

LIVING WELL WITH DIABETES

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Hearing Loss and Diabetes

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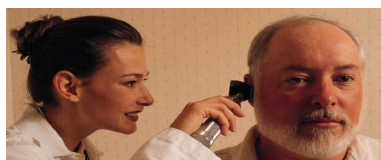
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Hearing loss affects over 34.5 million people in the US and it is more than twice as common in people with diabetes. Recently researchers reviewed several studies to discover that elevated blood glucose levels may cause damage to the small vessels of the inner ear, making it harder to hear. In another study, 54% of people with diabetes in the study had at least mild hearing loss, compared to only 32% of those with no diabetes. Mild hearing loss was defined as having trouble hearing words spoken in a normal voice from more than three feet away.

A hearing test is not in the typical list of tests recommended for peo-

ple with diabetes, but it may be added in the near future. Hearing loss due to diabetes is typically a high frequency, sensorineural (nerve) hearing loss which can be successfully treated with hearing aids.



Hearing aids available now are better at making what you want to hear more clear and help to reduce background noise. Due to their smaller size, they are much harder for others to notice, but hearing loss left untreated is

much more noticeable and is linked to poor quality of life.

You may associate hearing loss with aging, but actually 57% of people with hearing loss are under the age of 65. If you think you are suffering from hearing loss, speak with your healthcare provider. They may refer you to a hearing specialist for a full hearing exam. This exam can help determine the degree of hearing loss and treatment options. For more information about hearing loss and diabetes, plan to attend the Support Group in March when Diane Rice, AuD CCC/A, will be speaking about hearing loss.

What Is Tai Chi?

Tai Chi is a low impact, weight bearing, slow motion exercise that is best described as “meditation in motion”. This art of mind-body practice originated in China as a form of martial arts, and is known to have many health benefits. More importantly, you do not need to be physically active or fit to attempt these exercises.

Although a low impact exercise, it is known for improving muscle strength, flexibility, balance and, to some extent, aerobic conditioning, without even

breaking a sweat. It is found to reduce stress levels and anxiety and improve coordination. Moreover, in conjunction with standard treatment, it is helpful for medical conditions like arthritis, low bone density, breast cancer, heart disease, heart failure, hypertension, Parkinson’s disease, sleep problems, and stroke.

Getting started on Tai Chi is easy; it does not require any fancy equipment and it can be done indoors. Don’t be intimidated by the language and the name. Consider observing or



taking one class to get a feel for it. You can also talk to the instructor with any questions or concerns you have about what is involved. If you prefer to learn on your own, there are many videos that you can buy or rent. Remember, it is always a good idea to check with your provider before you start any new exercise plan.

The Future of Diabetes Management



Smart phones, laptops, mp3 players, e-reading devices—so many devices that have made their way into our life and times. You may wonder what benefits these advances have, but the future of diabetes management may involve some of this technology.

Recently, a new meter to test blood glucose by Telcare became available. This meter works like any other, but has wireless connectivity that allows you to re-order testing supplies through the meter and

share your readings with your healthcare provider. Your provider can also give you feedback about your readings right on the meter! For more information on this device, go to www.telcare.com.

The Glooko™ logbook is an electronic record that works with most meters. This technology allows you to download your readings using a cable plugged directly into your iPod touch® or iPhone®. This electronic logbook allows you to record carb intake and physical

activity to help you keep track of what is affecting your glucose. For more information, check out www.glooko.com.

Coming out in the future is the iBGStar™, (www.ibgstar.com) the first blood glucose meter that plugs into the iPhone® or iPod touch®. Also, Ford is working with Medtronic to enable the Sync® technology in their vehicles to display glucose readings from a continuous glucose monitor right on the dashboard. Stay tuned for more information!

Cycloset® was shown to lower A1c by 39% in those taking it.

Diabetes Drug Update—Cycloset®

In 2009, the US Food and Drug Administration approved a drug, Cycloset to be used in the treatment of diabetes, in combination with diet and exercise. This drug has been available for years to treat other conditions, including Parkinson's disease. Cycloset targets dopamine, a chemical in the brain that is involved in regulating metabolism. Studies in diabetic animals show that increasing dopamine activity at a

particular time of day can "reset" the biological clock to help improve metabolism problems related to diabetes.

In the clinical trial for the use of Cycloset to treat diabetes, over 3000 adults with type 2 diabetes were followed for a year. Of those taking Cycloset in the study, 39% percent of the patients reached their A1c goal, while only 11% of those taking

the placebo reached target. This study also showed that those taking Cycloset had 42% fewer cardiac problems, including heart attack.

The most common side effects of the drug included nausea, fatigue, vomiting, headache, and dizziness, but these were all more likely to happen when patients first started taking the drug.

Slow Down Speedy Eaters

For years we have been told to eat slower so that we can enjoy the food we eat. Now, there are studies that show the benefits to eating more slowly. A recent study demonstrated that the faster someone eats the more calories they consume. A study from 2008 reported that eating quickly was linked with being overweight among women between the ages of 30 to 69 years.

Another study examined women between the ages of 40 and 50 years to determine the rate at which they ate. Over 1600 women were asked questions including how they would rate their usual rate of eating, using a speed scale that ranged from very slow to very fast. The results of the survey showed that weight increased over four pounds for every 1-point on the speed scale.

To help slow down your eating rate, try putting your utensil down between bites and chewing each bite at least 10 times. It does take the stomach 20 minutes before the signal is sent to the brain that its full, so allow at least that much time to eat each meal. Stop eating when you are no longer hungry, instead of waiting until the food on your plate is gone.



