



Diabetes Update

Fall
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Holiday Survival Tips

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You can enjoy the holidays while staying healthy and controlling blood sugar levels at the same time. Planning ahead is important, especially when you have diabetes. The tips below can help guide you through the upcoming holiday season . . .

Focus on friends and family instead of food.

Remember, the holidays are a time to slow down and catch up with your loved ones. Avoid taking on extra duties or extra cooking for holiday events. Play games, volunteer, or spend time outdoors enjoying the winter weather together rather than only planning events around food.

It's a party, but don't overdo it. Eat slowly, and really enjoy the foods that you may only have once a year. If the meal will be served near your usual meal time, try to eat the same amount of carbohydrate that you normally would eat for a meal. If you plan to have a portion of dessert, cut back on another carbohydrate food during the main course. Make sure your portions are reasonable and resist going back for second helpings.

Eat before you eat. Don't skip meals or snacks earlier in the day to "save" calories and carbs for the large holiday feast later on. If you skip meals, it will be harder to keep your blood glucose in control. Also, if you arrive somewhere hungry, you will be more likely to overeat.

Bring what you like. Don't spend time worrying about what will be served. Offer to bring your favorite diabetes-friendly dish. It could be a lower sugar or lower

fat version of a recipe. If you are counting carbs, check your recipe's nutrition facts so that you know the serving size and how many carbs it contains.

Drink in moderation. If you drink alcohol, remember to eat something beforehand to prevent low blood glucose levels later. Whether it's a glass of eggnog or red wine, holiday drinks can add a significant amount of calories (and carbs) to your holiday intake. Keep it to no more than one drink for women and two drinks for men in a day.

Stay active. One reason that we have problems managing diabetes and weight during the holidays is our lack of physical activity. Sure, the holidays are busy, but plan time into each day for exercise and don't break your routine. Make the holidays an active time!

- Off from work or school? Use this extra time to do some physical activity.
- Train for and participate in a local holiday run or walk (like a turkey trot or reindeer run).
- Start a game of pick-up football or play other games in the yard.
- Bundle up and go for a walk with your loved ones after eating a holiday dinner.
- Offer to help clean up after a meal instead of sitting in front of leftover food. This will help you avoid snacking on it as well as get you moving around!



Continued next page



Holiday Survival Tips (continued)

If you overindulge, get back on track. If you eat more carbs or food than you planned for, don't think that you have failed. Stop eating for the night and focus on spending the rest of your time with the people around you. Include extra exercise, monitor your blood glucose levels, and get back on track with your usual eating habits the next day.

Source: www.diabetes.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!



Diabetes Prevention 101

Do you or someone you know have blood glucose levels that are higher than normal but not yet high enough to be classified as diabetes? Have you been diagnosed with "pre-diabetes"? Learn how meal planning, physical activity, and lifestyle changes work together to help prevent or delay the progression to Type 2 diabetes. **Next class: October 20, 2011.**

Diabetes Refresher Class

This class is for those who have had previous diabetes education but are in need of a review of managing diabetes. This unique class will be a fun and interactive session that provides you with the tools to better manage your diabetes! **Next class: Watch for upcoming dates in 2012!**

Red Velvet Cupcakes with Whipped Cream Cheese Frosting

Cupcake recipe:

| | |
|---------------------|-----------------------------|
| 1 large egg | 1/3 c oil |
| 1/4 c sugar | 3/4 tsp vanilla extract |
| 3/4 c Splenda | 2 tbsp red food coloring |
| 2 tbsp cocoa powder | 1 1/2 c + 2 tbsp cake flour |
| 1 tsp baking powder | 3/4 tsp baking soda |
| 3/4 c buttermilk | |

Preheat the oven to 350°F. Coat 12-muffin tin with nonstick baking spray. In a medium bowl whisk egg until at least double in volume, then mix in oil, sugar, extract, sweetener, and food coloring. Sift together flour, cocoa powder, baking powder, and baking soda in separate bowl; then stir 1/3 of the dry mixture into the wet mixture. Add 1/3 of the milk and alternate wet and dry ingredients until batter is smooth. Pour into muffin tin, bake 15 minutes or until center springs back when touched or a toothpick comes out clean. Cool completely.



