



NEWSLETTER ♦ 27th Edition ♦ Nov. 2015

MOVING FORWARD FEATURE

JUST LISTEN – by *Belinda*

When you look up the word "listen" in the dictionary the definition is to pay attention or take note. That sounds easy enough, but when you think about it, how good of a listener are you really? I was given this poem at the Amputee Coalition peer visitor training, which I will share with you. It is an excerpt from a poem entitled "Listen", whose author is unknown:

"Listen"

"When I ask you to listen to me
and you start to give me advice,
you have not done as I asked.

When I ask you to listen to me
and you begin to tell me why I shouldn't feel that way,
you are trampling on my feelings.

When I ask you to listen to me
and you feel you have to do something to solve my problems,
you have failed me, strange as that may seem.

Listen!! All I asked was that you listen,
not talk or do – just hear me.
I can do myself, I am not helpless,
maybe discouraged and faltering, but not helpless.
So please listen and just hear me, and if you want to talk,
wait a minute for your turn, and I'll listen to you."

I think that many of us are guilty of some of these things. I know that I am. I am guilty of butting into the middle of someone speaking to offer advice. I am also a natural born problem solver, so that one is a struggle for me. Through my years as a peer visitor, though, my listening skills have improved. I now realize that there are many times when we just need someone to truly listen to what we are saying. We aren't asking them to judge us or fix us, but just to show that they care enough to take the time to listen. Sometimes we just need to say the words out loud to hear them ourselves so that we can start making some sense of our situation. When we say, "Why did this have to happen to me?" we know that you don't have the answer to that question. It is just part of the grieving process that we must go through in order to heal. At times what we say may be difficult for you to hear. When a loved one says that they are feeling depressed, you want to do something or say something to make it better. I know that at times it is very hard to know if someone just needs you to hear them or if they want your advice or help. I have found that if you listen quietly until they finish speaking, it usually

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Note from Belinda: At both of our November monthly meetings (Southern Indiana Rehab Hospital & Baptist East) we will be having a special presentation given on Massage Therapy by Tonya Michelson. This is an excellent opportunity for you to come and see if massage therapy may be of benefit to you. You will find more info on this in our **Upcoming Events** section.

Integration of Massage Therapy into Amputee Rehabilitation and Care

inMotion · Volume 14 · Issue 4 · July/August 2004

by *Anna Kania, BSc, RMT*

Limb loss is a physical and psychological trauma that has a profound influence on the life of an amputee. Providing comprehensive rehabilitation services and programs to individuals recovering from amputation is, therefore, a complex process. It is generally recognized that a multidisciplinary team approach is required to address the individual's functional, emotional, social and psychological needs.

St. John's Rehabilitation Hospital, Toronto, Canada, is a leader in rehabilitation programs for individuals recovering from amputations, burns, multiple trauma injuries, complex orthopedic conditions, organ transplants, stroke and heart surgery. Amputee patients receive therapy from a team of professionals, including a physical therapist, occupational therapist, psychologist, social worker, nurse and other medical specialists. In the past few years, however, it was recognized that there was a missing element in the rehabilitation services being provided. In response to this need, massage therapy was integrated into the amputee rehabilitation programs to provide the "missing link."

What Is Massage Therapy?

Massage therapy is used to prevent and treat physical dysfunction and pain through applying various manual techniques to the soft tissues of the body (muscles, connective tissue) and joints. It is recognized as a non-invasive therapy, which, when applied by a trained licensed massage therapist, can have a number of highly beneficial effects.

What Are the Benefits of Massage Therapy?

Massage therapy is supported by research to have a number of interrelated physical and psychological benefits, many of which are frequently indicated as rehabilitation goals.

These benefits include:

- Reduced swelling
- Increased circulation
- Less muscle stiffness
- Reduced scar tissue tightness
- Reduced spasms

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JUST LISTEN (cont'd)

becomes apparent as to what their needs are. When they finish speaking, you can ask them if there is anything that you can do to help. A dear friend of mine, Bill Titus, comes to mind. He has called me several times since my surgery. He always ends with, "I wish there was something that I could do for you." I always answer him by saying, "You have helped me just by being my friend and listening."

