



Press Release
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Navigating Christmas While Managing Diabetes

Castro County Healthcare offers tips to help those with diabetes enjoy the holidays.

DIMMITT, Texas (Dec. 12, 2023) – Christmas and New Year’s celebrations can be full of sweet temptations. From parties to family feasts, the season is a time of indulgence. For those living with diabetes, this time of year can be especially challenging. As we prepare to celebrate Christmas with family and friends, Castro County Healthcare is wishing the community the gift of good health and offering those living with diabetes tips for navigating the holidays.

“This time of year, can wreak havoc on the average person’s diet,” said Kimberly Smith, MD at Medical Center of Dimmitt a service of Castro County Hospital District. “With a little care, you can manage your condition while still enjoying the holiday season.”

According to the Centers for Disease Control and Prevention (CDC), diabetes affects more than 30 million people across the United States and is one of the leading causes of death. Being mindful of your habits and avoiding certain foods can make a difference to your health during this time of year.

Stick to your routine

It is not always possible to control what food you are served or when it is served, but planning ahead can help you stay on schedule. Packing a small snack can help ensure that you eat at your usual mealtime.

Staying on your schedule is key. Even if a big feast is on the horizon, don’t skip meals. It is important to manage your blood sugar and avoid overeating later.

Focus on fresh foods

Snacking is often a big part of holiday parties and gatherings. Instead of cheeses or sweets, choose fresh fruits and vegetables as appetizers. Many holiday treats contain high levels of sugar. Eating fruits and vegetables will help you stay fuller longer and reduce your overall sugar intake.

Salads are a great way to incorporate fruits and vegetables into your meal. Salsa and chutneys are also good alternatives to salad dressings.



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Be aware of your behavior

“The stress of the holidays can often lead to excessive and irregular snacking,” Dr. Smith said. “Being aware of your snacking habits and avoiding stressors can go a long way in helping you enjoy the holidays while maintaining your health.”

Eating isn’t the only fun part of the holidays. Instead of baking cookies or cakes, use the time for other crafts such as decorating trees, making wreaths or building gingerbread houses. Going for a walk or hike with your friends and family is also a great way to enjoy the holidays and stay active.

Keep an eye on your portions

Portions during holiday meals and potlucks can often be much larger than what you might ordinarily eat. Because it can take several minutes for your brain to realize you are full, it is easy to consume too much when you are eating quickly. Eating slowly and taking a few seconds between bites is a good technique for ensuring you don’t overeat. Those with diabetes or at risk of developing the disease are encouraged to be mindful of their portion sizes.

Dr. Smith added that paying attention to eating habits is important not only for those living with diabetes but also for those who may be at risk. According to the CDC, millions of Americans are at risk of developing the disease, and being mindful of your diet can help lower the risk of developing it.

People at the highest risk of diabetes are overweight, have diabetic relatives, and are over age 35. Statistics also show that women are at a higher risk for diabetes than men, as are those with a family history of the disease.

Diabetes can be discovered through a blood test available through Castro County Healthcare. This screening can help your physician determine what stage of the disease you have and explain how you can maintain optimum health.

“The holidays can seem like a challenge, but a little planning can ensure that you can enjoy your time while maintaining your health,” Dr. Smith said. “You can rest assured that if you need healthcare services or support this holiday season, we are right around the corner.”

Castro County Healthcare

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To learn more about local healthcare services or to ask questions about an annual wellness exams call Medical Center of Dimmitt at 647-2194.

About Castro County Healthcare

Founded in 1963, Castro County Healthcare provides healthcare for residents of Castro County, Texas, and the surrounding region. Anchored by Plains Memorial Hospital, the healthcare system offers many medical services, including 24-hour emergency care, advanced radiology services, including CT scanning and MRIs, outpatient lab, physical and occupational therapy, swing bed services, patient education, assisted living facility and more. For additional information, please visit www.plainsmemorial.com.

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