



# Home Care Connection

## Connecting Hospital to Home

Cimarron Medical Services  
Stillwater Medical Center Home Health Services

### Meet the Staff: Toni Choplin



Toni Choplin joined the team at Cimarron Medical Services in April 2017 as a Home Medical Equipment Technician. Toni has been with Stillwater Medical Center since November 2014.

Toni was stationed in Okinawa, Japan while serving in the U.S. Marine Corps. She is currently working on her Bachelor's degree in Business Administration, with a major in Management and a minor in Finance. Toni is also a volunteer for Payne County Emergency Management, where her husband serves as the Deputy Emergency Management Director.

Toni has two children; Ashley, the oldest, lives in Tuskahoma, and Jonathan, her youngest, works in Nutrition at Stillwater Medical Center. In her spare time, Toni loves playing with her bloodhound, Gator.

**Do you have CPAP questions?  
We have CPAP answers!  
Come in to Cimarron Medical on  
November 9th from 9am-6:30pm  
for our CPAP Workshop!**

### Prediabetes—Are You 1 Out of 3?

By JoAlice Dobbs, RN, MSN, CDE

Eighty-six million Americans now have prediabetes—that's 1 out of 3 adults! Of those 86 million, 9 out of 10 don't know they have prediabetes. Without intervention, many people with prediabetes will go on to develop type 2 diabetes. Persons with type 2 diabetes are at higher risk for heart attacks, strokes, retinopathy, kidney disease, and blindness. Prediabetes precedes diabetes mellitus. In prediabetes, not all of the symptoms required to diagnose diabetes are present, but blood sugar is abnormally high (fasting 100 – 125 mg/dL).

Diabetes Care Services now offers a Diabetes Prevention Program to address this growing issue. The program is a year- long program and meets weekly for 16 weeks and then monthly for the remaining 8 months. The Program is led by a Certified Lifestyle Coach. In the program, participants learn, laugh, share stories, try new things, and build new habits –all while lowering their risk of developing type 2 diabetes. Stillwater Medical Center has offered the program for almost 2 years. Participants average a 5 % body weight loss and gradually increase their physical activity up to 150 minutes per week. The following is a testimonial from a Diabetes Prevention Program participant:

*"You have inspired and encouraged me. I have never been able to lose weight and keep it off for a long period of time. I have gained new ideas, I have learned I am not alone and am still learning to find ways to be positive and stop negative self- talk. I not only have lost weight, I have learned new habits and am able to move around more easily. I have been able to actually do some things with my kids this summer instead of sitting and watching. I recently decided to try to do yard work myself. I have not done this for years. I was amazed I was able to work 30 minutes straight pulling weeds and trimming bushes in front of my house. Before, I did good just to be on my feet 30 minutes. Thank you all for your support."*

Call Jo Alice Dobbs RN, MSN, CDE at Stillwater Medical Diabetes Care Services if you are interested in the Diabetes Prevention Program. She may be reached at (405) 742-4924.

### Cimarron Medical Services Monthly Sales

10% off Compression Socks & Hosiery  
10% off CPAP Wipes  
10% off Contour® Flip Pillows

### Quick Beef & Barley Soup

Source: [eatingwell.com](http://eatingwell.com)



#### Ingredients:

8 oz. sirloin steak, trimmed and cut into bite-size pieces  
½ tsp. freshly ground pepper, divided  
4 tsp. extra-virgin olive oil, divided  
1 medium onion, chopped  
1 large stalk celery, sliced  
1 large carrot, sliced  
2 tbsp. tomato paste  
1 tbsp. chopped fresh thyme  
¾ c. quick-cooking barley  
4 c. reduced-sodium beef broth  
1 c. water  
¼ tsp. salt  
1-2 tsp. red-wine vinegar

#### Instructions:

1. Sprinkle steak with ¼ tsp. pepper. Heat 2 tsp. oil in a Dutch oven over medium heat. Add the steak and cook, stirring often, until browned on all sides, about 2 minutes. Transfer to a bowl.
2. Add the remaining 2 tsp. oil, onion and celery to the pot and cook, stirring, until beginning to soften, about 2 minutes. Add carrot and cook, stirring, for 2 minutes more. Add tomato paste and thyme and cook, stirring, until the vegetables are coated with the tomato paste and are beginning to brown, 1 to 2 minutes.
3. Add barley, broth, water, salt and the remaining ¼ tsp. pepper; bring to a simmer. Reduce heat to maintain a simmer; cook until the barley is tender, about 15 minutes. Return the beef and any accumulated juice to the pot and heat through, 1 to 2 minutes. Remove from the heat; stir in vinegar to taste.

