



The Dia-Care Beacon™



1-800-920-0411

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Know someone with diabetes? Make them a part of the Dia-Care family and receive a \$10 gas card. Click here!

Monthly Tip

To ensure proper readings please replace the batteries in your meter every 6 months.

Contact Us

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Is your Glucose Meter right for you?

With so much new technology in the marketplace, do you know if your glucose meter is giving you the right results and fits your lifestyle and body chemistry? Here is a quick guide to asking the right questions about your glucose meter.

- Does your meter give you results in less than 10 seconds?
- Does your meter allow you to test on alternative sites like your arm or palm?
- Does your meter allow you to reapply blood on the test strip?
- Does your meter require more than 1 µl of blood?
- Is your meter downloadable to a computer?
- Does your meter allow you to put in reasons why your blood sugar is high or low, like "just exercised" or "after meal"?
- Do your glucose readings vary when you introduce new medications to your system?

These are all very important questions to think about when choosing a meter or evaluating your current glucose meter. Your lifestyle and interest in managing your diabetes is highly affected by the type of meter that you are using. Here is an example of a patient that has made a new choice in meters and how it affected his life:

"I was using a meter that required me to put a lot of blood on the strip, and every time I went to test, I could never get enough blood on the strip. I would have to throw out the strip and start over. Sometimes I would need to use more strips than my insurance would pay for because I couldn't get enough blood. I researched meters and found a meter that would allow me to re-apply blood to the strip. I was thrilled, it minimized the damage to my fingertips and I didn't run out of strips anymore. I am so happy that I made the change!"

—Mike S., Phoenix, AZ

Here is a comparison of different meters with some really great features:

Optium Meter by Abbott Laboratories	This meter allows you to reapply blood and tests through many types of medications.
One Touch Ultra II by Lifescan	This meter allows you to put in reasons why your sugar is high or low.
One Touch Ultrasmart by Lifescan	This meter is like a small computer to manage your diabetes with technology and downloadable software.

Accu-check Compact
by Roche Diagnostics

This meter has a drum that contains strips that does not require individual handling of strips, just insert the drum and you are ready to test.

ENROLL NOW! Our patient care specialists are waiting for your call to evaluate your current meter at 800-920-0411.

Know a Friend or Family Member with Diabetes?

Our family at Dia-Care welcomes all new members to its family. As a token of our appreciation, we would like to offer you a \$10 Shell Gas Gift Card for any friend or family member that you refer and enrolls. It's easy, just call us at 800-920-0411 or [click here](#). Make sure to give your name and address so that we can send you a gift card.



Chicken Parmesan†



This recipe, with its vibrant colors, is a cheerful, easy meal! If you like, make your own tomato sauce or add your own spices to a prepared sauce. If you need to watch the sodium in your meal plan, choose a low-sodium brand of prepared sauce, but add 1 Tbsp. of oregano or Italian seasonings to spice it up. You can also replace the chicken in this dish with veal or turkey breast.

Number of Servings: 8

Ingredients

1 jar seasoned tomato sauce (26 oz)
1-1/4 lb boneless, skinless chicken breasts
1/2 cup shredded mozzarella cheese, part skim
1/2 cup grated Parmesan cheese

Preparation Instructions

Preheat the oven to 350 degrees F.
In a 9x13-inch baking pan or large casserole dish, spread half of the tomato sauce. Place the chicken on the sauce, then pour the rest of the sauce over the chicken. Sprinkle the mozzarella cheese on the chicken, then sprinkle on the Parmesan cheese.
Cover and bake until bubbly and cheese is lightly browned (approx. 30 minutes).

Exchanges Per Serving

3 Very Lean Meat
1 Vegetable
1/2 Fat

Nutrition Information

Serving Size 1/8th recipe

Calories **153**

Calories From Fat 41

Total Fat **5g**

Saturated Fat 2g

Cholesterol **51mg****Sodium *** **762mg****Total Carbohydrate** **7g**

Dietary Fiber 1g

Sugars 5g

Protein **22g**

* Not appropriate for low sodium diets.

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