

BETTER HEALTH 4 YOU

SMART LOCAL 36 BENEFIT FUND

DIABETES

Diabetes and Infections

When blood sugar is high, the stage is set for germs and fungi to grow.

If you have diabetes, you are more prone to infections. This is true for a couple of reasons. When blood sugar is high, the stage is set for germs (“bacteria”) and fungi to grow. And, with high blood sugar, your immune system does not work as well. It is not as good at fighting off infection.

There are some common places on the body to look out for infections.

Blood sugars that stay high make infections more likely.

- Yeast infection (called “*Candida*”) in the groin or vagina
- Urinary Tract
- Gums
- Feet
- Wounds



Blood sugars that stay high make these infections more likely. There are ways to treat these infections. Ways to treat yeast include creams or salves. There are

Chicken or Turkey Pot Pie (Comfort Food!)

2 TBS extra virgin olive oil
½ cup chopped onion
1 clove garlic, minced
1 cup celery
1 cup carrots, sliced ¼” thick
1 TBS unsalted butter
¼ cup flour
2 cups low-sodium chicken stock
3 cups chicken or turkey
1 cup frozen baby peas
2 TBS chopped Italian parsley
½ tsp. pepper and salt
5-6 sheets thawed phyllo dough
Cook onion and garlic with 1 TBS olive oil for 2-3 minutes. Add celery and carrots and cook 5 minutes. Set aside. Melt butter with 1 TBS oil. Whisk in flour. Gradually add chicken stock and cook until thickens. Add chicken, peas, parsley, salt and pepper. Place in a baking dish. Spray each sheet of phyllo with oil mister and place on top of baking dish. Trim edges. Bake 25 minutes at 375°.

Serving Size: Serves 6
Calories per serving 280, Fat 10g, Sat Fat 2.6g Cholesterol 60mg, Sodium 390mg, Total Carbohydrate 23g, Fiber 3g, Protein 25g,



medicines (called “suppositories”) that can be placed in the vagina. But, if your blood sugar stays high, the infection might come back. Your doctor may give you medicine (called “antibiotics”) to fight the germs. It is best to see a doctor sooner rather than later. You should treat infections right away.

Diabetes and slow healing wounds

High levels of blood glucose caused by diabetes can, over time, affect the nerves (neuropathy) and lead to poor blood circulation, making it hard for blood - needed for skin repair - to reach areas of the body affected by sores or wounds.

This can cause them to remain open and unhealed for months, increasing the risk of:

- Fungal infections
- Bacterial infections
- Gangrene

Keeping blood glucose levels under good control can help to

reduce the risk of slow healing wounds now and further in the future.

Slow healing wounds can be a symptom of undiagnosed diabetes, particularly if other symptoms are also present.

Slow healing of wounds, including cuts, grazes and blisters, can be particularly problematic if they affect the feet of someone with diabetes and if not treated properly, can raise the risk of amputation.

It is important therefore that people with diabetes check their feet daily and report any signs of damage to their health team.



When to see your doctor

If you do not have diabetes and a cut or burn is taking a long time

to heal or showing signs of infection, consult a healthcare professional to have the wound examined.

In some cases, a slow healing wound could signal an underlying medical condition such as diabetes.

Because of the risk of amputation, it is important, if you have diabetes, to consult your health team if you have any signs of damage to your feet.

Wounds on the feet, or any other part of your body, should be closely monitored.



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Call me anytime for questions