One detriment to our listening skills is the cell phone. You cannot truly listen to someone if every few minutes you are picking up your phone to see if you have a text message. When someone needs you to listen to him or her, that has to become the most important thing at that point in time. We all have a million things that we need to do, and that list is constantly running through our minds. The most important thing that we can do for someone during a time of illness or tragedy is to take those few minutes and turn off everything else that is going on and just listen.

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## QUOTE OF THE MONTH

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

— Winston Churchill

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TEST YOUR KNOWLEDGE

Unscramble these words & use the letters in parentheses to finish the sentence. You can find the answers on Page 7.



KREUTY _____ ()
 DDCEIAN SMYA _____ () _____
 GRDEISSN _____ () _____
 SHDMEA TTPAOOSE _____ () _____

 DLWFROA LAADS _____ ()
 _____ () _____

Now unscramble the letters to finish this sentence:

A _____ gathers around the table to share their Thanksgiving meal.

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## LET'S GET MOVING! — by Belinda

As amputees we know the crucial role that our caregivers play in our healing process. It is very important for caregivers to take care of themselves as well. We are including this article on body mechanics from the Amputee Coalition Resource Center which deals with the prevention of injury to the caregiver.

So, come on everyone, let's safely get moving!!! This article was excerpted from The Comfort of Home: A Complete Guide for Caregivers; CareTrust Publications. The Comfort of Home is available everywhere books are sold or visit [comfortofhome.com](http://comfortofhome.com).

## Body Mechanics

inMotion • Volume 19 • Issue 6 • October 2009

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## Integration of Massage Therapy into Amputee Rehabilitation and Care (cont'd)

- Increased muscle length
- Less pain
- Decreased anxiety and stress
- Longer sleep
- Increased relaxation.

### Common Amputee Conditions Treatable by Massage Therapy

Every amputee is unique in his or her history and particular symptoms, depending on a variety of factors, such as age, health status, cause of amputation and current stage of rehabilitation. A massage therapist takes the patient's full history, assessment findings, and rehabilitation goals into account before discussing the appropriate treatment plan with the patient. A trained massage therapist with a thorough knowledge of anatomy and physiology can improve any of the following conditions commonly experienced by amputees.

**Phantom Pain.** Phantom pain is unique to amputees. It is the subjective sensation of pain, not arising from an external stimulus, felt in the part of the limb that is no longer there.

Research suggests that 70 to 80 percent of amputees experience phantom pain. Most report it immediately after surgery, although studies indicate that 40 percent may experience phantom pain a year or more afterward. Phantom pain has been described using a variety of terms, including burning, stabbing, twisting, cramping, crushing and throbbing. Massage treatment has had varying results in reducing reported phantom pain. For some, it has been a great source of relief; for others, it has had little effect. It is often cited in amputee rehabilitation textbooks that noninvasive techniques such as massage therapy increase sensory input from the residual limb that may override the brain's perception of pain, providing temporary or partial relief of phantom pain. How this is achieved depends on each individual and the massage therapist's ability to locate areas where the patient reports a change in the level of pain. Treatment may consist of directly massaging the end of the residual limb or the muscle and soft tissues above the amputated area. A more general massage approach may also be appropriate, with the goal being to reduce stress and anxiety, which are recognized as increasing the intensity or frequency of pain.

**Residual Limb Pain.** Residual limb pain is the pain felt in the remaining portion of the affected limb after amputation. The causes of residual limb pain are numerous and include tissue damage during surgery, poor prosthetic fit, an unprotected neuroma, rubbing of the skin, and joint dysfunctions.

Additional causes or contributing factors are swelling, poor circulation, adhered scars, muscle spasms or referred pain (pain felt in an area of the body that is not the actual source of the pain). All of these can be effectively treated with massage therapy.

**Hypersensitivity.** Many amputees have highly sensitive residual limbs that cause discomfort and pain and limit their ability to use their affected limb. Massage therapy is an effective method of reducing hypersensitivity and its associated pain and discomfort.

