

YOU'RE INVITED TO THE

Diabetes Hands On Reunion

The Keys



To Staying
On Track

Garcia Arts and Education Center
2021 Agnes St., Corpus Christi, TX 78405
Monday, April 22, 2019
9:30 a.m. or 5:30 p.m.

Berry Almond Avocado Salad

Ingredients

For the salad:

- 8 cups leafy greens green leaf lettuce, spinach, kale, or a combination
- 1 1/2 cups fresh blueberries
- 1 1/2 cups fresh raspberries
- 2 avocados , peeled, cored and diced
- 1 large apple , sliced thin
- 1 cup sliced almonds
- 5 ounces feta cheese crumbles

For the Poppyseed dressing:

- 1/4 cup olive oil
- 1/4 cup oil (vegetable or canola oil)
- 2 Tablespoons onions , grated
- 3 Tablespoons fresh lime juice
- 2 1/2 Tablespoons honey
- 1 teaspoon dijon mustard
- 1/4 teaspoon salt
- 2 teaspoons poppy seeds



TASTES BETTER
FROM *scratch*

Nutrition Facts

Berry Almond Avocado Salad

Amount Per Serving

Calories 320 Calories from Fat 216

% Daily Value*

Total Fat 24g 37%

Saturated Fat 4g 20%

Cholesterol 15mg 5%

Sodium 289mg 12%

Potassium 271mg 8%

Total Carbohydrates 21g 7%

Dietary Fiber 4g 16%

Sugars 13g

Protein 6g 12%

Vitamin A 11.3%

Vitamin C 25.3%

Calcium 14.7%

Iron 7.1%

* Percent Daily Values are based on a 2000 calorie diet.

Instructions

1. Blend together all of the dressing ingredients until smooth.
2. Refrigerate until ready to use (can be made several days in advance).
3. Layer salad ingredients into a large bowl.
4. Drizzle desired amount of dressing and toss gently to combine.



Peripheral Arterial Disease

Peripheral arterial disease (PAD), occurs when blood vessels in the legs are narrowed or blocked by fatty deposits. This causes blood flow to the feet and legs to decrease and results in pain and circulatory problems. When blood flow is reduced the muscles can't get enough oxygen. When a person has PAD their risk of heart attack, stroke and amputation are increased. About one-third of people with diabetes over the age of 50 have PAD. But many of them don't know they have it.

Since some people only have leg pain when they walk, a condition called claudication, they may think these are just signs of getting older.

Tell your doctor if you have:

- pain in your legs that occurs while you walk but disappears after a few minutes of rest
- tiredness or cramps in your legs
- numbness, tingling, or coldness in your feet or the lower part of your legs
- sores or infections on your feet or legs that heal slowly
- dry, cracked skin on your feet
- pain in your feet or toes, even when you're resting

Here are some more severe signs of PAD:

- Calf muscles that seem to waste away.
- Hair loss on the legs, feet, and toes.
- Painful, non-bleeding sores on the feet or toes that are slow to heal.
- Paleness of the skin or blue color in the toes or foot.
- Shiny, tight skin.
- Thick toenails.

If you have diabetes, you're more at risk to have PAD. You're also at high risk for a heart attack or a stroke. The following will add an increased risk of PAD:

- smoking
- uncontrolled high blood pressure
- abnormal blood cholesterol levels
- already have heart disease
- already had a heart attack or a stroke
- are overweight
- lack of physical activity
- are over age 50
- have a family history of PAD, heart disease, heart attacks, or strokes

You can't change some of these risk factors but you can make a difference in many of them and lower your risk of PAD.

Make a plan and make a difference in your HEALTH with these life style changes!

- If you smoke, work toward quitting. The state of Texas has a program that provides free telephone counseling and free nicotine patches for aid in quitting.
- Aim for an A1C below 7%.
- Keep your blood pressure below 140/90 mmHg.
- Be sure to include lots of vegetables and some fruit in your meal plan. Include all colors of these powerful foods.
- Be physically active, aiming for at least 30 minutes of exercise, at least 5 days a week.

If you have been diagnosed with PAD you must be aware of several things. Because of blockages or decreased blood flow to leg muscles, feet and toes, these body parts must be protected. Blood not only heals, but it maintains health by providing oxygen and nutrients to the skin, cells and muscles.

If decreased blood flow leads to a small sore or ulcer, this can become a big problem with slow and poor healing, leaving the area open to infection, the development of a chronic, non-healing ulcer and even potential amputation if gangrene (skin/tissue death) occurs. Uncontrolled blood glucose inhibits healing increasing the risk. It is important that if you have PAD or diabetes, you never walk barefoot, wear proper fitting shoes and examine your feet daily for any redness, sores or areas of concern. But you already know this, we cover it in class, you put your feet at risk when you do not protect them.

You either need to use a mirror to see the bottom of your feet or have a family member assist. Feel all around the foot for bumps, sores, tenderness, pain and any areas that feel warm. Sores or injuries should show sign or healing from day to day. Do not delay contacting your doctor for problems.

Early Treatment consists of lifestyle changes and medications to treat claudication.

If medications and lifestyle changes are not sufficient to reduce symptoms, surgical intervention may be necessary.

This recipe contains two healthy super stars for vascular health.

Blueberries make for a great heart healthy snack. Their dark blue color provides specific antioxidants which are known for contributing to lowering blood pressure as well as preventing free radical damage.

Avocados contain naturally good fats and are cholesterol free. Over 75% of the fat in an avocado is unsaturated, making it a great substitute for foods high in saturated fats.