

Managing holiday meals and diabetes

*****SOT*****

Dr. Aminat Ogun (ah-ME-not // oh-GOON), family medicine physician at OSF HealthCare in Champaign, Illinois

“You would have discussed with your doctor the amount of carbohydrates you can take,” Dr. Ogun says. “Try to keep to that level.” (:08)

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“If they eat a certain amount of vegetables or fruits in a day, maybe reward with a cookie or snack.” (:10)

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“We lose sensation in those areas. People may step on a nail and might not feel it. The issue grows and grows and leads to an ulcer, which makes wound healing harder for diabetic patients. That’s when we have to consider amputation.” (:22)