



# LIVING WELL WITH DIABETES

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## Cleanse Dieting—Helpful or Harmful?

Cleanse diets, or detoxification regimens, have become more popular in recent years, but they are not really new. Originally, cleanse diets were used to increase discipline, cure diseases, or for religious reasons.

Current cleanse diets are focused more on promoting weight loss by ridding the body of the environmental toxins, something our body can do on its own. These diets may consist of extreme limits on food intake and require consumption of large quantities of liquid, some encouraging juicing of fruits and vegetables. Some may encourage natural or herbal supplements that could be unsafe.

The concern for people with diabetes with these diets is the higher risk of low blood glucose. However, due to the lower intake of foods, people who adjust insulin doses based on how much they eat will find they need less insulin, but this change is typically short-lived and usual doses will be required as soon as the diet returns to normal.

Cleanse diets will cause weight loss, usually due to the limited calories and excess fluid loss. The fluid loss may cause an imbalance of fluid and salts in the body, which can be harmful.

Extreme restriction required in

this diet can cause your body to be lacking in sufficient nutrients you need. Most cleanses also lack protein, fiber, and healthy fat, which are all essential parts of a healthy diet.

Following this strict plan can be a stepping stone to prove to yourself that you can follow a structured diet, but it could be unsafe even when done for just a few days.

Despite all the hype, science continues to show these diets are not safe for diabetes, and are not effective in maintaining weight loss beyond the time you are following the plan.

## Jump Start Your Exercise Routine

Doing the same physical activity routine day after day may become a little boring. Boredom is a problem because it may cause you to stop being active. It is important to do something to keep your routine fresh AND fun. Remember, physical activity is a tool to help you lose weight or to maintain weight loss. Activity also improves your blood glucose.

To jump start your exercise routine, try adding variety. Consider trying a new activity you hadn't

done before, like dancing, yoga, or resistance exercises. You may choose not to do the same activity day in and day out, every season of the year. Try doing the usual activity in a new location or find a way to be active in a social way. This may mean asking a friend to walk with you or to join a class. Make physical activity fun. Identify what you enjoy while being physically active such as listening to a pod cast or music.

Be sure to challenge yourself by trying new types of physical activ-



ity or setting new goals. As you increase your aerobic activity you also improve your heart health by making the heart stronger over time. Physical activity helps you do little things like walking up the stairs while carrying groceries or shovel snow easier.

# Understanding Your Lab Results



A number of tests are recommended by the American Diabetes Association regularly for people with diabetes. These tests are used to check parts of the body that could be affected by diabetes, such as kidneys and heart, and to check overall blood glucose control.

The A1c test should be done every 3-6 months in people with diabetes. It is based on the estimated average of all glucose readings over the previous 12

weeks. Most people with diabetes will have an A1c target of <7%, but this varies by patient.

A fasting lipid panel, or cholesterol test, is recommended once a year. LDL (the “bad” cholesterol) goal is less than 100 mg/dl while HDL (the “good” cholesterol) goal is more than 40 mg/dl for men and more than 50 mg/dl for women. Triglycerides should be less than 150 mg/dl.

Kidney function can be tested using the glomerular filtration

rate or GFR. A GFR of 90 ml/min/1.73 m<sup>2</sup> or higher indicates normal function if no symptoms of kidney function loss are present. As the GFR decreases, the level of kidney function loss increases.

If your provider doesn’t already give you copies of lab reports, ask for a copy the next time for your own review. If you have any questions about the results, discuss them with the provider at the next visit.

## What Do All Those Letters Mean?

Have you ever wondered what all the letters at the end of someone's name mean? Many healthcare professionals have multiple sets of credentials following their name on a business card or signature, and some of them can represent a lot of hard work, while others may not.

For physicians, you will likely see MD (medical doctor) or DO (doctor of osteopathic medicine) following their name. A

registered nurse (RN) or registered dietitian (RD) may also have additional credentials indicating the level of schooling achieved, such as BS for bachelors degree or MS for Masters Degree. In certain states, dietitians may also be required to be licensed dietitians (LD) in order to practice.

