



MOUNT CARMEL

# DIABETES ONE DAY AT A TIME

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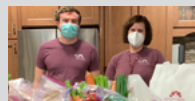
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## Continuous Glucose Monitors: Um, How Do I Get One of Those?

By Megan Munoz

There's a new kid in town: the continuous glucose monitor (CGM). Although the technology has existed for nearly 20 years, it has just recently exploded into everyday use by those with diabetes. The information that a continuous glucose monitor provides trumps the information one can get from A1c tests, glucometers, urine tests.

### 6 TIPS TO GET A CONTINUOUS GLUCOSE MONITOR

So, it's no wonder people are asking how they can get a CGM. Here are some tips on how to get your hands on a continuous glucose monitor.

#### 1. CGMs covered by insurance and Medicare

Hands down, most insurances will cover a CGM if you take 3 or more insulin shots a day. This includes Medicare. Medicare covers CGMs under Part B (the same part covering meters and test strips). If you're not an insulin user, getting a CGM may be more of a challenge because it comes down to the type of insurance you have.

#### 2. Be prepared to jump through hoops

Some insurance companies will make it hard for people with type 2 diabetes to get a CGM, even if they take insulin. In

my experience, state Medicaid programs either will not cover a continuous glucose monitor for you or will make you go through several additional steps and appeals to get one.

#### 3. Your medical provider can help

Your doctor's notes can help. If you're struggling with low blood sugars or have other complications of diabetes, be upfront with your medical provider. Often, these struggles can help push an insurance company to cover a CGM for you.



## Continuous Glucose Monitors: Um, How Do I Get One of Those? *(continued)*

### 4. Ask for details

Ask your insurance exactly how a continuous glucose monitor is covered. In my experience, people give up after their insurance denies them a CGM. However, often the CGM was prescribed the incorrect way based on the category of benefit.

Some insurances cover continuous glucose monitors under medical benefits, similar to a cane or other medical equipment. Other insurance companies cover a CGM under the pharmacy benefit.

If your provider sends a prescription to your pharmacy, but insurance only covers a CGM under medical benefits, the prescription could either be denied or very costly. Always ask your insurance provider to which category of benefit your continuous glucose monitor coverage applies. Then, let your medical team know.

### A CGM is a helpful tool

Continuous glucose monitors are an excellent tool for many people living with Type 2 diabetes. To best understand your options, talk with your insurance about what is covered, how it is covered, and the specific options available to you.

**Resource:** From "Continuous Glucose Monitors: Um, How Do I Get One of Those?" By Megan Munoz, 2022 (<https://type2diabetes.com/living/get-continuous-glucose-monitor>). Copyright 2022 by Health Union, LLC. Reprinted with permission.

### 5. Pay out-of-pocket for a CGM

It's possible to pay for a CGM out-of-pocket if you truly have no coverage for a CGM. Most CGMs connect to your smartphone and even certain smartwatches. That means you only need the sensor/transmitter pieces. You can decide to use a CGM long-term or short-term if costs are too high. Most companies have programs to help you purchase their equipment out-of-pocket.

### 6. Borrow a professional continuous glucose monitor

Your insurance may cover a professional CGM, even if they don't pay for a personal one. A professional CGM is borrowed from a medical office, usually an endocrinology office or diabetes center. You use it for several days and then return it to the medical office to review your data and return the equipment.

## Chicken Nacho Casserole

Do you love nachos? Then try this healthier version of the Mexican classic. You'll get all the traditional nacho flavor plus a good source of fiber but with less fat and carbohydrates.



### INGREDIENTS

- Nonstick cooking spray
- 1-pound boneless, skinless chicken breast (cut into small pieces)
- 1 (15 oz) can no-added-salt black beans (drained and rinsed)
- 1/2 tsp cumin
- 2/3 cup shredded reduced-fat cheddar cheese
- 1/8 tsp black pepper
- 1 (14.5 oz) can fire-roasted tomatoes
- 2 tsp chili powder
- 1/2 tsp garlic powder
- 1 1/2 oz (about 24 chips) baked tortilla chips, crushed

### DIRECTIONS

1. Preheat oven to 375°F. Spray a 2 1/2 quart baking dish with cooking spray.
2. Season the chicken with black pepper. Spray a large sauté pan with cooking spray and heat over medium-high. Add the chicken and cook for 8 minutes.
3. Add the diced tomatoes, black beans, chili powder, cumin, and garlic powder to the pan. Reduce the heat to low and simmer for 5 minutes.
4. Pour the chicken mixture into the baking dish. Sprinkle cheese on top and then top with the crushed tortilla chips. Bake 12 minutes or until the cheese is melted.