**Muscle Tightness, Stiffness and Spasms.** Amputees often experience pain in muscles and joints that are not directly associated with the area of amputation. These areas are called compensatory structures because they are required to perform additional functions to compensate for limitations resulting from the amputation. This imbalance in muscle activity often results in muscular tightness, stiffness and spasms, which may be manifested in the following ways:

Upper-extremity amputees often develop carpal tunnel or

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## LET'S GET MOVING! (cont'd)

### Positioning, Moving, and Transfers

#### Body Mechanics for the Caregiver

Body mechanics involves standing and moving one's body so as to prevent injury, avoid fatigue, and make the best use of strength. When you learn how to control and balance your own body, you can safely control and move another person. Back injuries to nursing home aides are common, so when doing any lifting be sure to use proper body mechanics.



#### General Rules

- Never lift more than you can comfortably handle.
- Create a base of support by standing with your feet 8-12" (shoulder width) apart with one foot a half-step ahead of the other.
- DO NOT let your back do the heavy work—USE YOUR LEGS. (The back muscles are not your strongest muscles.)
- If the bed is low, put one foot on a footstool. This relieves pressure on your lower back.
- Consider using a support belt for your back.



#### Helpful Caregiver Advice for Moving a Person

*These pointers are for the caregiver only.*

- Tell the person what you are going to do.
- Before starting a move, count with the person, "1-2-3."
- To feel in control, get close to the person you are lifting.
- While lifting, keep your back in a neutral position (arched normally, not stiff), knees bent, weight balanced on both feet. Tighten your stomach and back muscles to maintain a correct support position.
- Use your arms to support the person.
- Again, let your legs do the lifting.
- Pivot (turn on one foot) instead of twisting your body.
- Breathe deeply.
- Keep your shoulders relaxed.
- When a lot of assistance is needed with transfers, tie a strong belt or a transfer belt around the person's waist and hold it as you complete the transfer.



#### Prevention of Back and Neck Injuries

To prevent injuries to yourself, get plenty of rest and maintain:

- Good nutrition
- Physical fitness
- Good body mechanics
- A program for managing stress

#### Common Treatments for Caregiver Back Pain

If you do experience back pain:

- Apply a cold ice pack to the injured area for 10 minutes every hour (you can use a bag of frozen vegetables).
- Get short rest periods in a comfortable position.
- Stand with your feet about shoulder width apart and hands on hips, bend backwards. Do 3-5 repetitions several times a day.
- Take short, frequent walks on a level surface.
- Avoid sitting for long periods because sitting is one of the worst healing positions.

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## Integration of Massage Therapy into Amputee Rehabilitation and Care (cont'd)

related symptoms in their unaffected hand due to their increased dependence on it to do everything they used to do with their other hand.

In lower-extremity amputees, weight distribution during standing and walking is often shifted to the unaffected leg, and alterations in posture and biomechanics are very common. As a result, lower-extremity amputees often suffer from persistent low-back pain.

Development of muscle tightness and spasms with the use of prostheses is very common due to the demands placed on the muscles to perform new activities and to carry the added weight of the prosthesis.

During recovery from amputation, muscles and joints may be kept in one position to ensure wound closure or healing of bones. This can result in contractures (permanent tightening or shortening of muscles, which causes stiffness of the involved joints). Contractures occur frequently in joints above an amputation site, restricting the range of motion and potentially leading to complications such as gait deviation, poor prosthetic fit and the inability to use a prosthesis.

Headaches are a very common symptom reported by amputees and can be caused by such things as medication side-effects, poor sleep, stress, dehydration, or referred pain resulting from muscle tightness at "trigger points" in the head, neck and shoulder muscles. By decreasing the muscle tightness and related soft-tissue restrictions through massage therapy, headache symptoms can be managed or eliminated. It is necessary to determine the possible cause of muscular restrictions and reported pain to develop an appropriate treatment plan. The massage therapy treatment may consist of trigger point therapy, joint mobilization, and specific massage techniques to the affected soft tissue. Education in proper posture and instruction in home care (stretching, for example) are also important elements of massage treatment.

**Scar Tissue.** Many amputees have scar tissue in the affected limb associated with surgery or the original injury. Scar tissue is tougher, less elastic and often thicker than normal skin and muscle. Due to its restrictive characteristics, scar tissue can have a negative effect on adjacent tissue, resulting in stiffness and/or pain. Itching and sensitivity of scar tissue is also common and can interfere with wearing a prosthesis or reduce the range of motion of affected joints. Scar tissue massage is highly recommended to reduce tightness, stiffness, pain and itching and to increase the range of motion of affected and surrounding joints.

