

Balance and Avoiding Falls

Balance and exercise

Keep active at whatever level is appropriate for you. Sometimes this can be done on your own. Other times it may require a caregiver or physical therapist. There are wonderful groups for older adults where physical activity is supervised and age appropriate.

- Pool aerobics can be helpful if there are limits to walking due to joint pain or neuropathy.
- Gentle yoga or Pilates can help with core strengthening.
- Formal classes exist for balance training
- If you have had a heart attack, cardiac rehab is very helpful and a good way to learn healthy exercise habits in a monitored setting.
- Physical therapists can often make house calls and perform physical therapy at your home.

Avoiding falls

Avoiding falls is a top priority for older adults. A fall can set in motion a series of events that can lead to reduced mobility and a loss of functional independence.

Risk factors for falls:

- Hypoglycemia - Low blood sugar can trigger a loss of balance and lead to a fall, so check blood glucose regularly. If blood glucose dips below 70 mg/DL, consume rapid-acting carbohydrates immediately.
- Medications - Some medications taken for high blood pressure may cause dizziness when standing (postural hypotension). One way to avoid falls from postural hypotension is to flex each ankle 10 times before standing.
- Peripheral neuropathy or loss of sensation in the feet and/or a loss of balance can increase risk for a fall.
- Vision loss can lead to unsteadiness and difficulty seeing obstructing objects.
- Large-joint issues - People with type 1 diabetes seem to develop large-joint issues, and this can lead to pain and disability.

A fall and fracture due to osteoporosis can lead to a period of forced immobility and recovery can be difficult. Your health care providers should assess you for these issues and your risk for falls.

The benefits of physical activity

Not only can physical activity help you maintain balance, but it may also help slow some of the cognitive decline seen with aging. Walking may be the best, and simplest, exercise for maintaining function, but it's also important to do weight-bearing exercises, such as yoga or using free weights or machines, to maintain bone density and muscle volume.

Try these at home balance exercises you can find on YouTube!

https://www.youtube.com/watch?v=s6l78a_szkU

- As always, check with your healthcare provider before starting and exercise or workout plan!

Source: <https://diabetes.org/healthy-living/fitness/balance-and-avoiding-falls>

Fun Fact:

Neil Armstrong made history on July 29, 1969, by taking the first steps on the moon. His famous declaration "That's one small step for man, one giant leap for mankind!"





For more information on diabetes, or to make an appointment, call your Weeks primary care provider at 603-788-5095.

The Diabetes Support Group monthly newsletter is produced by Weeks Medical Center Registered Nurse and Diabetes Care and Education Specialist, Ashley Clauss. If you have any questions regarding the Diabetes Support Group, contact Ashley at 603-788-5659. Not only is this support group for patients with diabetes, but also their family, caregiver, and support person. All are welcome. We are always looking for new members!



Next Meeting... Please Join Us

Our next meeting will be on Tuesday, September 26, 2023, from 7:00pm - 8:00pm. This meeting will be located in the Hospital Board Room. We hope you have a wonderful summer! Masks are optional.

RECIPE OF THE MONTH

Grilled Chicken Caesar Kabobs

INGREDIENTS

- 8 bamboo skewers
- ½ cup Plain Nonfat Greek yogurt
- 1 clove garlic (minced)
- 2 tbsps lemon juice
- 2 tps Worcestershire sauce
- 1 tbsp Extra Virgin Olive Oil
- ¼ cup plus 2 tbsps grated Parmesan cheese (divided)
- ¼ tsp salt
- ¼ tsp black pepper
- 1¼ boneless, skinless chicken breast (cubed, approx. 24 pieces)
- 2 red bell peppers (cut into 1-inch pieces)
- 8 cups romaine lettuce (chopped)
- 16 Kalamata Olives (pitted and sliced into fourths)

DIRECTIONS

1. Soak the bamboo skewers in warm water for at least 30 minutes.
2. Preheat an indoor or outdoor grill.
3. While the skewers are soaking, whisk together the yogurt, garlic, lemon juice, Worcestershire sauce, olive oil, 2 tbsps. parmesan cheese, salt, and ground black pepper.
4. Add the chicken pieces to a bowl and pour 3 tbsps. of the dressing over the chicken and toss to lightly coat. Let the chicken sit for 15 minutes. Note: Reserve the extra dressing and be sure it does not come in contact with the raw chicken.
5. Thread alternating pieces of chicken and red pepper onto the soaked skewers starting and ending with the chicken.
6. Grill the kabobs about 7 minutes, turning frequently or until the chicken is cooked through and reaches 165 degrees F.
7. Toss the romaine lettuce with the remaining salad dressing and serve by putting two cups of salad on a plate, top with two kabobs, sprinkle with 8 slices of olive and one tbsp. of grated parmesan cheese.



NUTRITION FACTS

Servings Per Recipe: 4, Serving Size: 2 cups romaine and 2 kabobs, Calories 290, Total Fat 11g, Saturated Fat 2.7g, Cholesterol 85mg, Sodium 420mg, Total Carbohydrate 11g, Dietary Fiber 4g, Total Sugars 6g, Protein 36g, Potassium 700mg, Phosphorus 345mg

https://www.diabetesfoodhub.org/recipes/mediterranean-zucchini.html?home-category_id=18