



LIVING WELL WITH DIABETES

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American Diabetes Month® Activities

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For years, the American Diabetes Association has used the month of November as an opportunity to raise awareness of diabetes and its complications. This year the ADA continues in its fight to Stop Diabetes® every day, by highlighting people, places, and programs in the nation that are working hard to change the future of diabetes.

In a study published earlier this year, the rates of type 2 diabetes have more than doubled worldwide since 1980. At that time, there were 180 million reported cases, and by September of 2011 the International Diabetes Federation (IDF) reported 366 million cases worldwide.

Sleep Habits and Type 2 Diabetes

According to the National Sleep Foundation, 63% of US adults don't get the amount of sleep needed for good health. With type 2 diabetes, a lack of sleep may be caused by other health problems, such as sleep apnea, neuropathy, restless leg syndrome, or an increased need to go to the bathroom overnight.

If lack of sleep is caused by other health problems, tell your provider about your sleep habits. If necessary, he or she may refer you to a specialist for a sleep study to determine the exact

To help Stop Diabetes® visit www.stopdiabetes.com, call 1-800-DIABETES, or text JOIN to 69866.

DIABETES HEALTH FAIR

Thursday, November 3, 2011

8:00 am to 1:00 pm

Main Atrium

Mon General Hospital

The Diabetes Learning Center will host its Fourth Annual Diabetes Health Fair on the first Thursday of November in front of the gift shop and Jazzman's at Mon General from 8 am to 1 pm. As of this time, the following free screenings have been confirmed for the event: blood glucose,

cholesterol, blood pressure, weight, body mass index, and foot exams.

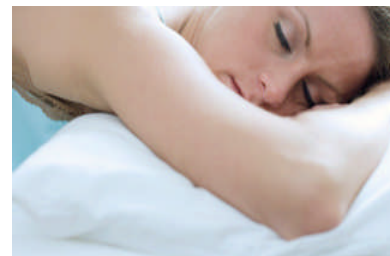
Information from a variety of diabetes product vendors, yoga demonstrations, and "Chair"ity massage have also been confirmed for the event. Anyone interested should attend.

If you can't come to the fair, try to attend support group. In December, several of the diabetes product representatives will be on hand to explain and demonstrate their products to attendees. Support group is always free and anyone interested is welcome to attend. For more info, see page 4.

cause. Health problems that interfere with sleep habits are treatable and treatment varies with the problem.

Some studies have linked inadequate sleep with lower levels of leptin, the hormone that helps control breakdown of carbohydrates.

Researchers recommend getting seven to eight hours of sleep every night. Their research also showed that people who slept less than five hours a night, or more than nine hours per night were both more likely to be diag-



nosed with diabetes and had higher death rates. These patterns weren't affected by other diabetes factors, such as weight and age.

If you have trouble sleeping, speak with your healthcare provider about how to improve your sleep habits and your health.

Prepare For Weather Emergencies



Lately the news seems to be filled with story after story of weather-related emergencies. When you have diabetes, there are certain steps you should consider when preparing for these conditions.

For emergency conditions, remember to plan for the worst. Have enough diabetes supplies, medications, and food to last for 2 weeks. Check expiration dates of these supplies every two to three months. Insulin can be stored at room temperature for up to

28 days, but should not be exposed to excessive light, heat, or cold. Insulin that clumps or sticks to the side of the vial should never be used.

Stress of the disaster itself can cause an increase in blood glucose, but excessive work to repair damage caused by the disaster without stopping for snacks can lower blood glucose. Eat snacks before any physical exertion that you expect to last more than 30 minutes, such as shoveling snow.

To prepare for winter, check

heating systems and make sure they are working correctly. Install smoke and carbon monoxide detectors. In case of a power outage, keep generators out of the house and garage and position them at least 25 feet away. Stock foods that need no cooking or refrigeration and water stored in clean containers. Keep cat litter or sand for icy walkways. Keep extra batteries for flashlights and other battery-powered devices. If you must travel, carry a cell phone and notify someone of your intended route.

Using a program to download meter results was found to help lower A1c by 0.5%.

Downloadable Glucose Meters

If you don't like to write down blood glucose results, then consider a downloadable glucose meter. Most meter companies now offer a cable to attach to your meter and a program that can be easily uploaded on your home computer to allow you to download your meter readings. Once the readings are downloaded, they can be emailed or printed and easily shared with your healthcare

provider.

The Contour USB meter from Bayer doesn't require a cable to download. Instead, it has a USB component that can be plugged into the USB port on any computer. Once plugged in, it pulls up the readings and allows you to download and print only what you need. Readings can be saved and emailed to your provider on a regular basis.

Early research shows that use of a program to evaluate readings improved patient's diabetes-related behaviors and satisfaction of care. Programs that allow for meter downloads are also believed to help in further lowering A1c by 0.5%.

To learn more about this option, plan on visiting the diabetes health fair or attending the December support group.

Healthy Stress Management

As the end of the year approaches, many start planning for holidays, travel, or time with family. Any of the above can produce stress, which can have a negative effect on blood glucose.

Stress causes a release of hormones that lead to elevated glucose. The longer the stress lasts, the longer stress hormone levels are elevated. As a

result, stress hormones are turned on for a long period of time and cause chronically high blood glucose.

To avoid this effect, practicing stress management daily, instead of just when stressed, is shown to help. Some great tools to help manage stress include positive attitude, exercise, talking to someone about the stress, and taking time to relax.

To create a positive attitude, try to find the good in all areas of your life, even the stressful ones. Consider speaking to your provider or a counselor about stress instead of leaving it bottled up inside. Try muscle relaxation exercises, deep breathing, or meditation to help you relax. Speak with a diabetes educator or your provider about stress management programs in the area.



What Are Probiotics?



