



LIVING WELL WITH DIABETES

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Oral Health, Diabetes, and Heart Disease

Did you know that gum disease can happen more often and be more severe if you have diabetes? High blood glucose can cause pain, infection, and other problems in your teeth, gums, jaw and the tissues of your mouth such as your tongue and the inside of your cheeks.

Gum disease is caused by plaque that hardens over time and collects above your gum line, leading to red and swollen gums that bleed easily. This is a condition called gingivitis. Early signs of gum disease include swollen, tender, or bleeding gums, but for some, there are no symptoms.

When left untreated, gingivitis can advance to periodontitis, where gums begin to pull away from the teeth and form spaces that become infected. As the body fights the infection it can cause break down of bone and tissue that hold the teeth in place. If untreated, the gums, bones, and tissues that support the teeth are destroyed. For denture wearers, this may cause them to longer fit properly. Treatment for periodontitis may include medication and oral surgery.

People with diabetes are already at higher risk of heart disease, but the risk increases if gum disease is present. Research shows that

people with gum disease are twice as likely to have heart disease. One study shows that the presence of gingivitis, cavities, or missing teeth can be as good at predicting heart disease as cholesterol tests.

Keeping blood glucose in target can help prevent gum disease with diabetes. To keep your gums healthy, brush and floss daily and visit the dentist regularly. For denture wearers, follow-up with an oral health care professional such as a periodontist yearly and keep your dentures clean. If they fit loosely or are uncomfortable, have them adjusted.

BOPARC Offers Exercise Classes

It is difficult to keep New Year's resolutions for physical activity between January and May due to the weather. Although the snowflakes are becoming rain drops, the time for outdoor activities is still a few weeks away. There are many opportunities for organized physical activity for adults in Morgantown.

The BOPARC Senior Rec Center, located in the Wiles Hill Community Building, offers multiple programs for seniors (anyone over 55). Commonly taught classes

include yoga, tai chi, cardio fitness, men's flexibility, and strength flexibility to name just a few. Classes for square dancing and line dancing are also available to the public. Programs at BOPARC are developed for beginners, intermediate, and advanced learners with a "pay as you go" policy. The cost for most of the classes is between \$2-4 per class.

If you are interested in learning more about the programs offered at the BOPARC Senior Rec Cen-



ter, call 304-296-7002 or go to www.morgantownwv.gov. The rec center is located at 287 Eureka Drive, Morgantown. It is open Monday through Fridays from 8 a.m. to 4 p.m. We would love to hear which class is your most favorite.

Day Trips With Diabetes



If you are suffering cabin fever and are ready to get out and about, spring can be a great time of year to set out in the car for a day trip. Before you go, there are some important tips to keep in mind to have an enjoyable trip.

First, when riding in the car or on a motorcycle, you should plan to stop and stretch your back and legs every 2 hours. This can eliminate stiffness from sitting for too long.

In case a meal may be delayed, pack a cooler with foods and snacks that can be eaten easily while on the road. Great choices include fruit, vegetables, cheese sticks, or trail mix.

If your day trip involves walking or physical activity, be sure to wear comfortable walking shoes and socks that don't have any uncomfortable seams that could rub a blister. Bring beverages to help keep you hydrated. Don't forget to apply sunscreen.

Be sure to pack your blood glucose meter when taking a day trip, even if you expect not to be gone long. If you are exercising more and/or eating less, you will be at higher risk for low blood glucose. If this happens, you will need to treat the low by eating fast-acting carbohydrate, such as 4 oz. of fruit juice, 4-6 oz. of regular soda, 3-4 glucose tablets, or 1 tablespoon of honey or jelly.

Most importantly, enjoy the ride!

Afrezza® is an ultra-rapid acting insulin that will work the hardest within 15 minutes of taking it.

Inhaled Insulin Closer To FDA Approval

Looks like an alternative to insulin injections could be FDA-approved soon. The MannKind Corporation is seeking FDA approval for their inhaled insulin product, Afrezza®, and have been given a tentative date of April 1st for final review of their approval application. The FDA may ask for additional research on the drug following this review, or it may grant approval. Assuming the review date is unchanged, a decision will likely

be made by April 15th.

Afrezza® has undergone three phases of clinical trials that lasted up to 2 years. In that time it was shown to lower A1c values. It is designed to be taken with meals through an inhaled device that is about the size of a whistle. This is an improvement over the previous inhaled insulin from Pfizer, Exubera, which was pulled from the market due to its cumbersome inhaler and diffi-

culty in dosing.

Afrezza® is an ultra rapid-acting insulin, working faster than any other insulin currently on the market. Other results from the clinical trials showed less risk of hypoglycemia and less weight gain than rapid-acting insulin. Due to its delivery method, those with a history of smoking or breathing problems may not be able to use this product. Stay tuned for more information.

Is “All Natural” Better For You?

Have you noticed that many products in the store now carry a label of “all natural”? When it comes to health products, this doesn't mean it is better for you.

Synthetic versus natural is a hot topic. Synthetic products are man-made to mimic the qualities of the natural product. An example is melatonin, a popular sleep aid. Naturally, it

comes from the glands of animals that may contain viral material. Synthetic melatonin is chemically the same, but without the viruses.

Most, if not all, synthetic chemicals are tested extensively before being approved. The same scrutiny may not apply to all natural products, therefore, we may not know what side effects these products can cause. Some products claiming to be all natural may

not be, containing other ingredients that are unsafe.

One way to know if a product is truly natural is to look for the Natural Products Association seal. It can be found on products that are not tested on animals, contain almost all natural ingredients and avoid any ingredient with a human health risk, and have environmentally-sensitive packaging.



