



LIVING WELL WITH DIABETES

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Inside this issue:

- Risk of Early Death Higher When Overweight **2**
- New Guidelines for Statin Use in Diabetes **2**
- FDA Approves New Artificial Sweetener **2**
- How To Avoid Mindless Eating **3**
- RECIPE: Butternut Squash and Turkey Chili **3**
- Decreasing the Effect of Stress on Glucose **3**
- Technology Can Help You Manage Diabetes **4**
- FREE Diabetes Support Group **4**

Diabetes Health Fair Gets a Face Lift!

Did you know that adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes?

The Diabetes Health Fair will join forces and become the Diabetes and Heart Health Fair for 2014. It will be held in the Mon General Atrium on the 2nd floor near the gift shop on Saturday, November 8th from 7:00 am to 12:00 pm.

Various vendors related to diabetes and heart disease, an interactive nutrition display, diabetes foot exams, and blood pressure checks will be offered.

The items listed below require preregistration. Spaces are limited. A registration form is available for

printing at <http://www.mongeneral.com/Main/Events/471.aspx> Please mail the form, along with payment, to the address listed on the form. Registration must be received by October 17th. Please call 304-285-2730 or 304-599-7358 for questions.

Saturday, November 8th

7:00 am to 12:00 pm

Atrium (Main Entrance)

Mon General Hospital

- Cholesterol/HDL/LDL/Triglyceride (Multiphasic Blood Screening) \$30 *12-hour fasting suggested for most accurate results*

- TSH – Thyroid \$15
- PSA Profile (Prostate Specific Antigen) Men Only \$15
- A1c \$15
- Vitamin D \$20
- Influenza vaccine \$20 (will accept Medicare, PEIA, Medicaid and the CONSOL retiree new insurance under Murray Energy) Please bring your insurance card so we can bill the charge for you.
- Pneumonia shot (first time dose only) \$30 (will accept insurance)
- Electrocardiogram (EKG) no charge

We hope to see you there!

Making The Most Of Your Exercise Routine

When you are making an effort to be physically active, you certainly want to get the most benefit. Below are some ideas to help you get the most from your exercise routine.

Drink plenty of water. If you drink enough water to make your urine clear, then you are on the right track.

Find cardio exercises you enjoy. Consider walking, dancing, biking, or anything that you

like and will raise your heart rate.

Make a workout schedule. Not everyone is a morning person or wants to exercise in the evening. Studies show that exercising at a consistent time daily, morning, afternoon, or evening, is the most beneficial.

Eat something small before exercise. This will give your body the energy it needs to support the activity and can help prevent low blood glucose.

Stretch! Many people skip this step, and pay for it later with sore muscles and joints. Stretch for at least 5 minutes before and after exercise. When walking, it is acceptable to walk at a slower pace to start and end your workout as a warm up in place of stretching.

Keep a fitness journal. This helps track your progress and can keep you motivated.

Risk of Early Death Higher When Overweight



In the past, research showed what has been termed the “obesity paradox”, that being overweight may protect you from premature death with diabetes. New research is showing that this is not the case.

In a study published in the *New England Journal of Medicine* earlier this year over 11,000 subjects were followed for an average of 16 years. In the early years the researchers found that overweight people had a lower risk

of premature death than those studied of normal weight or those that were obese. When the researchers re-examined the data and looked only at those that didn’t smoke, they found that being overweight or obese increased the risk of an early death in those with diabetes. Similar results were also shown in individuals with heart disease who didn’t smoke. The study showed that the heavier a person is, the more likely they are

to have an early death.

In this study, overweight and obese classifications were determined by body mass index, or BMI. To calculate your BMI, divide your height in meters squared into your weight in kilograms (or go to http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm). A BMI of 25.0 to 29.9 is considered overweight and a BMI of greater than 30.0 is considered obese.

Statins are the most common class of drugs used to treat high cholesterol.

New Guidelines for Statin Use in Diabetes

The American College of Cardiology (ACC) and the American Heart Association (AHA) have released new guidelines for treating high cholesterol levels in those with diabetes. These changes have many healthcare professionals at odds over the best treatment for their patients.

