



Diabetes Update

Fall
2010

PUBLISHED BY THE PROVIDENCE DIABETES CENTER

Enjoy Autumn – Fall Into Good Control with Diabetes!

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The leaves will soon be changing colors, warmer jackets will start being pulled from their summer storage bins, and the weather will begin to have that crisp, fall edge. While the seasons are changing, it's important to remain vigilant in your diabetes care. This is the season to fall into good control! Some good tips to remember:

Adjust for time changes

Without proper planning, when the clock falls back then your control may, too. Check with your health professional on how to properly adjust your meter or insulin pump during this time change. Daylight savings time is also a good time to update your contacts for emergency. Check your cell phones and make sure you have added "ICE" (In Case of Emergency) adjacent to the names of people who should be contacted in case you have a diabetes emergency.

Don't forget to keep moving

If you walk, run, bike, or do other activities outdoors in the early evening and don't like exercising after dark, look for alternative ways to work out indoors. Some good options include mall walking, trying a new exercise video, joining a health club, or going to a community recreation center. Don't stop moving!

Get in the holiday spirit

The holidays are still a few months away,

but getting a head start on your shopping and entertainment preparations can help your control later. Stress often raises blood sugar levels; so make your holidays less hectic by making a schedule and sticking to it.

Tailor your tailgating activities

Fall means football, and for many fans it also means a big spread of chicken wings, hot dogs, pizza, and other not-so-healthy finger foods...not to mention the beverages! Expand your culinary horizons and try some new delicious, healthy snacks to enjoy with the game, plus healthy variations on old favorites. Go to www.dlife.com for lots of ideas or try the following for a tailgate party makeover:

- **Double Coverage Chips and Salsa**

(calories saved: 100-200)
Instead of serving nachos with high-calorie cheese and guacamole, switch to the popular duo: baked chips with salsa! Reap a healthy reward of tomato-based antioxidants!

- **Hurry Up Teriyaki Chicken Skewer**

(calories saved: 300-400)
Instead of serving traditional BBQ chicken wings - which are loaded with high-fat skin and not much healthy meat - try grilling skewers of skinless chicken breast meat with teriyaki sauce. These skewers are easy to grill and easy to eat.



Continued next page

Fall Into Good Control with Diabetes (continued)

- **Touchdown Hearty Chili Bowl**

(calories saved: 150-250)

Instead of cream-based clam chowder, score some points with your friends with a pot of warming chili made with hearty beans and extra-lean ground beef.

- **Shotgun Sandwich**

(calories saved: 150-250)

Completely make over your party sandwiches by choosing whole grain bread and low-fat deli cuts like

roast beef or turkey. Go easy on the mayonnaise and spreads – you'll hardly even notice the difference but you'll save a lot of calories and fat. Try low-fat mayo or spreads, or better yet, choose calorie-free mustard.

- **Sideline Fruit Kabob**

(calories saved: 100-200)

Instead of chocolate chip cookies, try serving cut-up fruits like melons, apples, and grapes on kabobs. Serve lite fruit yogurt on the side as a dip.

Adapted from www.dlife.com and www.healthcastle.com

Fad Diets and Weight Loss ~ You Have to Move It to Lose It

Excess body weight has been linked to many health problems, including high blood pressure, high cholesterol, Type 2 diabetes, heart disease, stroke, gallbladder disease, arthritis, sleep apnea, and some cancers. Not everyone who is overweight develops health problems, but being overweight increases your chances of having one of these conditions.



There are so many different “diets” available...how do I know which is the best one?

Every time you turn around there seems to be another “diet of the day.” To lose weight and maintain the loss, you must consider long-term lifestyle changes rather than just viewing weight loss as “dieting.”

Despite the popularity of different types of diets, for safe and effective weight loss you must follow good nutrition guidelines that are suggested by the Food Guide Pyramid (www.mypyramid.gov) and the Dietary Guidelines for Americans (www.healthierus.gov). These guidelines include eating foods from all of the food groups, maintaining portion control, choosing lean and lower fat options, eating plenty of whole grains, and exercising. Weight loss - the healthy way - is usually slow and steady. People who lose weight this way are often more successful at maintaining the loss.

