D E E P  I M P A C T

This month Glen has trained four new facilitators, who will be joining our Wyoming DEEP community. Please welcome Sharon Skiver from Thermopolis, Hailey Sjostrom and Crystal Morse from Casper and Fred Summerfelt from Thayne. Welcome, facilitators!

A D M I N I S T R A T I V E  T I D B I T S

Greetings, Wyoming Diabetes Empowerment Education Program (DEEP)™ facilitators! Spring is here, and we currently have classes going on across the state. I want to thank you for all the work you do helping participants with diabetes and pre-diabetes become empowered and learn more about diabetes and their health.

As a reminder, we are here to help you promote your classes. Please send Genee your notice of upcoming class form right away, and we can work with you to get flyers, postcards and other promotions created and out to your community to help boost attendance and your impact!

This issue of our newsletter for you highlights the importance of eye health for people who have diabetes. We hope you find the information useful as you teach your classes.

Once again, thank you for all your hard work. We appreciate you and your support of this important program. We could not make the impact we’re making without you!

Brandi Wahlen, Diabetes Project Manager | bwahlen@mpqhf.org

H E A R D  F R O M  D E E P  P A R T I C I P A N T S

• “I got to see how some of the foods and snacks I thought were good are too high in sugar, fat and salt.”

• “I have had diabetes for five years and other complications, and understanding what medications affect my other health problems has helped me to ask my doctor specific questions.”

• “This is one of the best classes I have ever taken, and that should mean a lot, because I am a nurse.”

• “Overcoming the barriers is so hard, but I think I have some tools to help me now.”

• “The kidney function has never been explained that way. It makes so much more sense now.”

D E E P  I M P A C T

May/June 2018

WYOMING DEEP™ FACILITATOR BULLETIN

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▪ DEEP Impact: Welcome newbies!
▪ For Your Toolbox: Resources about diabetes and eye health
▪ Facilitator Education: Learn about common eye complications
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▪ Alcohol and Diabetes: Do they mix?
**FACILITATOR EDUCATION**

**THE EFFECT OF DIABETES ON EYE HEALTH**

by Kenneth K. Morse, OD
Wyoming Eye Care

Diabetes has the potential to impact many of the body’s organ systems. Among them is complications with the ocular system, or eye disorders, which can lead to blindness.

*This article, written and submitted by a Wyoming optometrist,* discusses the most troubling ocular conditions and diseases, treatment and new technology for retinal exams and how to prevent these complications before damage causes poor eyesight or even blindness.

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**FACILITATOR EDUCATION**

**CURRENT AND UPCOMING DEEP CLASSES ACROSS WYOMING**

- **Community Hall in Mills**
  - April 25 – May 30 (Wednesdays)
  - 1:00 to 3:00 PM
  - Registration contact: Genee Miller at (307) 439-2371

- **DEEP Class in Gillette**
  - May 7 – June 18 (Mondays)
  - 9:30 to 11:00 AM

- **Ivinson Memorial Hospital**
  - (Turtle Rock Room) in Laramie
  - June 4 – July 9 (Mondays)
  - 2:00 to 4:00 PM
  - Registration contact: Genee Miller at (307) 439-2371

- **Hot Springs Senior Citizens Center, Inc. in Thermopolis**
  - June 5 – July 24 (Tuesdays)
  - 1:30 to 3:30 PM
  - Registration contact: (307) 864-2151

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**READY TO HOST YOUR NEXT CLASS?**

We are still working to reach more Medicare beneficiaries with diabetes and pre-diabetes and empower them to better manage their health. If we can help you set up a class, contact Genee Miller at gmiller@mpqhf.org.

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**FOR YOUR TOOLBOX**

**Eye Complications from Diabetes:**

*This page on the American Diabetes Association (ADA) website* provides information about how the eye works and eye disorders related to diabetes.

You can also visit the *ADA’s webpage about eye care* and what steps people can take to avoid eye complications from diabetes.

**Diabetic Retinopathy:** The Mayo Clinic provides *a full overview*—including symptoms, causes, diagnosis and treatment—of diabetic retinopathy, the most common eye disease among adults and a leading cause of blindness among people who have diabetes.

**Diabetic Eye Disease:** The National Eye Institute provides *facts and news about diabetic eye diseases*, including *this short, one-minute video* about diabetic retinopathy.

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**ALCOHOL AND DIABETES: DO THEY MIX?**

by Teresa Hicks, RD, CDE

When a person has diabetes, providers often talk about nutrition and diet, but what about having a glass of wine with dinner or the occasional beer with friends? What does a person with diabetes need to know about alcohol? *Read this article* to get some important information and tips.