**Swelling.** Swelling (edema) in the residual limb is common, especially after surgery, drastic atmospheric pressure changes, or wearing a prosthesis for a prolonged period. The swelling, caused by excess fluid, can exert pressure on internal structures, resulting in tingling, numbness or pain. Swelling can also alter the fit of a person's prosthesis and limit his or her ability to wear a prosthesis comfortably. A massage therapist can apply specific techniques that effectively reduce swelling, such as manual lymphatic drainage (a specialized form of very light massage that helps to move fluid from the end of the limb toward the trunk of the body).

**Poor Blood Circulation.** Good blood circulation is very important since it is the source of nutrients (food and oxygen) to all tissues. Amputation results in reduced use of the directly affected muscles and a consequent loss of "muscle pump" action that helps blood flow in and out of the area. Poor circulation also results in a cold residual limb, which is often associated with pain and increased phantom pain. Massage therapy is recognized for its ability to increase local circulation in the area being massaged.

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## LET'S GET MOVING! (cont'd)

As the caregiver, you should seek training from a physical therapist to provide this type of care so as to reduce the risk of injury to yourself or the person in your care. The therapist will correct any mistakes you make and can take into account special problems. To determine the best procedure for you to use, the therapist will consider the physical condition of the person you care for and the furniture and room arrangements in the home.

### Moving a Person

When you have to move someone — either in bed or out of bed — remember these tips:

- Plan the move and know what you can and cannot do.
- Let the person do as much work as he is capable of.
- Avoid letting the person put his arms around your neck or grab you.
- Use a transfer belt to balance and support the person.
- Place transfer surfaces (wheelchair and bed) close together.
- Check wheelchair position, brakes locked, armrests and footrests swung out of the way.
- Let the person look to the place where he is being transferred.
- If the person is able, place his hands on the bed or chair so he can assist in the movement. If the person has had a stroke or is afraid, have him clasp his hands close to his chest.
- Ask the person to push rather than pull on the bed rails, the chair, or you.
- Work at the person's level and speed and check for pain.
- Avoid sudden jerking motions.
- Never pull on the person's arms or shoulders.
- Correctly position the person. (This helps the body regain lost function and helps prevent additional function loss.)
- Have the person wear shoes with good treads or sturdy slippers.

NOTE: To encourage independence, let the person assist as he is able. It's okay for the person to stand up partly and sit back down.

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I'm Moving Forward . . .

Each month we are including a picture of one of our members *moving forward* after limb loss.



Steve Barbour *moving forward* by playing cornhole with his nephew at our Fall Picnic.

** If you would like to submit a picture of you *moving forward*, send it to Belinda or Julie. **

Integration of Massage Therapy into Amputee Rehabilitation and Care (cont'd)

Massage Therapy: Beneficial for Mind and Body at Any Stage

Massage therapy can be of great benefit to amputees, whether as a preventive or maintenance measure or as an integral element in the various phases of rehabilitation. It is highly recommended that amputees receive massage therapy in conjunction with beginning prosthetic training and ongoing prosthetic use. This can help prevent muscle strain, tightness and related pain symptoms that may develop due to alterations in posture and biomechanics and the new demands placed on the muscles directly and indirectly involved.

Massage therapy can produce short-term or long-term relief from a variety of symptoms. It is important to stress that even short-term relief can have a huge positive effect psychologically. A number of studies suggest that massage therapy is also highly effective in reducing stress and anxiety and in increasing sleep duration — all important factors that can affect an amputee's quality of life.

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## OCTOBER RECAP

On Oct. 1st *MOVING FORWARD* took part in the "Give Local Louisville" campaign sponsored by the Community Foundation of Louisville. This was a 24-hour online charitable giving event to benefit local not-for-profits. A rally for the event was held at 4th Street Live and group members Belinda Jacobi, Mike Portman, Kelly Reitz, Mary Jo Kolb, and Paul Weber attended. This was a wonderful opportunity to not only raise needed funds for our group but also to meet members of other not-for-profit organizations. One of the



highlights of the day was when members of the Sam Swope Auto Group went up on stage and asked all the organizations to look under their table for a yellow envelope. When each one opened the envelope, we were all surprised to see a \$1,000 donation made to each organization. *MOVING FORWARD* would like to thank them for their generosity and

support of all the not-for-profits taking part in the event. Another highlight of the day was meeting jockey Pat Day. We would like to express our appreciation to everyone who made an online donation to *MOVING FORWARD*. The checks will be mailed out to the not-

for-profits during the month of November. This money will help us to further our mission of reaching out and providing support to all amputees in our community.

