

PUBLISHED BY THE PROVIDENCE DIABETES CENTER

Stress and Its Affect on Diabetes

Inside this issue:

Coping With Diabetes And Stress	2
Providence Diabetes Center Support Group	2
Tips For Learning To Relax	3
Recipe: Honey Pecan Chicken	3
JDRF Walk To Cure Diabetes	4
Diabetes Self Management Education Classes	4

Stress results when something causes your body to behave as if it were under attack. When stress occurs, the body prepares to take action. This preparation is called the “fight-or-flight” response. In the fight-or-flight response, levels of many hormones increase, and their net effect is to make a lot of stored energy — glucose and fat — available to cells. These cells are then primed to help the body get away from danger. In someone who has 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 alter blood glucose levels in people with diabetes in two ways. First, people under stress may not take good care of themselves. They may drink more alcohol or exercise less. They may forget, or not have time, to check their glucose levels or plan good meals. Second, stress hormones may also alter blood glucose levels directly.

For some people with diabetes, controlling stress with relaxation therapy seems to help. It is more likely to help people with type 2 diabetes than people with type 1 diabetes. This difference makes sense. Stress blocks the body from releasing insulin in people with type 2 diabetes, so cutting stress may be more helpful for these people. People with type 1 diabetes don’t make insulin, so stress reduction doesn’t have this effect. Reducing stress can help people with type 1 diabetes take better care of themselves.

Some people with type 2 diabetes may also be more sensitive to some of the stress hormones. Relaxing can help by blunting this sensitivity.

It’s easy to find out whether mental stress affects your glucose control. Before checking your glucose levels, write down a number rating your mental stress level on a scale of 1 to 10. Then write down your glucose level next to it. After a week or two, look for a pattern. Drawing a graph may help you see trends better. Do high stress levels often occur with high glucose levels, and low stress levels with low glucose levels? If so, stress may affect your glucose control.

You have some control over your reaction to stress. Learn to relax and reverse the body’s hormonal response to stress. You can also work toward changes in your life to relieve sources of stress.

Something else that affects people’s responses to stress is coping style. Coping style is how a person deals with stress. For example, some people have a problem-solving attitude. They say, “What can I do about this problem?” They try to change their situation to get rid of the stress. Other people talk themselves into accepting the problem as okay. They say, “This problem really isn’t so bad after all.”

These methods of coping are usually helpful. People who use them tend to have less blood glucose elevation in response to mental stress.

Adapted from www.diabetes.org.



Coping With Diabetes And Stress

Learning to deal with stress is especially important when you have diabetes. If you are under stress, you may skip meals or forget to take your medicines, which will affect your blood sugar level. Although you can't completely remove stress from your life, there are several ways you can reduce it. By learning to cope with stress, you can help keep your diabetes under better control. Here are some tips:

Fight Stress With a Positive Attitude

When things seem to be going wrong, it's always easier to see the bad instead of the good. Find something good in each important area of your life: work, family, friends, and health. Thinking about the good can help you get through the bad times and the stress.

Be Nice to Yourself

Don't expect more of yourself than you have or are able to give.

Accept What You Cannot Change

For those stressful situations or problems that cannot be changed, develop a simple plan of action. Ask yourself the following questions:

- "Will this be important two years from now?"
- "Do I have control over this situation?"
- "Can I change my situation?"

Talk to Someone About Your Stress

Don't keep stress bottled up inside. If you don't want to talk with a family member or close friend, there are counselors and clergy trained to provide support and insight. Ask your doctor for recommendations if you would like to see a psychologist or counselor.

Exercise to Fight Stress

The benefits of exercise in reducing stress are well known, particularly for someone with diabetes. Exercise gives you a feeling of well-being and may relieve symptoms of stress.

Take Time to Relax

Practice muscle relaxation, deep breathing, meditation, or visualization. Ask your health care provider for information and available programs.

Adapted from www.diabetes.webmd.com.

Providence Diabetes Center Support Group

Relieve Stress Through Drum Circles!

Wednesday, September 2, 2009 4:30 p.m.

Providence Medical Group Administrative Office Building

2912 Springboro West - Suite 311

Refreshments Provided • Free and Open to the Public

Please RSVP to (937) 396-8137



Every day we hear about the negative impact that stress can have on our health. Come and experience one way that you can release the stress of daily living and have fun at the same time! Be a part of our HealthRhythms Drum Circle and play with us!

