



# Diabetes Update

Winter  
2011

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## ***New Year's Resolution: Out With the Old and In With The New...Take Control of Your Diabetes!***

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### ***Diabetes New Year's Resolutions Worth Keeping***

1. Make small changes. Do you eat a Big Mac five times a week? Don't resolve to become a vegan tomorrow! That's inviting failure. Instead, add an additional vegetable serving to each dinner. It's a manageable improvement that you can continue to build on later. Think about small changes for lifelong success.
2. Fix one thing at a time. Are you going to go from couch potato to triathlete this year? Start with an easy-to-achieve workout routine and stick with it until it becomes a habit. Spreading yourself too thin over too many goals dilutes your enthusiasm and tends to lead to burnout.
3. Share your goals. We are all more likely to follow through on goals if we commit to them publicly. You can use friends, family, or your health care team to make yourself accountable.
4. Take the long way. Most of us could use some extra exercise but can't find the time or motivation. Do yourself a favor: skip the closest parking space, take the stairs, and walk the longer way to your destination.
5. Confront burnout. Diabetes burnout is a real and difficult problem. If you are not motivated to manage your diabetes, take the first step. Schedule an appointment with your healthcare provider, get involved in education classes, or join a support group.



6. Support others. Depression and feeling down are common feelings with diabetes. One of the quickest ways to improve your mood is to help others. Commit to a cause that is meaningful to you, or simply support others who have diabetes.
7. Live in the minute. Eliminate the phrase, "I'll be happy when..." Change that way of thinking by living in the minute. This gives you more energy to focus on your goals, and this positive energy helps with following your plan.

Now it's up to you...what is YOUR most important resolution for 2011? How will you take steps to stick with your goals?

Remember...

*"There's a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you're committed to something, you accept no excuses; only results."* -Kenneth Blanchard

*Adapted from [www.diabetesdaily.com](http://www.diabetesdaily.com)*



## It's NOT Okay to Hibernate This Winter!

For many people, weight isn't the only thing that goes up each winter...physical fitness also tends to yo-yo. You need your heart to be healthy all year long, so make exercise a priority no matter what the season! Need another reason to get moving? Exercise is a great way to improve your mood and ease the winter doldrums. It will also give you a great sense of accomplishment. Keep in mind, too, that if you are exercising (especially outdoors) then you are not near the tempting indoor snack foods!

Winter temperatures are usually a common excuse for staying indoors and not exercising. It may sound like a no-brainer, but the key is having appropriate outerwear. You probably have a warm winter coat. You'll soon realize that you need warm pants as well, so check out your local discount store. Don't forget heavy socks and good shoes to protect your feet! When you are comfortable, you are more likely to stay outside longer.

If you are just beginning to get back into shape, start slowly and build gradually. A good goal is to be physically active for at least 30 minutes most days of the week (believe it or not, 60 minutes is ideal). Here are some fun fitness ideas:

### **Take a walk and bring a camera or video camera**

Mother Nature provides us with some of the most beautiful scenes in the winter. Or catch your children and their friends at play, and record some wonderful memories.



### **Move inside**

If you dislike the idea of exercising outdoors in the winter, there are plenty of indoor options. You can convert your regular outdoor bike into an exercise bike using an indoor bike trainer. Winter is a great time to try a new exercise video or DVD. Dust off your Wii and get moving! Check out your local Rec Center or YMCA for a variety of options.

### **Take a family "playcation" without leaving town**

Have you ever seen those reality TV shows that help people shape up and lose weight? The participants discover that a change of scenery – into a gym or spa environment – helps them to get motivated. You can kick start your motivation by taking the family to a nearby hotel for the weekend. Find one that offers 24-hour access to a pool and workout facility. Bring fresh fruit and veggies for in-room

snacks so that you're not tempted by vending machines. Plan ahead and enjoy meals at local restaurants that offer healthy menu options.

One last tip: You need to stay hydrated even if the cold temperatures reduce your sweating. Even swimmers need to replenish their bodies with water! Never exercise on a completely empty stomach. Make sure your body is well fueled with a combination of carbohydrates, proteins, and fats. Start the New Year out right by getting active – make it a priority and you'll be pleasantly surprised at how simple changes become healthy habits!

*Adapted from "The Wellness Advisor"  
Fall 2010/Winter 2011 edition*

## 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**  
January 27, April 28, July 28, October 27

**Huber Heights YMCA**  
February 24, May 26, August 25, November 17

**NEW LOCATION! DOWNTOWN YMCA!**  
March 24, June 23, September 22, December 15

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

## White Chicken Chili

from “Simple Diabetes Recipes”, CCS Medical

- 1 lb boneless, skinless chicken breasts (cut into 1-inch cubes)
- 1 medium onion, finely diced
- 2 medium carrots, finely diced
- 3 garlic cloves, minced
- ½ tsp ground black pepper
- 1 (4 oz) can mild green chilies, diced
- 2 (15.5 oz) cans Great Northern Beans, undrained
- 1 cup fat-free, reduced-sodium chicken broth



Coat a large soup pot with cooking spray. Add chicken and cook over medium-high heat until lightly brown. Remove chicken from pan and set aside.

Spray pan again with cooking spray. Sauté onion and carrots about 4 minutes until onion turns clear.

Add all remaining ingredients and chicken, and stir. Bring to a boil, reduce heat and simmer 15 minutes.

### Nutrition Information

(serving size – 1 cup, makes 7 servings)

Calories: 210	Sodium: 588 mg
Total fat: 3 gm	Total carbohydrate: 21 gm
Sat fat: 1 gm	Fiber: 6 gm
Cholesterol: 39 mg	Protein: 22 gm

## Opportunity Central

### 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: January 24, 2011 (Beavercreek location).

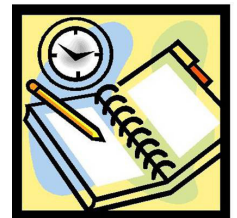
### Diabetes Refresher Class

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: March 30, 2011.

### Diabetes Self-Management Education Classes

Classes are offered at flexible and convenient locations throughout the Dayton area, including:

- Providence Medical Group Administrative Office
- Beavercreek Health Center
- 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!

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

*Interested in  
Participating  
in a Clinical  
Research Trial?*



Diabetes trials are conducted regularly—contact the Providence Center for Clinical Research!

**Call (937) 297-8576**



Source: [www.defeatdiabetes.org](http://www.defeatdiabetes.org)



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