Our Fall Picnic and Walk & Roll was held on Sat., October 17<sup>th</sup>, at Sam Peden Community Park in New Albany, IN. Group members, family, and friends gathered for a delicious meal, games, socializing, and the walk & roll around the beautiful lake. Making the day even more special was that we were able to join in the celebration of group member Bill Titus' birthday. Many of Bill's family members were in attendance making

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# SPOTLIGHT *- by Belinda*

In honor of National Family Caregiver's Month, I would like to shine our **Spotlight** this month on our caregivers. These individuals deserve both recognition and praise, because without them our healing would become much more difficult, if not impossible. They give us strength at times when we feel that we can't go on. They make us smile through the pain. They hold our hand when we need to be comforted. They encourage us when we aren't sure that we can take that next step. They wipe our tears when our emotions get the better of us.

I have met many caregivers during the last few years. Their love, patience, courage, and determination have amazed me. I will take this time to name a few of them. There is Julie who has devoted much of her life to making sure that her son (Philip) lives the best life possible. There is Beverly who beams with pride at the mention of her husband's name (Sam). There is Chuck who is always by Marcia's side. There is Valerie who works with her husband (Ron) to assist veterans. There is newlywed Karen who encourages her husband (Gary) to continue reaching for his goals. There is Lisa (Kelly's mom) who was determined that Kelly was going to live a normal, active life. There is David, whose belief in his wife's (Conni) ability to recover gives her courage to keep trying. There is Teresa who encourages her husband (Albert) to continue doing the things that he enjoys and shares laughter along the way. There is Sue, who not only has been a caregiver for her husband (Mike) but also for her father. There is Mary Jo who is assisting her brother (Paul) in adjusting to living in a new area since moving here from California. There is Terry who is helping her daughter (Ashley) to see that she is still the beautiful and caring young lady that she was before she lost her leg. There is Jerome giving his wife (Elaine) his moral support to aid her in her recovery.

There are countless sons and daughters or brothers and sisters who have driven us to doctor's appointments or brought us groceries or run errands for us. I could go on and on with this. These amazing people who have given us their love and care day in and day out, even on days when they were feeling ill or exhausted, truly deserve our love, appreciation, and respect.

I would like to share with you a little story about my caregiver, my husband of 37 years, Shelton. As many of you know, my mother passed away a few short weeks following my recent cancer diagnosis. The night of the visitation at the funeral home, I literally collapsed and had to be taken home. The morning of the funeral, I wasn't sure that I had the strength to attend, but it was important for me to be there and I had planned to speak during the service. We drove to the funeral home and when it was time for me to speak, I told Shelton that I thought I could do it. He escorted me to the front of the room and stood behind me while I spoke about my mother. He said he stayed there to catch me if I fell. Shelton has been the ultimate caregiver. He is always there to catch me if I fall, but also to help me to stand back up, pick up the pieces, and get **moving forward** again. I love and appreciate him more than words could ever say.

Being a family caregiver is one of the hardest jobs one could ever have. There are no sick days or paid vacations. It is crucial for caregivers to take care of themselves. I know that this is much easier said than done.

If you have a hobby or something that you enjoy doing, try to make time to include it in your daily routine whenever possible. It will help to clear your mind and reduce your stress level.

Something that has really helped both Shelton and I is finding a place to go that we call our "stress free zone". For us this is the Falls of the Ohio State Park. We go there quite often and just sit and enjoy watching the river, the birds, the trees, and flowers. It is our place to escape from the stress, and we always leave feeling

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# OCTOBER RECAP (cont'd)

this a very memorable day for all of us. It was a wonderful way to spend a beautiful fall afternoon.