Recently several new products have appeared on the grocery store shelves that are promoting healthy eating through probiotics. Although the research is inconclusive, probiotics may help people

boost their immune system, decrease lactose intolerance, decrease symptoms associated with irritable bowel syndrome, prevent urinary tract infections, and combat *C. difficile* infections.

Probiotics are a source of good bacteria that live in our large intestines. There are approximately 500 different species of bacteria that help us

break down foods which our digestive enzymes can not.

Foods or supplements containing probiotics may contain different strains or different amounts of bacteria. Studies are being conducted to determine which strains of bacteria are most beneficial for a specific response, such as preventing urinary tract infections versus decreasing diarrhea or

bloating. Probiotic supplements may be a safety concern for individuals with a weakened immune system. These supplements are not recommended for children, the elderly and pregnant women. *Probiotic foods include:* yogurt, acidophilus milk, buttermilk, sour cream, aged cheese (gouda, swiss), cottage cheese with active cultures, miso, tempeh, and sauerkraut.

White Bean and Roasted Red Pepper Salad

Adapted from Heart-Smart Diabetes Kitchen, ADA website (www.diabetes.org/food-and-fitness/food/recipes)

- ½ of 15 oz can no-salt-added navy beans, rinsed and drained
- 1 c. grape or cherry tomatoes, quartered
- 1 c. loosely packed baby spinach, coarsely chopped
- ½ c. chopped roasted red peppers
- 8 pitted kalamata olives, chopped
- 2 Tbsp chopped fresh basil leaves
- 1 medium garlic clove, minced
- 1 Tbsp canola oil
- 1 Tbsp cider vinegar
- 3 c. loosely packed baby spinach leaves

Combine beans, tomatoes, chopped spinach, peppers, olives, basil, and garlic in a medium bowl.

To serve, add canola oil, and vinegar. Using a rubber spatula, toss ingredients gently, yet thoroughly, until well coated.

The bean mixture may be assembled without the canola oil and vinegar up to 8 hours in advance. Simply cover and refrigerate, then add the canola oil and

vinegar at serving time for peak flavors and texture.

Serves 12

Nutrition Facts:

Serving Size: 1/3 cup beans and 3/4 cup spinach

71 calories

12 grams carbohydrate

10 mg sodium

4.4 grams fiber

1.5 grams fat

After dinner sit a while, and after supper walk a mile.

English Proverb

Diet Soda and Diabetes Risk

In the past, research found a possible link between consumption of diet soda and increased risk of developing diabetes. But a group of Harvard researchers published different findings earlier this year.

In the research, a group of 40000 men were followed for 20 years. In that time, the men were asked to fill out questionnaires periodically about their medical conditions and dietary

habits, including the number of diet soda and other beverages that they drank. Over the twenty year study, they found that men who drank the most sugar-containing drinks were 16% more likely to be diagnosed with diabetes than those who stayed away from them. This risk was associated most with carbonated beverages like soda and not other sweet beverages, such as fruit punch or lemonade. This increased risk was not the

same for men who consumed diet soda. After researchers looked at other diabetes risk factors, they discovered that there is no association between diet soda and increased risk of diabetes. They did find that men who drank coffee or tea daily had a lower risk of disease, although the cause is unknown.

Dr. Rebecca Brown with the NIH stated this research shows



that the differences between people who choose to drink or not drink diet soda is the link. She stated that people who are at risk for diabetes or obesity are more likely to consume diet soda because these people are more likely to be dieting.

Physical Activity Lessens Arthritis Severity

Arthritis may decrease physical activity due to swollen joints and pain. In the past, doctors often told patients to “rest their joints” when patients complained of warm or swollen joints. A recent study from the Centers for Disease Control found that physical activity including stretching and strengthening help improve joint pain, mobility and reduce fatigue.

To promote physical activity, The Arthritis Foundation has created a program called, Let’s Move Together (www.letsmove.together.org) to promote and inspire people to move every day to prevent or treat arthritis.

Three types of physical activity are recommended for arthritis: 1) Low-impact aerobic activities including brisk walking, cycling, swimming, water aerobics, gardening, group exercise classes, and dancing; 2) Muscle-strengthening exercises including calisthenics, weight training, and work-

ing with resistance bands; and 3) Balance exercises including walking backwards, standing on one foot, and tai chi.

TIPS FOR MANAGING PAIN WITH EXERCISE

Modify your exercise program by reducing the frequency or duration until pain improves.

Change the type of exercise to reduce impact on the joints (try water aerobics instead of walking).

Warm-up and cool-down before and after exercise.

Make sure you have good-fitting, comfortable shoes.

If you have not been physically active recently, be sure to start low and go slow. An example for beginning physical activity is 3-5 minutes, 2 times a day. Add activities in small amounts to allow

your body time to adjust.

Some patients complain of pain associated with exercise. Some soreness or aching in joints and surrounding muscles during and after exercise is normal for people with arthritis, especially in the first 4 to 6 weeks after starting an exercise program. Most people with arthritis find that exercise will promote long-term pain relief if they are able to stick to the exercise regimen.

If you experience any of the following symptoms, report them to your health care provider: Pain that is sharp, stabbing, and constant, causes you to limp, or lasts more than 2 hours after exercise or gets worse at night. Also contact your provider if your pain is not relieved by rest, medication, or hot/cold packs or you experience large increases in swelling or your joints feel hot or are red.

FREE DIABETES SUPPORT GROUP!

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

October 19th: Increasing Activity for Older Adults

Tammy Calvert with SilverSneakers Fitness Program

November 16th: Healthy Holidays and Recipe Sharing

By Tripura Ganti, RD, LD

December 14th*: Diabetes Product Update

By Various Diabetes Product Representatives

** This meeting will take place on the second Wednesday.*

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