

Clay Platte Family Medicine, PC Goals for Patients with Diabetes



Make an appointment with your provider every 3 months for a diabetes check-up and to have certain labs drawn.

Blood Pressure: The goal for blood pressure is less than 130/80 in order to help prevent heart disease and kidney problems. We will check your blood pressure every 3 months at your diabetes check-up appointment.

Foot Check: Every day you should check your feet for sores. Your healthcare provider (Doctor) will check your feet at each visit and will check for loss of sensation to your feet once a year. Take your shoes and socks off while you're waiting to see your provider.

HgbA1c: A blood test called HgbA1c helps your healthcare provider (Doctor) see how your average blood sugar is running for a 90-day period. You should have this blood test every 3 months, unless your provider tells you otherwise. Your goal is to have this blood test value less than 7%, ideally less than 6.5%.

Dental Hygiene: Good oral health is important for patients with diabetes. A regular dental exam and teeth cleaning should be sought every 6 months.

Lipid Profile: This is a group of blood tests that determine your risk for heart disease; it includes total cholesterol, HDL and LDL cholesterol and triglycerides. Goals: Total cholesterol < 200, HDL >40 (men) >45 (women), LDL <100 and triglycerides <150. This should be done at least yearly.

Urine Protein: Known as a microalbumin; this urine test will determine how well your kidneys are working. This test should be done yearly and your goal is to have a value less than 30.

Flu Shot: Diabetic patients should receive a Flu shot yearly to help prevent against influenza.
Pneumovax: This vaccine is given to help prevent pneumonia. You should receive this injection at least once in your lifetime.

Medications: Take all your medications as ordered by your healthcare provider to help prevent heart and kidney disease. In addition, patients over the age of 55 should take medications (ACE or ARB given for high blood pressure) to help protect them against heart and kidney complications.

Over-the-Counter Medications (ASPIRIN): Patients over the age of 40 should take aspirin daily to prevent heart problems, unless instructed differently by your healthcare provider. Always let your doctor know all Over-the-Counter medications you are taking.

Dilated Eye Exam: It is very important to see an eye care specialist yearly and have your eyes dilated to check for damage to the retina.

Self-Management Goals: It is important for you to set goals that will help you take charge of your own health. At each visit, you should discuss your goals with your healthcare provider.

Hypothyroidism

What is hypothyroidism?

Hypothyroidism, or low thyroid activity, means your body is not making enough thyroid hormone. The thyroid is a gland in the front of your neck, located just below your Adam's apple. It makes hormones that control metabolism, the pace of your body's processes. Metabolism includes things like your heart rate and how quickly you burn calories. Women, especially those over 50, are more likely to have hypothyroidism than men are. Hypothyroidism can cause obesity, joint pain, infertility and heart disease.

The most common cause of hypothyroidism is an autoimmune disease called Hashimoto's thyroiditis. Normally, antibodies produced by the immune system help protect the body against viruses, bacteria and other foreign substances. With Hashimoto's thyroiditis, antibodies attack the thyroid and keep it from producing enough hormone.

You have an increased risk of developing hypothyroidism if you:
have a close relative with an autoimmune disease,
have been treated with radioactive iodine or anti-thyroid medications,
have received radiation therapy to your neck or upper chest, or
have had thyroid surgery.



The symptoms of hypothyroidism tend to develop slowly. They can be different from case to case. Initial symptoms include slight fatigue and sluggishness. As your metabolism slows, you may develop other symptoms: constipation, pale, dry skin and hair, intolerance to cold, puffy face, hoarse voice, elevated blood cholesterol, unexpected weight gain, muscle aches, cramps, tenderness or stiffness, pain, stiffness or swelling in your joints, heavier-than-normal menstrual periods, depression, forgetfulness, visibly enlarged thyroid.

Advanced hypothyroidism, called myxedema, is rare and can be life-threatening. Symptoms include low blood pressure, decreased breathing, decreased body temperature, unresponsiveness, and even coma.

Can children have hypothyroidism?

Anyone can develop the condition, including infants and teenagers. Babies born without a thyroid gland or with a thyroid that doesn't work properly don't have many symptoms at first. They may have yellowing of the skin and the whites of their eyes (jaundice), frequent choking, and a large tongue that sticks out slightly. As the disease progresses, infants may have trouble feeding and may not grow and develop normally. They may also be constipated, have poor muscle tone or be very sleepy. If it is not treated, hypothyroidism in infants can lead to physical and mental retardation. In the United States, newborn infants are screened for hypothyroidism before leaving the hospital. Children and teens who develop hypothyroidism have the same symptoms as adults, but they may also experience: Poor growth, Delayed development of permanent teeth, Delayed puberty, Poor mental development.