All of the educators at the Diabetes Learning Center hold the CDE credential which is a Certi-

fied Diabetes Educator. In order to obtain this credential, one must complete a minimum of 1000 one-on-one hours educating patients, then sit for and pass a credentialing exam.

Other common credentials you may see are PA (physician’s assistant), FNP (family nurse practitioner), PharmD (doctor of pharmacy), DCM (doctor of chiropractic medicine), or DDS (dentist).

Many healthcare professionals have more than the obvious credentials listed after their name.

## Change The Future West Virginia

There is something new to be excited about in Morgantown. Change the Future West Virginia, a program sponsored by the Community Transformation Grant provided by the Centers for Disease Control and Prevention, is working on expanding efforts to make the healthy choice the easy choice. Johnna Bailey is an AmeriCorps member and Healthy Commu-

nity Developer, her goal is to provide information, support, and basic health care services to those who need help to develop a more healthy lifestyle. Johnna offers several FREE classes. The Chronic Disease Self-Management Program is a 6 week course, which teaches techniques for self managing symptoms of chronic conditions. It is for caretakers as well. Some of the tech-

niques taught are how to create an action plan for improved decision making, how to get a better night's sleep, how to deal with difficult emotions, how to eat better, and more. Anyone interested in more information on these FREE resources may contact Johnna at [Johnna.R.Bailey@wv.gov](mailto:Johnna.R.Bailey@wv.gov) or leave a voicemail at (304) 485-7374 Ext.: 432.



## Oats—A Warm Breakfast Choice



Oats have been praised for medicinal purposes for thousands of years. Recently, the FDA agreed that food companies add health claims to foods containing oats due to the role

of B-glucagon, a soluble fiber that reduces the risk of heart disease by lowering total and LDL cholesterol. One cup of cooked oatmeal supplies 2 grams of the B-glucagon soluble fiber necessary for heart health benefits.

In the grocery store, oats come in many different types. Steel-cut oats are toasted oat groats that have been cut into small pieces with a metal blade.

This cereal has a firm texture and a nutty flavor. It is usually ready in 10-20 minutes.

Rolled oats, also known as "old-fashioned" or "5-minute" oats, have groats that have been steamed, flattened and dried, and are typically less expensive and more readily available than whole or steel-cut oats.

Quick oats are rolled oats that have been cut into smaller pieces

to reduce cooking time down to about one minute.

Different ways to add oats to your diet include baked oatmeal, homemade granola, or as the binding ingredient in meatloaf. If eating oatmeal for breakfast, try adding these ingredients for flavor: walnuts, flax seed, sunflower seeds, or dried fruit.

## Baked Oatmeal with Blueberries and Bananas

Source: [www.skinnytaste.com](http://www.skinnytaste.com)

Makes 6 servings

2 medium ripe bananas, sliced into 1/2-inch slices  
 1 1/2 cups blueberries  
 1/4 cup honey  
 1 cup uncooked quick oats  
 1/4 cup chopped walnuts or pecans  
 1/2 teaspoon baking powder  
 3/4 teaspoon cinnamon  
 1 cup fat free milk  
 1 egg  
 1 teaspoon vanilla extract

Preheat the oven to 375°F. Spray an 8x8-inch or 9x9-inch ceramic baking dish with nonstick spray, set aside.

Arrange the banana slices in a single layer on the bottom of the ceramic dish. Sprinkle with half of the blueberries, 1/4 tsp of the cinnamon, and 1 Tbsp of the honey and cover with foil. Bake 15 minutes or until the bananas get soft.

In a medium bowl, combine the oats, half of the nuts, baking powder, remaining cinnamon and stir. In a separate bowl, whisk together the remaining honey, milk, egg, and vanilla extract.