### NUTRITION FACTS PER SERVING:

Serves 6 (1 cup serving)

Calories 230, Carbohydrates 21g, Fiber 4 g, Protein 24 g, Saturated Fat: 2.5 g, Cholesterol 50 mg, Sodium 360 mg

Source: [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)

## Calendar of Events

Please plan to join us for the following virtual events from the comfort and safety of your home with your laptop or cell phone.

**VIRTUAL DIABETES SUPPORT GROUP** These fun, informal sessions are for people coping with diabetes. Friends and family are welcome. Call 614-546-4582 to learn more. June 27 | 6:00 - 7:30 p.m.

**VIRTUAL DIABETES 101** These free classes cover diabetes basics, like blood sugar monitoring, medications, nutrition, physical activity, and weight management. Call 614-546-4582 to register. June 21 | 4:30 - 6:00 p.m.

#### Suggested Web Sites:

- » American Diabetes Association
- » CDC-Centers for Disease Control and Prevention
- » National Institutes of Health
- » Diabetes Advocates
- » USDA Center for Nutrition Policy and Promotion
- » diaTribe

#### Suggested Magazines:

- » Diabetes Forecast
- » Diabetes Self-Management

# Mount Carmel's Healthy Living Center

By Aimee Shea, MPH, RDN, LDN

**Are you interested in FREE health and wellness programs?**

**If so, Mount Carmel's Healthy Living Center is the perfect resource for you!**

The von Zychlin Healthy Living Center is a community health and wellness center that provides free programs for everyone. The Healthy Living Center offers wellness and prevention services to help people make long-term health behavior changes. Programs at the Healthy Living Center focus on cooking and nutrition,



exercise, and wellness and stress management. These services also align with Mount Carmel's mission to serve as a compassionate and transformative healing presence in the community.

The Healthy Living Center is located in Franklinton at 777 West State Street, Building 2, Columbus, OH 43222 and offers a wide variety of classes, all of which are free and anyone is welcome to register!

One of the most popular programs at the Healthy Living Center is the Monthly Cooking Demo. Prior to March 2020, this class was held in person at the Healthy Living Center teaching kitchen. A Mount Carmel Chef would demonstrate how to prepare a healthy recipe. Participants would then enjoy lunch together, sampling the chef's delicious creation.

Nowadays, this program runs virtually. That way everyone can

keep learning about healthy food choices! Anyone who registers for the class will receive a meal kit with ingredients for the month's featured recipe. Participants can watch a recorded cooking demo, presented by a Mount Carmel Chef. They are encouraged to cook along at home, using the provided ingredients.

We also offer a virtual class called the "What's in Your Bag?" live discussion. During this discussion, you get to hear from the Healthy Living Center's Culinary Consultant, Pam Archer; Mount Carmel College of Nursing Nutrition faculty member, Aimee Shea; and a Mount Carmel Internal Medicine resident physician. They pack a lot of information into each session to help support positive behavior changes! The cooking demo and discussion will return to in person later this summer!

If you'd like to learn more about the programs offered by the Healthy Living Center, please visit [www.mountcarmelhealth.com/hlc](http://www.mountcarmelhealth.com/hlc). You can register for programs and read the Healthy Living Center Newsletter there. You can also view healthy recipes and the Healthy Living Center cookbook at <https://www.mountcarmelhealth.com/health-and-wellness/healthy-recipes>.



## Are Dietary Supplements Recommended for Diabetes?

By Jackie Haskins, RDN, LD, CDCES

Dietary supplements continue to grow in popularity. They include things like vitamins, minerals, amino acids, enzymes, and herbs that are made into tablets, capsules, gummies, powders, or liquids. People take supplements for many reasons, with some hoping to improve a poor diet, medical condition, or sleep.

People living with diabetes often wonder if a supplement can improve their diabetes or replace their diabetes medications. They also wonder if there are any risks associated with taking supplements and if we can simply get these substances from food or beverages.

The best way to answer those questions is to learn more about supplements, so we've compiled information on some of the most common ones here.

## Are Dietary Supplements Recommended for Diabetes? *(continued)*

### SUPPLEMENTS THAT MAY HELP DIABETES

**PSYLLIUM** is a fiber often used as a gentle bulk-forming laxative. It can be found in some high-fiber cereals, muffins and nutrition bars.