Provided by: Katy Edens, RDN/LD

## Cimarron Medical Services

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www.cimarronmedical.com

Quality Services  
Provided by:

Stillwater  
Medical Center



1201 S Adams

Phone: 405-624-6578

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## The Highs and Lows of Blood Glucose

By Debbie Moore MS, RDLD, CDE

### The Highs and Lows of Blood Glucose

If your numbers are too high or too low, or you are not sure what the numbers mean, your meter can start to feel like your worst enemy.

**How high is too high?** Generally a blood glucose reading above 250mg/dl is too high, especially if you have more than one reading at this level.

#### Symptoms of High Blood Glucose:

- Feeling tired / sleepy
- Feeling groggy / unable to think clearly
- Dry mouth, thirst and dry, itchy skin
- Urinating more often
- Blurred vision
- Headache
- Nausea and vomiting



**What to do?** It is easy to get dehydrated when your blood glucose is too high. Drinking extra water can help to flush the extra glucose out of your body. Exercise may help to lower your glucose level, but can be hard or unsafe when you are feeling tired and groggy. If you take rapid acting insulin, ask your healthcare professional about a correction dose of insulin that you can take at those times. If your blood glucose stays high for more than a day, call your healthcare provider and ask for advice. If your family or others notice you are confused you need to go to the emergency room or call 911.

**How low is too low?** Blood glucose level of less than 70mg/dl is too low.

#### Symptoms of Low Blood Glucose:

- Feeling hungry/ weak
  - Sweating or feeling cold and clammy
  - Shaking, especially feeling like you are “shaking on the inside”
  - Dizziness
  - Having nightmares or being very restless while sleeping
- What to do about the Lows?** If your blood glucose is between 50 and 70 mg/dl, Follow the “**Rule of 15**”: 15 grams of simple carbohydrates and recheck in 15 minutes!
- 4 ounces regular soda or juice
  - 4 glucose tablets
  - 5 pieces of hard candy

If your blood glucose is less than 50 mg/dl, take twice that amount.

#### DON'T GIVE UP, YOU CAN DO IT!!

It can be frustrating when it is hard to figure out what is causing your readings to fluctuate. Remember, blood glucose levels are not who you are or a judgment of your efforts or character. Blood glucose readings are just numbers. By knowing what to do when your numbers are too high or too low, and using this information to take action, monitoring can become your friend instead of your enemy.

## Diabetic Supplies at Cimarron Medical Services

By Amy Lindsey

A glucometer is a medical device used for determining the approximate concentration of glucose in the blood. Cimarron Medical Services provides both **Breeze 2** and **Contour** glucose monitors, test strips and lancets. With a doctor's prescription, we may be able to file to your insurance for you.

Cimarron Medical Services also carries **Truform's Diabetic Crew Length Socks**. These are designed for anyone with special needs in foot care. Non-constricting and gentle

elasticity helps keep socks in place and prevents bunching and sliding. Natural cotton materials helps reduce irritation and blistering and provides exceptional comfort, easy care and excellent absorbency. Ideal for the diabetic patient, or anyone with sensitive feet issues. They are available in a 3-pack, in black or white, and are priced at \$10.50 + tax. If you have any questions about these products, please call Cimarron Medical Services at (405) 377-9735.



Stillwater Medical Center Home Health and Cimarron Medical Services thank you for your support over the last 25 years and during last month's anniversary celebration. We could not have done it without you! We look forward to the next 25 years with the wonderful people of this community and surrounding areas.

*If you would like to be added or removed from our mailing or emailing lists, or have comments about the newsletter, please contact Amy at (405) 377-9735 or by email at [alindsey@stillwater-medical.org](mailto:alindsey@stillwater-medical.org)*