The new guidelines differ slightly from American Diabetes Association (ADA) recommendations. Both groups think that

people with diabetes and heart disease or risk factors for heart disease, including high blood pressure, should be taking a statin drug to lower LDL (“bad”) cholesterol.

The groups disagree on how to treat patients with diabetes who have low risk of heart disease. The ADA recommends using a statin drug if LDL cholesterol is 105 mg/dl or higher and doesn’t come down with diet and exer-

cise alone. The ACC/AHA guidelines are tougher—recommending a statin drug for all people with diabetes between the ages of 40 and 75 with LDL cholesterol greater than 70 mg/dl.

Current guidelines suggest LDL targets of less than 100 mg/dl for most, and targets of less than 70 mg/dl for those with multiple risk factors, including smoking and a previous heart attack.



FDA Approves New Artificial Sweetener

A new artificial sweetener called Advantame was approved for use in baked goods, soft drinks, chewing gum, candies, and other foods in May of this year. This sugar substitute is an “ultra-high” potency sweetener with a “clean, sugar-like taste” that does not have the after taste or off-flavors of other sugar substitutes. Advantame has also been found to

enhance many flavors found in dairy and fruit such as citrus and mint.

Advantame has been in the development stage for the past 10 years. It is 20,000 times sweeter than sucrose (table sugar). This sweetener is chemically similar to aspartame (Equal). Because it is so much sweeter than aspartame, smaller amounts are needed to achieve the same level of sweet-

ness. As a result, foods that contain advantame do not need to include alerts for people with PKU sensitivities similar to aspartame.

Advantame does not yet have a brand name and is not available for purchase as a stand-alone sweetener, like Equal® and Splenda®. With this recent FDA approval, many companies will begin to use it soon.

How To Avoid Mindless Eating

How aware are you of the food as it appears on your plate, how it tastes, feels in your mouth, or how full you feel at the end of a meal? This awareness is an example of Mindful Eating. Most of us practice Mindless Eating.

Mindless Eating is associated with increased weight and poor blood glucose control. Examples of mindless

eating include munching through a whole bag of chips while watching TV, automatically grabbing a handful of candy each time you walk by, or eating everything on your plate (even when you are not hungry). With a little bit of awareness, you can create new habits to become more “Mindful”.

Mindful Eating practices use “STOP” guidelines. STOP

stands for Select, Taste, Observe, and Pause. When you select your first bite, choose a bite that is just the right size to savor. During the second bite focus on the taste. How does the food taste initially? Chew slowly and deliberately, really savoring this bite. During the third bite, observe the movement of your hand as it picks up the fork or spoon and

moves the food to your mouth. With the fourth bite, add an extra pause just before you put the food in your mouth. Pause again, briefly, while you are chewing and then again after you swallow, before you take your next bite of food. Mindful Eating leads to more enjoyed meals and snacks and decreased portion sizes because you are more satisfied.

Butternut Squash and Turkey Chili

Source: <http://www.allrecipes.com>

2 tbsp. olive oil
1 onion, chopped
2 cloves garlic, minced
1 pound ground turkey breast
1 pound butternut squash, peeled, seeded, and cut into 1 inch dice
1/2 cup chicken broth
1-4.5 oz can chopped green chilies
2-14.5 oz cans petite diced tomatoes
1-15 oz can kidney beans with liquid
1-15.5 oz can white hominy, drained

1-8 oz can tomato sauce
1 tbsp. chili powder
1 tbsp. ground cumin
1 tsp garlic salt

Heat the olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir for 3 minutes, then add the turkey, and stir until crumbly and no longer pink.

Add the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce; season with chili powder, cumin, and garlic

salt. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the squash is tender, about 20 minutes.

Makes 12 servings

Nutrition Information:

Calories 164
Total Fat 3.3 grams
Protein 13.3 grams
Carbohydrate 20.5 grams
Dietary Fiber 5.2 grams
Sodium 661 mg*



*This dish is higher in sodium. To lower the sodium, use low sodium or no salt added canned foods and chicken broth. To lower sodium further, consider replacing the garlic salt with garlic powder.

