60–70 percent of people with diabetes, according to the American Diabetes Association.

After years of diabetes, tiny blood vessels that feed nerves can become damaged. Neuropathy occurs most often in the legs, feet, and hands. There is no cure, but there are many things you can do to manage the pain:

- Exercise, monitor your blood glucose, and eat a balanced diet. Keeping your A1C levels in control also can ease the onset of neuropathy.
- Talk to your doctor about prescription antidepressants, opioids, lidoderm patches, or anticonvulsants to help counteract symptoms.

- Stop smoking and avoid alcohol—these substances alter the nervous system, so eliminating them from your lifestyle may slow nerve damage.



TENS UNIT

The U.S. Food and Drug Administration recently approved a new TENS device called SENSUS, which stimulates nerves for 60-minute sessions. TENS stands for transcutaneous electrical nerve stimulation. Electronic pulses aim to prevent pain signals from reaching the brain.

The SENSUS band wraps around your leg and is small enough to be worn underneath clothes during the day; it also can be worn at night. The device costs \$300–\$500, but your insurance may cover some of the cost. Ask your health care provider about it or visit neurometrix.com.