Health Benefits of Bulgur



Bulgur is a product made from wheat. It undergoes minimal processing so it retains vitamins & minerals, in addition to being low in fat,

high in fiber and protein. Bulgur is a carbohydrate and can be used in place of rice or pasta for a starch at a meal. This whole grain has many health benefits including weight loss, helps protect against cancer, antiinflammatory effects, and colon health.

As a high fiber, low calorie food, bulgur is a great choice for people with diabetes. It

slows down the release of glucose in the blood and helps reduce cholesterol. Bulgur is a rich source of insoluble fiber which is associated with maintaining regularity, colon health, and reducing symptoms of diverticular disease.

Bulgur has a compound called betaine, which is associated with low levels of homocysteine. Homocysteine is associ-

ated with chronic inflammation and diseases like type 2 diabetes, heart disease, Alzheimer's and osteoporosis. It is a good source of B vitamins, folate, iron, magnesium and phosphorous. Include this healthful grain as part of your regular diet, 1/2 cup cooked would be 15g carbohydrate or 1 carbohydrate choice. Check out the recipe below to see how to add bulgur to your diet.

Hearty Bulgur Salad

Source: <http://www.dce.org/resources/recipes/archive/hearty-bulgur-salad/>

Salad:

- 1 cup bulgur wheat
- 1 small lemon or lime, juiced
- 1 fresh tomato, seeded and diced
- 1 cucumber, seeded and diced
- 1 bunch flat leaf parsley, chopped
- 2 tsp fresh mint, chopped
- 1/2 cup walnuts, chopped
- 1/4 cup feta cheese, crumbled
- 1/2 cup raisins

Dressing:

- 1 tbsp red wine vinegar
- 3 tbsp olive oil
- 2 tsp honey
- 1 tsp Dijon mustard
- 2 tsp balsamic vinegar
- Garlic powder, salt, and pepper to taste

Directions:

In a large bowl, pour 1 cup boiling water over the bulgur - cover and let it stand for 1 hour. Add lemon or lime juice to bulgur.

Prepare dressing mixture.

Combine all ingredients with dressing. Chill for at least 1 hour before serving.

Nutrition Facts:

- 221 calories
- 8.6 grams total fat
- 1.5 g saturated fat
- 33 g carbohydrate
- 6.5 g dietary Fiber
- 7.6 g protein

*The color of
springtime is in
the flowers.
The color of
winter is in the
imagination.*

By Terri Guillemets

Dining With Diabetes Classes

Article By Hannah Fincham, MPA, WVU Extension Agent

The WVU Monongalia County Extension Service will be offering free Dining with Diabetes classes in the spring, normally beginning in March.

Dining with Diabetes is a once-a-week class that runs for four weeks and includes a three-month follow-up class. This class is open to those with diabetes and their family members. Participants must attend all class

sessions. Participants will learn how to prepare meals that are healthy, easy to prepare, and tasty. Recipes will be demonstrated and participants will have the opportunity to taste each one. Participants will also learn up-to-date information on nutrition, meal planning, exercise, and how to understand common diabetes-related medical tests. Recipes and handouts will be given to each participant.

Diabetes is a very serious and costly disease, but research has shown that those who learn to manage their blood glucose levels, eat healthy, and exercise regularly can lower their risk of complications and lead a healthier and more productive life.

For more information and to find out when the spring classes will be held, call the Monongalia



County Extension Office at 304-291-7201. This program is offered statewide and is sponsored by the WVU Extension Service with partial funding provided by the West Virginia Diabetes Prevention and Control Program, Bureau for Public Health.

Diabetes and Supplement Use

Complementary and alternative medicine (CAM) therapies are used by people with diabetes to improve blood glucose or decrease symptoms associated with complications. Studies show that people with diabetes are 1.6 times more likely to use complementary or alternative medicine (CAM) to treat their disease. In a survey of 2500 people with diabetes, 48% reported using some type of CAM, including massage, acupuncture, or herbal supplements. Despite the number of persons using these therapies, less than 40% tell their health care provider they are using these treatments. Since some dietary or herbal supplements can work against other medications, this can be a dangerous situation. For example, omega-3 fatty acids are safe at low to moderate doses, but when taken at high doses they can interact with medications used to thin the blood or those used to lower blood pressure.

It is important to note that not all supplements contain what the bottle claims. In an investigation of Echinacea reported in 2003, only 52% of the bottles examined contained exactly what the label indicated, and 10% contained no measur-

Dietary supplements are vitamins, minerals, herbs and other substances meant to improve your diet. They can come as pills, capsules, powders and liquids.

Herbal medicine products are dietary supplements that people take to improve their health. They are sold as tablets, capsules, powders, teas, extracts and fresh or dried plants.

able Echinacea at all. Most dietary supplements do not have strong research that supports or proves the claims made on the bottle for the general population. Supplement manufacturers, not the FDA,

are responsible for determination of label claims and these supplements do not need FDA approval before they are marketed. If you use any supplements, check your bottle for "USP-verified" or "NSF International" labeling. Either of these will indicate that the product ingredients are accurate, the product is pure, and it was manufactured using good manufacturing practices.

If you are considering this method of treatment, please note that these therapies are not intended to replace prescribed medications that are proven effective. Also, remember that natural products and ingredients are not all safe. And if you choose to take these supplements, research the supplement and let your healthcare provider and pharmacist know what you are taking to avoid any negative interactions.

FREE DIABETES SUPPORT GROUP!

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

January 18th: Diabetes and Supplements

By Megan Devlin, PharmD

**February 15th: Introduction to Dining With Diabetes
Cooking Classes**

By Hannah Fincham, MPA, WVU Extension Agent

March 21st: Hearing Loss and Diabetic Neuropathy

By Diane C. Rice, Doctor of Audiology



Mon General

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Beth Semmens, RD, LD, Educator

Karen Rembold, RN, MSN, MBA, Educator



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