Condiments Can Add Punch of Flavor

Dips, sauces, toppings, and other condiments add flavor to make foods taste better.

When it comes to choosing what to eat, “taste tops nutrition as the main reason why one food is chosen over another,” according to consumer research. This is especially true for condiments which are often loaded with hidden sodium and calories.

The best dipping bet might be

salsas. Salsas count as a vegetable choice and are found in many new flavors such as mango, green, or spicy. Salsas make a great dip for pretzels and vegetable sticks (carrots, cucumbers, pepper strips).

Mustards are also a great “no-calorie” addition to burgers and sandwiches. Mixing dijon mustard with lemon juice and olive oil makes a great sauce for stir fried vegetables or salad dress-

ing.

Hummus is another superstar spread that can be spread onto sandwiches, wraps, and burgers as well as used as a dip.

Avocados are very high in calories, and monounsaturated (healthy) fats, but should be used sparingly. Try using guacamole in salads, on burgers, or as a dip for shrimp cocktail.

Flavors can be enhanced by

trying new combinations.

Adding small amounts of ingredients with bold flavors such as pomegranate seed, chipotle peppers, cumin, or cilantro can add a lot of taste but few calories or sodium. Substituting flavored vinegars or lime juice to your favorite recipe will also enrich a dish. Be bold and try something new.

Asparagus with Creamy Dijon Sauce

Source: www.diabetesforecast.org

Makes 4 servings

24 asparagus spears, ends trimmed
2 Tbsp. coarse grain Dijon mustard
2 Tbsp. fat free sour cream
1 Tbsp. canola mayonnaise
2 tsp. fresh lemon juice (optional)
2 Tbsp. fat free milk
1/4 tsp. dried tarragon leaves
1/4 to 1/2 tsp. coarsely ground black pepper

Preheat the oven to 425°F. Place the asparagus on a large foil-lined baking sheet coated with cooking spray. Coat the asparagus evenly with the spray, roll the baking sheet back and forth to coat evenly, and roast 12 minutes, or until tender crisp.

Whisk together the remaining ingredients, except the pepper, in a small saucepan. Place over medium heat for 1 to 2 minutes, or until thoroughly heated. Do not

bring to a boil. Remove the pan from the heat, place the asparagus on a serving platter, and spoon the sauce down the center. Top with black pepper.

Nutrition Information:

Serving Size: 6 spears
Calories 45
Total fat 1.5 grams
Protein 3 grams
Carbohydrate 6 grams
Dietary Fiber 2 grams
Sodium 225 mg



Fenugreek— Supplement for Diabetes?



Many individuals with diabetes use dietary supplements. Some of these products have questionable safety, and may be associated with adverse health consequences. Side effects and drug interactions are the 2 largest issues that may occur with supplement use.

A supplement grown in India, Egypt, and the Middle East

called fenugreek is thought to provide better blood glucose control. This supplement has been reported to delay gastric emptying and slow carbohydrate absorption. The side effects of fenugreek include diarrhea, gas, uterine contractions, and allergic reactions. Few studies have been conducted on fenugreek. The research usually included unusual

forms of the supplement (such as powdered seed) which make it hard to compare action to a supplement sold at the health food store.

Fenugreek should be used with caution because it may increase the anticoagulant effects of warfarin and interact with MAOIs. Discuss fenugreek with your doctor before taking this supplement.

Elderly, Insulin, and Low Blood Glucose

A recent article in *JAMA Internal Medicine* journal addressed elderly diabetes patients on insulin and increased likelihood of hospitalization from hypoglycemia, or low blood glucose. A blood glucose level of less than 70 mg/dl is considered too low. Hypoglycemia is a condition requiring immediate attention in which the brain is not receiving the necessary amount of energy to sustain normal functioning.

Data from a five year period was reviewed for this study. This information was used to examine elderly patients on insulin and emergency room visits because of low blood glucose levels.

Based on the 8,100 insulin-related emergency room events they found, they were able to estimate that just less than 98,000 emergency room visits occur in the US each year due to insulin-related low blood glucose. Almost 30% of those ER visits

resulted in hospitalization, according to the study.

The data suggests that individuals over 80 years of age are more than twice as likely to need ER treatment due to low blood glucose and 5 times more likely to be hospitalized than their younger counterparts.

“Hypoglycemia is more prevalent in older adults, but we don’t have strong data to say why this is happening,” said Dr. Sei Lee, an associate professor in the division of geriatrics at the University of California, San Francisco. “For those seniors living independently, vision gets worse with increasing age and arthritis and fine motor control may make injecting insulin more difficult.”

Other potential causes for low blood glucose can include a skipped or late meal, eating less carbohydrate than usual,

participating in more activity than usual or drinking alcohol without eating. Additionally, impaired kidney function may also be a cause.

The most common causes of low blood glucose identified in this study were reduced food intake and the use of the wrong type of insulin or mixing up insulin types.

Experts caution that patients should not stop taking their insulin based on these results. Key to the prevention of low blood glucose is consistent meals and careful attention to insulin administration, particularly when more than one type is used. Recognition of low blood glucose symptoms and quick treatment is crucial. It is essential for all individuals on diabetes medications, especially insulin, to carry a source of fast-acting carbohydrate and to wear diabetes identification in case of a low blood glucose emergency.



Diabetes Learning Center

FREE DIABETES SUPPORT GROUP!

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

April 16th: Diabetes and Eye Health

By Dr. V K Raju, Ophthalmologist

May 21st: Spring Back Into Exercise

By Cindy Jaworski, MS, ACE Personal Trainer

June 18th: Translating Media Reports Into Reality

By Karen Rembold and Andrea McCarty

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