The meeting at Southern IN Rehab Hospital was an open discussion meeting led by Julie Randolph. One of the main topics of discussion was the importance of the caregiver in the amputees healing process. The need for good communication between the amputee and the caregiver is crucial. Belinda made the point that sometimes the amputee just needs someone to listen to him or her. The importance of the caregiver finding outlets for his or her stress was also talked about.



A special presentation by Erin Myers was given at our meeting held at Baptist Hospital East. Erin has been an AK amputee since early childhood due to a birth defect. She shared with us her personal story of growing up as an amputee. She also talked about her career in the prosthetic industry. She is currently employed by Freedom Innovations as a regional sales manager. Erin also talked about prosthetic technology and brought some prosthetic devices for us to examine. She concluded her presentation by answering many questions from group members.

**\*\* Special Announcement:** In conjunction with "Make a Difference Day" our group held a "Sock Drive" for the Salvation Army. We are proud to say that we collected 273 pairs of socks to be distributed to needy men, women, and children in our area. We would like to thank all who donated to this worthy cause. We also want to express our gratitude to local prosthetic companies: Center for Orthotic & Prosthetic Care, Hanger Clinic, Kenney Orthopedics, Kentucky Prosthetics & Orthotics, and Louisville Prosthetics for allowing us to place drop boxes in their offices.



# Q & A *- by Belinda*

Our Q&A section is provided so that our readers can submit a "?", and then I, in turn, ask some of the members of the group for a response. From time to time, I also do some research from various informational sources so that I can better respond to the submitted question. I am not trying to provide medical advice, but just trying to help amputees who are in search of some answers. As always, I encourage you to talk to your family doctor, specialist, or prosthetist about your concerns. **Do not be afraid to ask them questions!**

November is National Diabetes Awareness Month. I have talked to many diabetics since becoming involved in our support group. As you know, one of the complications of diabetes is amputations. While talking to people who have diabetes, one problem that many of them struggle with day to day is blood sugar swings. If you are experiencing swings in your blood sugar, please contact your doctor. Some members of our group have attended diabetes education classes which were very helpful to them. Your doctor would be able to direct you to one of these classes or you can find them on the internet. While doing some research on diabetes, I came upon

*- Continued on Page 6 Column 2 -*

much better.

The following are some helpful resources for caregivers:

- Family Caregiver Alliance** – [www.caregiver.org](http://www.caregiver.org)
- National Alliance for Caregiving** – [www.caregiving.org](http://www.caregiving.org)
- Family Caregivers Online** – [www.familycaregiversonline.net](http://www.familycaregiversonline.net)
- National Caregivers Library** – [www.caregiverslibrary.org](http://www.caregiverslibrary.org)
- Caregiving Resource Center** – **AARP** – [www.aarp.org/home-family/caregiving](http://www.aarp.org/home-family/caregiving)



**Note from Belinda:** We are sharing this Medicare update from the Amputee Coalition with you and will continue to keep you informed about this important issue. Once again, we would like to thank all of our members, family, friends, and supporters for signing the petition and sending letters to your government representatives. Without the tremendous outpouring of support to keep Medicare from making the proposed changes, amputees from all over our country would have been faced with dramatic negative changes in the prosthetics that they receive.

## Medicare Issue Update

### White House Announces Update on Medicare LCD Proposal

Your voices have been heard!! As a direct result of the over 100,000 signatures on the White House petition, the White House has informed us that the Medicare Contractors “will not finalize the draft Lower Limb Prostheses Local Coverage Determination (LCD) (DL33787) at this time.” The Amputee Coalition is extremely thankful to all of the individuals who took the time to get engaged and who spoke out against the recent proposal.

The White House also announced that CMS would establish a “Workgroup in 2016, comprised of clinicians, researchers, policy specialists and patient advocates from different federal agencies” to discuss future coverage policies for prosthetic limbs and amputee care. The Amputee Coalition will work hard to ensure the consumer voice is considered by this Workgroup. In addition, the Amputee Coalition is committed to working with amputees, prosthetists, physicians, and other rehabilitation professionals to bring together the external stakeholder perspective on this issue.