HealthRhythms Drum Circles have been proven, through clinical research, to help decrease stress and open communication. The circles are positive healing

tools for a variety of health issues including hypertension, diabetes, and chronic pain.

This is a no risk, no cost opportunity and you can't do it wrong! We'll laugh together and find our own rhythms as we explore ways to reduce stress. Drums and other instruments are provided . . . just bring your sense of humor! Feel free to bring a friend as well! This is an event not to be missed!

Tips For Learning To Relax

There are many ways to help with relaxation:

Breathing Exercises

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 5-20 minutes at a time. Do the breathing exercises at least once a day.

Progressive Relaxation Therapy

In this technique (learned in a clinic or from an audio tape) you tense your muscles and then relax them.

Exercise

Another way to relax your body is by moving it through a wide range of motion. Three ways to loosen up through movement are circling, stretching, and shaking parts of your body. To make this exercise more fun, move with music.



Replace Bad Thoughts With Good Ones

Each time you notice a bad thought, purposefully think of something that makes you happy or proud. Or memorize a poem, prayer, or quote and use it to replace a bad thought.

Whatever method you choose to relax, practice it. Just as it takes weeks or months of practice to learn a new sport, it takes practice to learn relaxation.

Some sources of stress are never going to go away, no matter what you do. Having diabetes can be one of those types of stress. Still, there are ways to reduce the stresses of living with diabetes. Support groups can help. Knowing other people in the same situation helps you feel less alone. You can also learn other people's hints for coping with problems. Making friends in a support group can lighten the burden of diabetes-related stresses.

Sometimes adding positive things to your life can help. You can start an exercise program or join a sports team. You can take dance lessons, join a dancing club,

start a new hobby, or learn a new craft. Try volunteering at a hospital or charity.

Dealing directly with diabetes-related stress can also help. 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 eating as you should.

You can get help with any of these issues. Ask a member of your diabetes team for a referral. Sometimes stress can be so severe that you feel overwhelmed. Then, counseling or psychotherapy might help. Talking with a therapist may help you come to grips with your problems. You may learn new ways of coping or new ways of changing your behavior.

Adapted from www.diabetes.org.

Honey Pecan Chicken

From www.dlife.com

- 1 cup wheat Chex cereal, crushed
- 1/3 cup chopped pecans
- 2 Tbsp honey
- 2 Tbsp low sodium soy sauce
- 6 boneless skinless chicken breasts
- 1 pinch salt and pepper (to taste)

Preheat oven to 425 degrees. Cover a baking sheet with foil and spray with nonstick cooking spray. Use a plate or wax paper and mix together the cereal crumbs and chopped pecans. Using a separate bowl, mix together the honey and soy sauce. Season the chicken with a small amount of salt and pepper, and dip both sides of each chicken breast into the honey mixture. Roll in the pecan mixture to coat. Arrange the chicken on the pan, and then bake for approximately 15 minutes on each side or until the chicken is thoroughly cooked.

Nutrition Facts:

Serving size: 1 piece	Calories: 192 kcal
Total carbs: 5.3 gm	Total fat: 6.3 gm
Fiber: 1.2 gm	Saturated fat: 0.8 gm
Sodium: 249 mg	Protein: 27.6 gm

**JUVENILE DIABETES RESEARCH
FOUNDATION**

WALK TO CURE DIABETES

SATURDAY, OCTOBER 3, 2009 ~ 9:00 a.m.

Dayton Island MetroPark

Providence Medical Group is proud to be the Corporate Sponsor for this year's walk! If you are interested in joining a Providence walk team or making a donation by sponsoring a walker, please go to www.provmedgroup.com and follow the links.

Thank you!



**Diabetes Self Management
Education Classes**

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

- Providence Medical Group Administrative Office
- One Elizabeth Place
- Huber Heights YMCA
- Beavercreek Health Center
- Germantown Public Library



Call (937) 396-8137 for additional information or ask your physician for a referral to attend diabetes self management education classes!



Providence Diabetes Center

2912 Springboro West, Suite 201
Dayton, OH 45439

Phone: (937) 396-8137

**Diabetes
Update
Fall, 2009**