Many fad diets hook you in with a “new” concept that

is usually just an old diet that has been re-packaged. They promise quick weight loss with little effort. While some fad diets may help someone get started on weight loss, they are not recommended. Fad diets do not give you the tools that you need to help change your eating and exercise behaviors permanently. Anyone can stick to a fad diet for a few weeks and lose some weight, but most people go back to their old eating habits once they get tired of dieting.

What are some guidelines for deciding if a diet is appropriate?

If you answer yes to these questions, then it is not the best way to lose weight and keep it off:

- Does it promise quick weight loss of 3 or more pounds weekly?
- Does it tell you to never eat certain foods?
- Does it suggest that you buy supplements to make up for what the diet is missing?

Ask yourself these questions to see if your diet meets criteria for safe and healthy weight loss:

- Does it promise slow weight loss of 1-2 pounds weekly?
- Does it allow you to eat foods from all the food groups?
- Does it encourage permanent behavior changes and exercise?
- Is there a Registered Dietitian involved in the program?

Keep in mind a simple thought ~ EAT LESS and MOVE MORE to stay healthy!

Adapted from www.rd411.com



WALK  TO CURE DIABETES

Saturday, October 2, 2010 ~ 9:00 a.m. • Dayton Island MetroPark
Come join the Providence Diabetes Center team in walking to find a cure for diabetes! If you are interested in joining our team or making a donation by sponsoring a walker, please go to www.jdrf.org or call us at 396-8137!

FREE 10-week diabetes program

Activate Ohio includes educational sessions led by a combination of YMCA staff, Registered Dietitians, Certified Diabetes Educators, nurses, and health educators. A variety of topics will be covered and you will also be given a blood glucose meter. In addition to the classes, time is given each week for exercise. Upon full completion of the series, you will receive a 6-month membership to the YMCA!

ACTIVATE OHIO

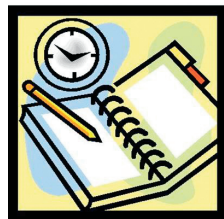


The next Activate Ohio program will start this fall:
Trotwood YMCA, 506 E. Main St.
Trotwood, OH 45426 • Phone: (937) 854-9622

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
- Germantown Public Library



Call (937) 396-8137 for additional information or ask your physician for a referral to attend diabetes self-management education classes! Also be sure to visit our website at www.DaytonDiabetes.com!

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: October 13, 2010.

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: December 1, 2010.

Huber Heights Diabetes Community Group: This group meets on the 4th Thursday of every month at the Huber Heights YMCA, 7251 Shull Road. The meetings are held from 3-4p.m. Feel free to stop by and enjoy conversation with other individuals as well as the staff of the diabetes center!

New this Fall and Winter: FREE grocery store tours with a Certified Diabetes Educator and Registered Dietitian! Please call the office for more information regarding locations, dates, and times. Call 396-8137 today!

Diabetes Expo 2010

Saturday, November 6, 2010 ~ 9am – 1pm

Sinclair Community College Ponitz Center
444 W. Third Street Dayton, Ohio 45402

Take positive steps in managing your diabetes by attending this FREE event sponsored by the Diabetes Association of the Dayton Area!

- Over 35 vendors with diabetes resources and updated product information
- Free screenings
- Diabetes management presentations



Providence Diabetes Center Empowerment* Group

*“Empower: to enable, to promote the self-actualization or influence of”

Our group may have a new name, but our goals are the same — to provide you with the tools and support for managing diabetes!



Wednesday, October 6, 2010 • 4:00 – 5:00 p.m.
Providence Medical Group Administrative Office Building
2912 Springboro West - 3rd Floor
Refreshments Provided • Free and Open to the Public
Please RSVP to (937) 396-8137



Source: DIABETease



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