Frosting recipe:

| | |
|-----------------------------|---------------------------|
| 8 oz tub light cream cheese | 4 oz nonfat cream cheese |
| 1/4 cup Splenda | 1 c light whipped topping |

Place the cream cheeses in a small bowl and beat with an electric mixer until smooth. Add sweetener and beat for 1 minute longer. On slow speed, beat in whipped topping briefly until just mixed. Top each cupcake with the frosting.

Nutrition Information

(per cupcake - makes 12 cupcakes)

| | |
|---------------------|--------------------|
| Calories: 180 kcal | Fiber: 1 gm |
| Protein: 4 gm | Total fat: 8 gm |
| Sodium: 200 mg | Cholesterol: 20 mg |
| Carbohydrate: 21 gm | |

From Marlene Koch ~ "Eat What You Love..."
www.diabeteshealth.com

Stress and Diabetes ~ Take Control!

The holidays can be a very busy and stressful time of year. Stress results when something causes your body to behave as if it were under attack. When stress occurs, the body prepares to take action, which is known as the “fight-or-flight” response.

During this response, levels of many hormones shoot up which then makes stored energy (glucose and fat) available to cells. These cells are primed to help the body get away from danger. In people who have diabetes, the fight-or-flight response does not work well. Insulin is not always able to let the extra energy into the cells, so glucose piles up in the blood.



Stress can be physical or mental, and can complicate diabetes by distracting people from proper care. People under stress may not take good care of themselves. They may forget, or not have time, to check their glucose levels, take their medication, or plan good meals. They may also exercise less. Stress hormones can also directly alter blood glucose levels.

It is important to find healthy ways to deal with stress. Consider starting an exercise program or joining a local walking group. Take dance lessons, start a new hobby, learn a new craft, or volunteer at a hospital or charity. For some people with diabetes, controlling stress with relaxation therapy seems to help.

Breathing exercises are another option. Sit or lie down and uncross your legs and arms. Take in a deep breath. Then push out as much air as you can. Breathe in and out again, this time relaxing your muscles on purpose while breathing out. Keep breathing and relaxing for 5 to 20 minutes at a time. Do the breathing exercises at least once a day. Try to also replace bad thoughts with good ones. Each time you notice a bad thought, purposefully think of something that makes you happy or proud. Memorize a prayer or quote and use it to replace a bad thought.

During the holidays (as well as throughout the year), stay organized and do things ahead of time. Plan diabetes-friendly meals in advance. Make a plan so you know how to deal with the pressure of indulging in holiday food.

Try to get a head start on your shopping and plan time for physical activity. Use food to your advantage! It is easy to get caught up in choosing foods for the purpose of managing blood glucose levels. Blood glucose and eating healthy, nutrient-rich foods should go hand-in-hand! Don't

sacrifice good nutrition during this busy time. Eating healthy and sticking to your meal plan will keep your immune system strong. Adequate rest and regular exercise can also help regulate blood glucose levels and strengthen your immune system.

Some sources of stress are never going to go away, no matter what you do. Having diabetes is one of those potential stress sources but there are

ways to reduce the stresses of living with diabetes. Support groups can help. Meeting and knowing other people in the same situation helps you feel less alone. You can also learn other people's hints for coping with problems.

Think about the aspects of life with diabetes that are the most stressful for you. It might be taking your medication, checking your blood glucose levels regularly, exercising, or following your meal plan. Ask a member of your diabetes team for help. If your stress is so severe that you feel overwhelmed, ask your healthcare provider for a referral to a professional counselor. Remember, YOU are the most important member of the health care team – take care of yourself!

Source: www.diabetes.org

**Save
the Date!** **Diabetes
Dayton**

Diabetes Dayton Diabetes Expo 2011

Saturday, 11/12/2011 • 9am – 1pm

Sinclair Community College Ponitz Center

Don't miss the free health screenings, over 30 diabetes-related vendors, presentations from local health professionals, as well as zumba and line dancing demonstrations! Call 220-6611 for details!

Providence Diabetes Center Empowerment Group

“Empower: to enable, to promote the self-actualization or influence of”
Our goal is to provide you with a support and networking group for managing diabetes!



Mark your calendar for our 2011 meetings—
All groups meet from 3:00 p.m. to 4:00 p.m.

Providence Medical Group Administrative Offices—Dayton
October 27

Huber Heights YMCA
November 17

NEW LOCATION! DOWNTOWN YMCA!
December 15

Free and Open to the Public • Please RSVP to (937) 396-8137

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www.glasbergen.com



“Lose some weight, quit smoking, move around more, and eat the carrot.”



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