**This is a win for the limb loss community, and this shows how strong our voice can be when everyone comes together!**

**But there is still more work to be done.**

While this announcement today does not officially rescind the proposal, it is still a significant result. We are pleased with this decision today, however we also recognize that the issue is not going away and that Medicare is planning on convening a Workgroup to redraft a different proposal on lower limb prosthetic coverage. We had recommended the Workgroup would include those from outside of the government, representing consumers and professionals who care for persons with limb loss on an everyday basis. Given the fact that it is an internal government Workgroup, we must work hard to make certain that the needs of persons with limb loss are properly considered, and that the recommendations made by the Workgroup are appropriate and well informed. The Amputee Coalition is looking forward to working with Medicare (CMS) and other stakeholders to improve appropriate access to amputee care and to work to ensure patients receive the most appropriate device at the most appropriate time.

Please know that without your assistance and determination to let CMS know that the LCD was bad policy for amputees, we wouldn't have been able to celebrate this successful outcome. We will continue to keep you notified of updates on this issue as they occur, so be sure to check back to the [Amputee Coalition Web site](http://www.amputee-coalition.org) frequently.

this list of things that can trigger an upswing in blood sugar that I would like to share with you:

### 1. Caffeine

Your blood sugar can rise after you have coffee – even black coffee with no calories – thanks to the caffeine. The same goes for black tea, green tea, and energy drinks. Each person with diabetes reacts to foods and drinks differently, so it's best to keep track of your own responses. Ironically, other compounds in coffee may help prevent Type 2 diabetes in healthy people.

### 2. Sugar-Free Foods

Many of these will raise your blood sugar levels. Why? They can still have plenty of carbs from starches. Check the total carbohydrates on the Nutrition Facts label before you dig in. You should also pay attention to sugar alcohols such as sorbitol and xylitol. They add sweetness with fewer carbs than sugar (sucrose), but they may still have enough to boost your levels.

### 3. Chinese Food

When you dig into a plate of sesame beef or sweet and sour chicken, it isn't just the white rice that can cause a problem. High-fat foods can make your blood sugar stay up for longer. The same is true for pizza, French fries, and other goodies that have a lot of carbs and fat. Check your blood sugar about 2 hours after you eat to know how a food affects you.

### 4. A Bad Cold

Your blood sugar rises as your body works to fight off an illness. Drink water and other fluids to stay hydrated. Call your doctor if you've had diarrhea or vomiting for more than 2 hours or if you've been sick for 2 days and aren't getting better. Be aware that some medicines, such as antibiotics and the decongestants that can clear your sinuses, can affect your blood sugar.

### 5. Job Stress

Overwhelmed or unhappy at work? It takes a toll. When you're under stress, your body releases hormones that can make your blood sugar rise. It's more common for people with Type 2 diabetes. Learn to relax with deep breathing and exercise. Also, try to change the things that are stressing you out, if that's possible.

### 6. Sports Drinks

They're made to help you replenish fluids quickly, but some of them have as much sugar as soda. Plain water is probably all you need for a moderate workout of less than an hour. A sports drink may be OK for longer, more intense exercise. But check with your doctor first to see if the calories, carbs, and minerals in them are safe for you.

### 7. Dried Fruits

Fruit is a healthy choice, but be aware that dried versions will pack more carbohydrates in a smaller serving size. Just 2 tablespoons of raisins, dried cranberries, or dried cherries have the carbs of a small piece of fruit. Three dates give you 15 grams of them.

### 8. Steroids and Water Pills

People take corticosteroids, such as prednisone, to treat rashes, arthritis, asthma, and many other conditions. But they can boost your blood sugar, and may even trigger diabetes in some people. Diuretics that help high blood pressure, also called water pills, can do the same. Some antidepressants also raise or lower blood sugar.

### 9. Cold Medicines

Decongestants that have pseudoephedrine or phenylephrine can raise blood sugar. Cold medicines also sometimes have a little sugar or alcohol in them, so look for products that skip those ingredients. Antihistamines don't cause a problem with blood sugars. Ask your pharmacist about the possible effects of over-the-counter meds before you buy them.

I also found these things that can help to lower your blood sugar:

### 1. Lower: Household Chores

– Continued on Page 7 Column 2 –



..... from Beverly's Kitchen

With the help from an adult, below is a fun recipe that the kids can make for the Thanksgiving season.

