Diabetes & Endocrine Wellness Center

NOVEMBER 2026 · PATIENT NEWSLETTER

Enjoy the season and still take care of your blood sugar

> November is American Diabetes Month, and it opens the holiday season. For many of you, that means family, favorite foods, and busy days. I don't want you to spend the holidays afraid of your plate. I want you to enjoy them, and to know a few simple things that help your body along the way. That's what this month's newsletter is about.
>
> **— Dr. Woode**

1 Know your numbers

If you have diabetes, a few checks each year help us catch problems early, often before you feel anything:

- ✓ **A1C** — your average blood sugar over the last few months
- ✓ **Kidney check** — a simple urine test and blood test
- ✓ **Foot check** — looking for sores, numbness, or changes
- ✓ **Blood pressure** — checked at every visit
- ✓ **Eye exam** — a dilated exam with an eye doctor. Our office requires a current eye exam before we can complete your DMV form.

2 The holiday plate: keep the dish, change the plate

You don't have to give up the foods that mean family to you. Keep the dish. Change what's around it:

- Eat your protein and vegetables first, then the starch
- Take a smaller helping of rice, potatoes, bread, or stuffing
- Save dessert for one plate, and enjoy it

Throwing everything out usually doesn't last. Small changes to what's around your favorite foods do.

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3 The walk after the meal

One of the simplest things you can do after a big meal is take a short walk. When your leg muscles work, they pull sugar out of your blood, which helps bring down the rise after eating. Around the block, to the mailbox, or a lap around the house all count. Invite the family. It's a good time to talk.

> **A word of caution:** if you take insulin or a medicine that can cause low blood sugar, talk with us before changing how much you eat, and carry a quick sugar source when you walk.

4 The time change and your sleep

The clocks just fell back an hour, and a change like that can throw off your sleep for a week or more. Poor sleep makes blood sugar harder to control. Try to keep the same bedtime and wake-up time, get some daylight in the morning, and put screens away a while before bed.

5 Five minutes counts

On a busy or hard day, it's easy to think (if I can't do the whole workout, why bother?). But five minutes of movement still counts. March in place, stretch your arms, walk the hallway. The days you do *something* add up, and they matter more than the perfect plan you never started.

November 14 is World Diabetes Day.

You don't have to manage diabetes alone.

Ask us where to find diabetes education and support near you, or visit **diabetes.org**.

6 Office news

- **Thanksgiving hours:** closed Thursday, November 26 and Friday, November 27. We reopen Monday, November 30.
- **Refills:** if you'll need a refill over the holiday, call us by Thursday, November 19. Please don't wait until you're out.
- **Flu shot:** people with diabetes are at higher risk from the flu. Haven't had yours yet? Ask us at your next visit.
- **Supplies:** check your testing supplies or sensors before the holiday week.

Dr. Woode's book, *The Diabetes Exit*
Available in the office and at **thediabetesexit.com**

Want more between visits?
Get Dr. Woode's free Weekly Brief at **dwainwoodemd.com/brief**

This newsletter is general health information, not medical advice for your situation. Before changing your medications, diet, or activity, talk with your care team.