Decreasing The Effect of Stress on Glucose

Holidays, family gatherings, anticipation of winter weather, and fewer daylight hours are all possible causes of stress this time of year. Did you know that any stress, whether expected or unexpected, can cause blood glucose to go up?

When in a stressful situation, the body naturally releases stress hormones to assist in

the “fight or flight” response. Some of these stress hormones make insulin not be able to work as effectively as usual, leading to increased blood glucose levels. Long periods of stress can also cause periods of poor food choices, less physical activity, and decreased blood glucose monitoring.

Stress doesn't have to raise

blood glucose if you practice stress management regularly. Daily meditation is one way to decrease stress's effect on your body. Meditation can be practiced anywhere and for any length of time and there are several ways to do it. Picture yourself in a place that relaxes you or repeat a word or phrase that is calming to you when under stress.

Regular physical activity can also decrease stress's effect on blood glucose. Physical activity makes insulin work more effectively and decreases the effect stress hormones have on the body. When pressed for time, walking for 5-10 minutes could be beneficial to both lower blood glucose and help you handle extra stress.

Technology Can Help You Manage Diabetes

By Kathy Lessing, Volunteer Contributor

That's the message in an article by Allison Diana in *Information Week*. Ms. Diana discusses the urgent need to improve diabetes care through better self-management, personalized clinical care, use of community services, and social support from family, friends, and neighbors. Much of this comprehensive care now involves technology. Here's a brief description of some exciting technologies that are close to commercialization or are already in use.

Smart Lenses: Google has built smart lenses to measure your glucose levels in tears through a tiny wireless chip and miniature glucose sensor that is embedded in soft contact lens material. Google is in discussion with the FDA, but the system is not yet ready for the market. Google also hopes to develop apps that would make the measurements from smart lenses available to the wearer and his/her doctor.

Improving Medication Adherence: The Accountable Care Organization of

Greater New York and AllazoHealth are partners in a pilot project aimed at improving medication adherence among their Medicare-approved beneficiaries. A special data management system (AllazoEngine) will be used: (1) to determine who among these people are most at risk for not taking their prescribed medications, and then (2) to predict which interventions, such as telephone calls or in-person counselling, could promote adherence.

Virtual Mentors: Former American Idol judge and person with type 2 diabetes Randy Jackson has teamed with Everyday Health, a digital health and wellness company, to help people with diabetes better manage their diabetes. Resources about diabetes will be available at a website called "Diabetes Step by Step." Blogs, videos, and a diabetes awareness-screening program will be available at the site, which will run live in a number of cities through November of this year.

Smart Monitors: Glucose monitors are small and sleeker today than in the past. Vendors such as Gmate integrate a smart meter and an app in the iPhone-size monitor that connects to an iPhone headphone jack, and then measures a patient's blood glucose reading. Furthermore, the Gmate Smart is compatible with many of Apple's iPhones and iPads.

Management Apps: More than 1,000 apps have been designed to help people manage their diabetes, including diabetes-specific cookbooks and apps to track insulin, exercise, and sugar intake. For example, patients using Glooko can download their blood glucose readings to their smartphones, add in their food and lifestyle data, and then share the information with their healthcare providers.

For more information on any of these technologies, go to the website listed in the following reference. Allison Diana, 7-11-2014, "Ten Technologies Changing Diabetes Care," *Information Week*, www.informationweek.com/healthcare/patient-tools/10-technologies-changing-diabetes-care, Copyright ©UBM Electronics, All Rights Reserved.



Mon General

Diabetes Learning Center

FREE DIABETES SUPPORT GROUP!

Join us on the following dates at 11:30 am in the Conference Center of Mon General

October 15th: Stress Management Techniques

By Brenda Hawkins, Employee Wellness Coordinator

November 19th: Diabetic Foot Exams and Jeopardy

By Karen Rembold and Andrea McCarty

No Support Group for December—Happy Holidays!

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*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.