### Pumpkin Pies

Ingredients for one serving:

- Mini graham cracker crust
- 3 spoonful's of vanilla pudding
- 1 spoonful of canned pumpkin
- 1 spoonful of whipped topping



*Directions:* Stir the vanilla pudding and canned pumpkin together. Spoon the mixture into the mini pie crust. Top with whipped topping.



This following recipe would be great for the upcoming family get-togethers and Thanksgiving Dinner.

### Cranberry Salad

2 boxes strawberry Jell-O dissolved in 1-1/2 cups boiling water

- 1 box frozen sliced strawberries in syrup
- 1 can crushed pineapple, drained
- 1 tsp. lemon juice
- 1 pkg. Knox unflavored gelatin (dissolved in small amount of water to mix)
- 1 can whole cranberries in sauce
- 1 cup pecan chips

*Directions:* Mix and chill in 9x13 dish to set. Cut in squares and serve with Cool Whip on top.



## CONTACT INFO

*Call for meeting times & locations!*

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### TEST YOUR KNOWLEDGE ANSWERS (from Page 2)

TURKEY, CANDIED YAMS, DRESSING, MASHED POTATOES, WALDORF SALAD

A F A M I L Y GATHERS AROUND THE TABLE TO SHARE THEIR THANKSGIVING MEAL.



## Q & A (cont'd)

Cleaning the house or mowing the lawn can have an added bonus for people with diabetes: lower blood sugar. Many of the chores you do every week count as moderate physical activity, with plenty of health perks. Make a point of walking around the grocery aisles or parking farther from the entrance to the store. Small amounts of exercise add up.

### 2. Lower: Yogurt

Foods that have healthy bacteria, such as many types of yogurt, are called probiotic. They can improve digestion and also may help you control your blood sugar. Some yogurts have added sugar and fruit, so be careful to count the carbs. Your best choice is plain or light yogurt without extra sugar.

One article spoke about the spice cinnamon. A sprinkle of this spice can add flavor without adding salt, carbs, or calories. Some studies suggest it also can help the body use insulin better and may lower blood sugar in people with Type 2 diabetes. Doctors need more research to know for sure, and supplements that have large doses can cause side effects. So it's best to talk with your doctor before you try cinnamon.

*\*\* Information for this article was obtained from:*

The WebMD Diabetes Health Center – [webmd.com](http://webmd.com)

American Diabetes Association – [diabetes.org](http://diabetes.org)

I encourage you to visit both sites for more valuable information.



## UPCOMING EVENTS

At both the IN meeting on Nov. 16th from 6 – 8 p.m. at SIRH and the KY meeting on Nov. 28th from 2 – 4 p.m. at Baptist East, we will be having a special presentation by Tonya Michelson. Tonya sent us a message telling us a little about herself and some of the information that she will be sharing with our group:

"I'm very excited and appreciate that you are having me. I am a licensed massage therapist in the state of Kentucky, certified in Reiki energy work and certified in Kinesio Taping. There are different types of massage that would benefit amputees. Lymphatic drainage is a good one for reducing swelling. However, lymph nodes are sometimes removed during amputation so a gentle Swedish type massage can direct drainage to other lymph nodes located in other parts of the body. Deep tissue massage can open up the muscle tissue for better circulation which helps with so many different aspects of the body. There is no research being done on "Phantom Pain" but I would love to create one. I feel strongly that massage therapists can assist in retraining the body on its boundaries through opening muscle tissue, draining, and repetitious touch. Kinesio Taping is another wonderful tool that could be used for drainage issues, strengthening muscle, stabilizing muscles, and supporting muscles. Kinesio Taping could also help the body relearn its boundaries through supporting the tissue while draining (if necessary) for extended periods of time. I look forward to educating your group on Kinesio Taping. It's an amazing modality! Massage, Kinesio Taping and Reiki are all very good natural alternative options for optimizing one's health and I can't wait to share my information."

Please try to attend what is sure to be a very informative meeting.

**CHRISTMAS PARTY – On Dec. 5th from 5 – 8:00 p.m. MOVING FORWARD will hold its annual Christmas party at the Okolona Fire Station, 8501 Preston Hwy., Louisville, KY. There will be food,**



**entertainment, and door prizes. Santa has said that he is planning to attend once again this year and will be bringing each child a gift. We encourage you to attend this joyful event. More info will be sent out in an upcoming special flyer for this event.**

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