How will my doctor know I have hypothyroidism?

If you have symptoms of an underactive thyroid, your doctor will do tests that measure the levels of thyroid hormone and thyroid-stimulating hormone in your blood. Some doctors recommend screening older women for hypothyroidism during routine physical examinations. Some also recommend screening pregnant women and women who are thinking about becoming pregnant.

Are there any complications I should know about?

If it is not treated, hypothyroidism can lead to other health problems:

Goiter: Hypothyroidism can cause your thyroid to become larger, creating a swollen lump on your neck called a goiter. A goiter can affect your appearance and can even make it harder for you to swallow or eat.

An increased risk of heart disease: An underactive thyroid causes high levels of "bad" cholesterol.

Mental health issues like depression.

Myxedema: A rare, life-threatening condition characterized by intense sensitivity to cold, drowsiness followed by severe sluggishness, leading to unconsciousness and coma.

Birth defects: Babies born to women with untreated hypothyroidism may have birth defects.

How is hypothyroidism treated?

The standard treatment for an underactive thyroid is synthetic thyroid hormone. This medication will restore hormone levels and shift your metabolism back to normal. It will also lower your cholesterol and may help reverse weight gain. It may take a few tries to get the right dose of synthetic thyroid hormone. If you are not taking enough, you may continue to have symptoms of hypothyroidism. If you are taking too much, you may have symptoms similar to those of hyperthyroidism (overactive thyroid disease). Your doctor can tell by how you feel, by examination, and by blood testing if you are on the right dose of thyroid hormone.

Some medications, supplements and foods may affect your body's ability to absorb the synthetic thyroid hormone. Tell your doctor if you eat large amounts of soy products, are on a high-fiber diet, or take other medications like iron supplements, cholestyramine, or aluminum hydroxide (in some antacids).

DISEASE OBSERVANCE FOR JANUARY 2009

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Cervical Health Awareness Month
(818) 909-3849
www.nccc-online.org/awareness.php

National Birth Defects Prevention Month
(914) 997-4488
askus@marchofdimes.com

National Glaucoma Awareness Month
(800) 331-2020
www.preventblindness.org

National Blood Donor Month

Thyroid Awareness Month
(904) 353-7878 Ext. 147
www.thyroidawareness.com

Patient Satisfaction

We care about what you think of us. Please go to our website at www.clayplattefamily.com and complete our satisfaction survey.

January Diabetic Education Class Schedule

January 15th, 5:30pm-6:30pm: Carb Counting: "Get the Scoop on Sugar"
January 17th, 8:30am-12:30pm: Group Diabetes Education
Call Lindsey Coffman, RD, LD, at 816-842-4440, ext. 167 to sign up for classes.
The Classes are free and light snacks are provided.

Lab/Test Line

Our office is equipped with a phone line for various test results. This is a very convenient and simple way to obtain results of any testing that you may have had done, i.e. blood tests, pap smears, etc. This system is confidential and gives you the ease of obtaining results on your own schedule. If you do not already have a lab card with your assigned personal number, please ask one of our staff members to obtain one for you. We can also give this information to you over the phone.



Suggestion Box

CPFMC has a Suggestion Box located at check-out or you can take a short survey on our website at www.clayplattefamily.com. We welcome your suggestions regarding patient education topics, comments regarding your visit, or any other suggestions you may have. Thanks in advance for your input. CPFMC

HEALTHY RECIPE OF THE MONTH

CONFETTI CHICKEN CHILI

- 1 lb 90% fat-free ground chicken or 93% fat-free ground turkey
- 1 large onion, chopped
- 2 cans (about 14 oz each) fat-free reduced-sodium chicken broth
- 1 can (about 15 oz) Great Northern beans, rinsed and drained
- 2 carrots, chopped 1 medium green bell pepper, chopped
- 2 plum tomatoes, chopped 1 jalapeno pepper, finely chopped (optional)
- 2 teaspoons chili powder 1/2 teaspoon ground red pepper

1. Heat large nonstick saucepan over medium heat. Add chicken and onion; cook and stir 5 minutes or until chicken is browned. Drain fat.

2. Add remaining ingredients to saucepan; bring to a boil. Reduce heat to low and simmer 15 minutes. Makes 5 servings. A 3/4 cup contains: 282 calories, 9 g fat, 3 g saturated fat, 25 g protein, 28 g carbohydrate, 67 mg cholesterol, 3 g fiber, 136 mg sodium

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