Diabetes Awareness & Wellness Network

January 2016

DAWN

ON THE HORIZON

DAWN is on the MOVE with the new DAWN Mobile Unit!

DAWN Mobile is supplied with all the equipment and supplies necessary to provide diabetes self-management education on the go. Since its soft launch in October of 2015, the DAWN Mobile has participated in three community outreach events providing diabetes education, health coaching, fitness activities and diabetes risk testing.

Sunday closed
Monday 8 a.m. - 5 p.m.
Tuesday 8 a.m. - 5 p.m.
Wednesday 8 a.m. - 8 p.m.
Thursday 8 a.m. - 8 p.m.
Friday 8 a.m. - 5 p.m.
Saturday closed

Third Ward Multi-Service Center
3611 Ennis
Houston, Texas 77004

DAWN Member Spotlight:

Dear Staff Team Leaders of the DAWN Center,

I am writing this letter to express my sincere gratitude to all of you. I am so thankful for having the opportunity to be a member of the DAWN center. I am grateful for your love, support, and encouragement; you have made a great impact in my life. I am learning so many amazing things at the DAWN center. You have taught me that I am not alone and that you care. Because of your knowledge, expertise, and skills, you have inspired me to make changes in my life for the better. Now I know that diabetes is a serious disease, but I still can make healthy choices and prevent future health problems.

I have learned that most diabetes complications come from the lack of knowledge and not making healthy lifestyle changes. There is a high risk of blindness, heart attack, kidney failure, and amputations of the body. The diabetes self-management program, nutrition class, the fitness and exercise program, and the DAWN Center health care diabetes team have all helped me. It is a program where you are taught and educated on lifestyle changes. The DAWN Center taught me daily blood sugar testing, careful foot care monitoring, and taking my medication every day and on time. Carefully watching carb intake, limiting stress, eating healthy, planning meals, weight loss and exercise, and life changes for the better.

Some of the greatest accomplishment I have achieved from the program is my A1c has dropped from a 10.5 to 8.5. I am losing weight, having better control of my blood sugar testing. I participate in exercises such as cycling, weight and strength training, and the DAWN walking club.

Thank you again for your generosity and support. You have inspired me to get knowledge, work hard, show rededication, and be successful. “If you would believe, you will achieve.”

Sincerely yours,
Belinda Drayton

DAWN Employee Spotlight:

LaQuisha Hervey, Chief Nurse, is the new DAWN program manager. As program manager, “Quisha” provides day-to-day management and oversight of all DAWN center activities. Quisha is originally from North Little Rock, Arkansas but moved to Houston to begin working with DAWN in October. Quisha is a wife and mother of two boys as well as a Registered Nurse and Certified Diabetes Educator. She has over 10 years working with persons with diabetes in veteran populations and recently completed her Master’s degree in Public Health.

DIABETES RESOLUTIONS FOR THE NEW YEAR!

New Years is a great time to come up with resolutions to better your life for the future. Why not use your resolution this year to set goals to better your diabetes management and overall health?

- See your doctor 2-4 times a year
- Check your blood sugar levels regularly
- Take your diabetes medications as prescribed
- Know your numbers: A1C, blood pressure and cholesterol
- Get a urine test to check your kidneys
- Get moving
- Eat well-balanced meals
- Get your yearly eye exam
- See your dentist once a year
- Get your yearly flu shot

Exercise and Blood Glucose Levels

When you have Type 2 diabetes, physical activity is an important part of your treatment plan. It is also important to have a healthy meal plan and maintain your blood glucose levels with medications or insulin, if necessary.

Exercise has many benefits, but the biggest one is that it makes it easier to control your blood glucose level (blood sugar). Exercise makes your muscles more sensitive to insulin. When you exercise, your muscles get the glucose they need, removing it from your bloodstream, this causes your blood glucose to lower and it usually stays lower for the next 24-48 hours.

You never know how much exercise will lower your blood glucose levels, so it is important that you check your blood glucose before and after every exercise session, also bring a snack with you such as half of a banana or a slice of apple. Remember, the body loves movement.

So keep moving!

GOT DIABETES? HAVE NO FEAR

A diagnosis of diabetes from your health care provider can be very scary, especially if you do not know much about the disease. Learning all that you can about diabetes and how to manage its complications can help lessen the fears you may have.

Diabetes is a self-managed condition. This means that you are in control of your own health. You will not fear diabetes when you understand the disease and how to manage it. Being afraid may cause you to ignore the disease altogether but it is important that you seek to know and understand all that you can and make the lifestyle changes needed to prevent things like heart disease, kidney failure, lower leg amputations and loss of vision. Work with your diabetes care team to come up with the best plan for you. Your diabetes care team may include your family doctor or Nurse Practitioner, a Registered Nurse or Certified Diabetes Educator, a nutrition expert or Registered Dietitian and a fitness expert that can help you lose weight and be more active. If you are a new diabetic, you should go through a series of diabetic self-management classes that will help you make sense of the disease and how to balance your new life style.

At the DAWN Center we offer all of the above education as well as other services. We have foot care screenings once a month from a Podiatrist (foot doctor) and an educator from a dialysis center who speaks on kidney health and kidney failure. When you learn all that you can about diabetes and put the plans together in your daily living activities, your disease management becomes the new norm for you and you can control any fears you may have about diabetes

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http://www.houstontx.gov/health/Community/DAWNcenter.html