

DIABETES LIVING

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Welcome to the Byram Diabetes Newsletter!

Dear Byram Customer,

Are you ready for the summer? Hopefully, you'll have a chance to enjoy a holiday break. Before you do, make sure you have all the supplies you need to take care of your diabetes. At Byram Healthcare, we know that diabetes doesn't take vacations, so neither do we! Contact us any time.

In the meantime, we hope you enjoy the summer edition of Byram's diabetes newsletter, chock full of the latest and greatest diabetes news and informational articles from the diabetes field. My practice's clinical team is proud to provide these materials for Byram, but we're always looking for feedback and ideas from you.

Happy reading, and stay healthy!



Gary Scheiner MS, CDCES
Owner and Clinical Director
Integrated Diabetes Services
2014 Diabetes Educator of the Year

Wound Awareness for People with Diabetes

by Alicia Downs, RN|MSN|CDCES

June is Wound Care Awareness Month, so what should people with diabetes know about it? Wound healing is central to remaining healthy and functional. With diabetes, hypertension, heart disease, vascular disease or COPD, wounds may be slower to heal and you may be more prone to wound infections and less able to combat them.

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College Life

by Kristen Garron, RD|LDN|CDE

If you're a college student you know the end of the semester is a ROUGH time. Final exams, projects, papers, last assignments and whatever else you have going on in life. For me, the ending includes a lot more insulin due to increased stress levels. Learning how to adjust my insulin needs to compensate was something that was incredibly important for me.

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Life After Diagnosis

by Annette Valle, RN|BSN|CDE

After diagnosis, the next few months can feel hard and some wonder if life will ever feel normal again. Add Covid to the mix and the things intensify. After diagnosis many people wonder when they can start traveling again, sleep through the night and feel like life resembles some kind of normal. While a lot goes into managing diabetes, life will go on, and it can still be beautiful.

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Ask Dana

by Dana Roseman, MPH|CDCES|RDN|LDN

I have had Type 1 diabetes for over 20 years and have always struggled to have good control. My husband was recently diagnosed with Type 2 diabetes and was told by his doctor to eat a low carb diet.

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Relationship Between Glycemic Index and CVD

A study was conducted with participants from five different countries to analyze the relationship between glycemic index and cardiovascular disease (CVD). Glycemic index being how much 50g of carbohydrates raise blood sugar, depending on the type of food.

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