**Benefits:** May help improve blood sugar in persons with type 2 diabetes. Helps prevent or relieve constipation, promotes healthy gut bacteria, and helps lower blood cholesterol.

**Risks:**

- May cause gas, bloating, constipation, diarrhea. Start with a small dose to minimize side effects.
- Take with plenty of fluid to avoid choking or bowel blockage.

**ALPHA LIPOIC ACID (ALA)** is an antioxidant, which is a substance that helps prevent cell damage in our bodies. It also helps break down carbohydrates. ALA is made in our bodies and is also found in foods like red meat, liver, spinach, broccoli, and potatoes.

**Benefits:** May help nerve pain in persons with neuropathy (nerve damage) caused by diabetes.

**Risks:**

- May cause nausea, vomiting, diarrhea, and stomach discomfort.
- Less common side effects include dizziness, vertigo, anxiety, and sleep problems.

**VITAMIN B12** People who take 1000 mg or more of Metformin for at least 2 years have higher rates of B12 deficiency. B12 deficiency is associated with nerve pain and anemia. If you take Metformin, ask your health provider to periodically test for vitamin B12 deficiency. Vitamin B12 is found in animal foods, including fish, meat, poultry, eggs, dairy, and fortified breakfast cereals.

**Benefits:** If deficient in B12, a supplement may help with nerve pain and anemia.

**Risks:** High doses may cause headache, nausea and vomiting, diarrhea, fatigue or weakness and tingling sensation in hands and feet.

### SUPPLEMENTS WITH LITTLE OR NO BENEFIT FOR MOST PEOPLE WITH DIABETES:

**CINNAMON** Small studies have linked cinnamon with lowering blood sugar, but other studies have not shown the same results.

**Benefits:** May help lower blood sugar when taken before eating, but more studies are needed before cinnamon can be recommended.

**Risks:** Cinnamon spice can irritate the mouth. May cause indigestion or gas. Cinnamon Cassia may interact with blood thinners and could harm persons with a liver disorder.

**CHROMIUM** is an essential trace mineral that helps break down and store carbohydrates, protein, and fat. It also helps move blood sugar into cells to be used as energy. Food and beverages high in chromium include brewer's yeast, broccoli, shellfish, lean beef, Brazil nuts, whole wheat, and grape juice.

**Benefits:** Chromium supplements may help people who have a chromium deficiency.

**Risks:** Interacts with some thyroid and diabetes medications. High doses may increase risk of kidney or liver damage. Upset stomach, headache, insomnia, and mood changes.

### Key Points About Taking Dietary Supplements:

- Do not stop taking your diabetes medicine without first talking to your health provider.
- Give a list of all supplements you take to your health provider.
- Before taking a new supplement, talk with your health provider or pharmacist. They can identify products that may interact with your medications.
- Do not take more than one new supplement at a time. This will help you identify allergic or adverse effects. Stop taking a product right away if you do experience an adverse effect.
- Check your blood sugar more often. If your blood sugar goes low, your diabetes medication may need to be adjusted.
- Avoid products that claim to be a "natural diabetes cure" or can "replace your diabetes medicine". Science-based studies do not support these claims.
- The Food and Drug Administration (FDA) does not regulate dietary supplements. Ingredients, potency, and purity are not guaranteed in supplements. Choose supplements that are labeled with a quality seal like USP or NSF. These supplements are voluntarily tested and audited by a third-party organization to help ensure they contain what is on the label and do not have high levels of toxins.

Be wary of flashy headlines and advertisements which claim a supplement can improve or cure diabetes. Dietary supplements do not have to prove that they work or are safe. Supplements are not as effective as FDA-approved diabetes medicine. Some supplements can cause more harm than good. According to the American Diabetes Association, there is no evidence that supplements will help people with type 2 diabetes who do not have a deficiency. The National Institutes of Health states that, for most supplements, there is not enough evidence to support that they improve diabetes or diabetes complications. Always speak with your health provider before starting or continuing with a dietary supplement.

References:

- [www.clevelandclinicwellness.com/suppreview](http://www.clevelandclinicwellness.com/suppreview)
- [www.nccih.nih.gov/health/diabetes-and-dietary-supplements](http://www.nccih.nih.gov/health/diabetes-and-dietary-supplements)
- [www.diabetes.org](http://www.diabetes.org)
- [www.fda.gov/consumers-updates/fda-101-dietarysupplements#top](http://www.fda.gov/consumers-updates/fda-101-dietarysupplements#top)