



Diabetes Update

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A New Year, A New You

Proven tips for resolving to take care of your health

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Every year, Americans make New Year’s resolutions, which unfortunately often go by the wayside quickly. Make this year different and resolve to take better care of yourself! Use these tips to help fine tune your diabetes self-care and stick with your plan.

1. Build Your Team

YOU are the main player on your diabetes care team and you must carefully choose the others on your team. Your physician, nurse, and dietitian should be strong members. A primary care physician can be a great help in caring for your diabetes. Also select a nurse and a dietitian who are certified diabetes educators (CDEs). Ask your doctor for a referral to an educator near you. If you already have your basic team in place, consider adding other members such as a pharmacist or exercise specialist, depending on your goals.

Your diabetes team can provide you with medical care, ongoing diabetes education, and support. Unfortunately, less than one-third of people with diabetes ever have a formal diabetes education course. Take advantage of this excellent resource! It is easier to stick to your resolution with your team in place. If you had education many years ago, now is a good time for a refresher course. Even after you have completed your initial education program, you should follow-up with your educators at least annually to

reassess your diabetes control and update your knowledge. Most insurance plans including Medicare will pay for diabetes education. Contact your insurance provider or ask a certified educator for information on possible covered benefits.



2. Be Specific

Resolving to “take better care of my diabetes” can be an overwhelming prospect because it involves so many tasks. Take some time to think about specific goals that you want to accomplish such as improving blood sugar readings, working toward weight loss, including exercise in your schedule, lowering your cholesterol, or finding better stress management techniques. If you need help with finding your resolution or setting goals, use your support team!

3. Set Yourself Up to Succeed

State your resolution as a goal that is reasonable, measurable and attainable. If you plan to lose weight, saying something like “I want to lose a lot of weight” is vague and “I will lose 100 pounds” is a big goal.

Healthy
New
Year!

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A New Year, A New You (continued)

However, “I will lose 1-2 pounds a week” is more realistic. That way, you can keep track of your progress. You may decide to restate your resolution as the year progresses. Ask your team for ideas if needed.

4. Plan for Behavior Change

It will take many specific behaviors to meet your goal. For example, if your goal is to lose weight then you may need to do some or all of the following: adopt a new meal plan, increase your activity, plan for and limit episodes of low blood sugar, and adjust medication doses as your weight drops. This is where your team comes in handy...work together to make these goals a reality!

5. Plan for Challenges

What will you do to stick to your resolution when you go on vacation or when the Valentine’s Day chocolates appear? Planning for these situations ahead of time will make them easier to deal with when they occur. Remember to be realistic with yourself. Maybe you can have 1-2 pieces of chocolate and put the rest in your freezer for another time. Plan to fit in some extra walking on vacation in combination with healthier food choices.

6. Seek Support

You can’t do it all alone. Your diabetes team will give you support, but you also need people in your daily life to be there for you. Ask a family member or close friend to attend education sessions with you. Afterwards, they can support you in your efforts. It can also help to get support from other people with diabetes who share your experiences. In addition, stock your diabetes toolbox with the information and resources that you need to provide yourself with daily support.

7. Think Positively

Your thoughts can either support your behavior change or sabotage your efforts. If you slip up, make it a goal to get right back on track. Each day is a new opportunity to try again. Avoid using the word “cheat” because it can make you feel guilty or like a failure. Realize that over the year things won’t always go the way you would like - that is ok! Do your best, and ask for help when you need it!

8. Reward Yourself

We all need positive reinforcement and praise for our hard work. Plan your rewards in advance to provide motivation. Reward yourself for your progress throughout

the year rather than just waiting until you have reached your long-term goal. With the weight loss example, you could do something nice for yourself with every ten pounds you lose, but don’t let it defeat your goal. Rather than celebrating with an ice cream sundae, buy yourself a non-food treat or treat yourself to a special activity like seeing a show or concert.

When you reach your long-term goal, give yourself a bigger reward like new clothes.

Make this year a year of progress in your diabetes self-management and self-care.

Remember through all of your hard work, **YOU ARE WORTH IT!**

*Adapted from an article written by
Lynn Baillif RD, CDE on www.nfb.org*



Opportunity Central

Call (937) 396-8137 to take advantage of these opportunities! Also be sure to visit our website at www.DaytonDiabetes.com!

Diabetes Self-Management Education Classes:

Classes are offered at flexible and convenient locations throughout the Dayton area, including the Providence Medical Group Administrative Office, Beavercreek Health Center, and Huber Heights YMCA. Ask your physician for a referral to attend diabetes self-management education classes, or give us a call and we can begin the process for you!

Medical Management: Are you confused about what the numbers mean on your blood glucose meter? Do you need help with your medications and understanding how they work? Are you interested in an insulin pump and not sure where to begin? Schedule an appointment with our Nurse Educator and Certified Diabetes Educator to increase your understanding of how to properly medically care for your diabetes!

Medical Nutrition Therapy and Meal Planning:

Are you confused about all of the latest nutrition news and reading food labels? Has it been a long time since you learned how to count carbohydrates or plan your meals? Meet individually with our Registered Dietitian and Certified Diabetes Educator to fine tune your meal planning and help promote good blood glucose control. These appointments are interactive and provide you with the tools to help with positive lifestyle changes through meal planning and physical activity!

Ditch the Dieting with Mindful Eating

Adapted from The Wellness Advisor

Dieting is a multi-billion dollar market. Even if weight loss is not a personal goal, you may be swayed by the plethora of magazine stories devoted to weight loss or the television shows highlighting the biggest weight losers.