Remove the bananas from the oven and pour the oat mixture over the bananas and blueberries. Pour the milk mixture evenly over the oats. Sprinkle

with the remaining blueberries and nuts. Bake for 30 minutes or until the oatmeal is golden brown and set. Serve warm.

### **Nutrition Information:**

Serving Size: 1/6th of dish  
 Calories 212  
 Total fat 5.4 grams  
 Protein 5.6 grams  
 Carbohydrate 38 grams  
 Dietary Fiber 4 grams  
 Sodium 77 mg

## Alcohol Update

Drinking "moderate" amounts of alcohol is generally considered safe, and may offer some health benefits. Research has found a small decrease in glucose for individuals with type 2 diabetes after alcohol consumption that may be related to insulin secretion or sensitivity. Alcohol has also been associated with a decreased risk of heart disease.

Although not clearly studied, it appears that different alcoholic beverages have different effects on the body. Red wine may be better at decreasing cardiovascular disease than beer.

Moderate intake of alcohol is defined as 1 drink per day for women and 2 drinks per day for men. When consuming alcohol, be sure to tell some-

one you are with that you have diabetes because of the increased risk of low blood glucose. Also, avoid consuming alcohol if you aren't eating. Stay hydrated by drinking at least one glass of water for each alcoholic drink consumed.

Another consideration when consuming alcohol is how to fit it into your meal plan. Alcohol is high in calories, and is con-

verted into fat when it is metabolized. A 12 oz bottle of regular beer has approximately 13 grams of carbohydrate and 153 calories. A 5 ounce glass of red wine has 6 grams of carbohydrate and 127 calories. Mixed drinks usually have more calories such as an 8 oz vodka tonic or gin and tonic has 19 grams of carbohydrate and 169 calories.

# Type I Natural History Study

Type I diabetes develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose. People with type I diabetes must have insulin delivered by injection or a pump to survive. This form of diabetes usually strikes children and young adults, although the disease can occur at any age. It was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes. In adults, type I diabetes accounts for approximately 5% of all diagnosed cases of diabetes. Risk factors for type I diabetes may be autoimmune, genetic, or environmental. There is no known way to prevent type I diabetes.

A current research project called the Natural History Study is examining how type I diabetes develops. Researchers will be analyzing risk factors associated with

the development of type I diabetes. The goal is to be able to identify ways to delay and even prevent type I diabetes altogether. The Natural History Study is the first study to come out of an international collaboration known as TrialNet.

TrialNet is a network of 18 clinical centers working with more than 200 screening sites throughout the United States, Canada, Finland, United Kingdom, Italy, Australia, and New Zealand. This network is dedicated to the study, prevention, and early treatment of type I diabetes.

Family members of persons with type I diabetes are currently being sought to participate. This study is administered through the Department of Pediatric Endocrinology at Children's Hospital of Pittsburgh.

The study participant must be between the ages of 1-45 and have a brother, sister, child or parent with type I diabetes, or between the ages of 1-20 and have a cousin, aunt, uncle, niece, nephew, half-sibling or grandparent with type I diabetes. Note: the relative with diabetes must have developed it before the age of 40 and started taking insulin within a year of getting diabetes. The participants do not have diabetes of any kind. Participants will be asked to give a small blood sample taken from the arm to identify autoantibodies. The blood sample can be taken in Pittsburgh or a test kit can be mailed to the participant so that the blood sample may be drawn at another lab.

For more information or to participate, please contact: (412) 692-5210 or visit the TrialNet website- <http://www.diabetestrialnet.org/>



## Diabetes Learning Center

### **FREE DIABETES SUPPORT GROUP!**

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

#### **January 15th: Translating Media Reports Into Reality**

By Karen Rembold and Andrea McCarty

#### **February 19th: Recipe Reconstruction**

By Beth Semmens, RD, LD, CDE

#### **March 19th: Diabetic Shoes, Socks, & Insurance Coverage**

By Jeanette Lancaster of Mon HealthCare

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