However, the problem with dieting is that it can promote an obsession with food and weight, feelings of failure, guilt, and deprivation. This then often leads to an endless cycle of dieting or simply throwing in the towel and eating anything and everything in sight. If you want to lose weight but would like to ditch diets forever, it may be time to try mindful eating.

Mindful eating teaches you that food is nourishment. Eating should be enjoyable but we shouldn't use food to cope with life's stressors. Think about it...when you are feeling anxious or stressed, do you find that chomping your way through a bag



of chips temporarily decreases your anxiety? If you are bored and lonely, do you turn to food for comfort?

How do you start eating mindfully? First, throw out the idea that there are "good"

foods and "bad" foods. Make all food allowed, unless of course there is a medical reason that you need to avoid certain items. Quit counting calories, measuring food, and "dieting." Instead, sit down at a table without distractions (no multitasking) and enjoy the experience of eating and your company. Eat slowly, chew 20 times per bite, and savor the smell, sight, taste, and texture of your food. Assess your hunger before, during, and after eating. You should feel satisfied but not stuffed when you have finished your meal. Changing how you view food—seeing it as fuel for your body—will take time.

Also pay attention to your food triggers and trigger foods. Do you tend to mindlessly munch on candy at the office after a challenging meeting with your boss or coworkers? Do you turn to food after a long hard day when everyone else in the house is sleeping? How do you feel? Are you bored, stressed, or finally relaxing? Are you really hungry or are you eating to fulfill an emotional need? Once you start to become aware of the emotional buttons that trigger you to eat or foods that you can't seem to stop eating, you can then find ways to cope with your feelings without turning to food. Keeping a journal may also help you process exactly how you are feeling and why you are eating.

Mindful eating doesn't happen overnight—it is a process and takes practice. However, once you have made the

commitment to eating without distractions and you feed your body food when it is hungry, then you can focus your attention to other needs that must be fulfilled. Once no foods are "off limits," you will find that you don't feel the need to overindulge on your favorite "forbidden" foods because you are going back to your strict diet tomorrow.

Remember that mindful eating also means that all of us eat for non-food reasons at times (such as celebrating a birthday with cake and ice cream). We all under eat or overeat at some point. However, the majority of time you should be eating when you are hungry and stopping when you are full with no foods deemed "off limits." Once you are following these simple mindful eating strategies, you will be free from diets and your weight should move toward a healthy range for your body.

Applesauce Glazed Chicken

Ingredients

From www.dlife.com

- 1lb chicken tenders (or boneless, skinless chicken breasts)
- ¼ cup low-sugar orange marmalade
- 1 tsp cornstarch
- ¼ tsp ground ginger
- ½ tsp minced garlic
- 1 cup unsweetened applesauce
- 2 tbsp fresh chopped green onion

Directions

Preheat oven to 400°F.

Wash and dry chicken. If using chicken breasts, cut each breast lengthwise into 4 pieces. Place in single layer in foil-lined 13" x 9" x 2" baking pan. Set aside.

In 1-qt saucepan, combine marmalade, cornstarch, ginger, and garlic. Add applesauce. Cook over medium heat, stirring constantly, until mixture starts to boil. Spread evenly over chicken. Bake 20 minutes or until chicken is tender and juices run clear. Garnish with green onions and serve hot, over rice, if desired.

Nutrition Information

(per serving - makes 4 servings)

Calories: 148 kcals

Total carbohydrates: 10 gm

Fiber: 0.4 gm

Total fat: 0.6 gm

Saturated fat: 0 gm

Sodium: 49 mg

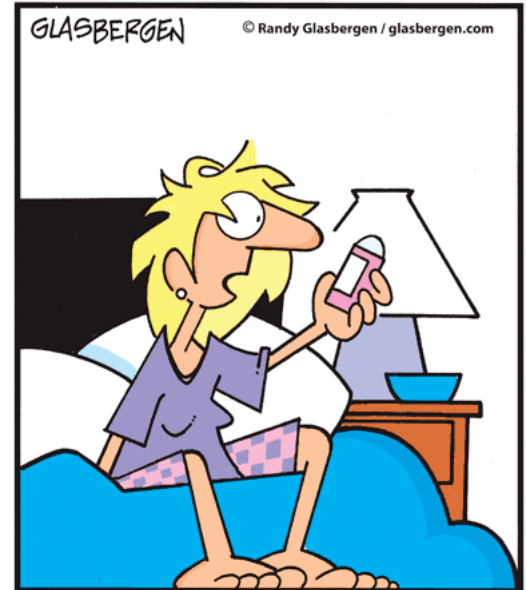
Protein: 26 gm



**Providence Diabetes Center Empowerment Group Meetings
EXCITING NEW OPPORTUNITY FOR 2012!**

Our goal is to provide you with a support and networking group for managing your diabetes . . . so with the New Year, our empowerment group meetings will take on a new format!

Rather than meetings at specific locations, the group will now meet remotely via telephone! This gives you the opportunity to call in from the convenience of your home, office, car (or anywhere that you have access to a phone) and meet virtually with other people with diabetes as well as your diabetes educators through the Providence Diabetes Center. If you would like to participate in these meetings, please call us at (937) 396-8137 to obtain the call-in number and pass code. You will also be given the upcoming dates and times for the meetings. Please join us!



Step 1: apply Miracle Cellulite Cream to problem areas. Step 2: run 10 miles a day.



Providence Diabetes Center
2912 Springboro West, Suite 201
Dayton, OH 45439

Phone: (937) 396-8137

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