

Food and Fitness

Diabetes Self Care Behaviors



Knowledge is power but your behavior is key to improving diabetes control. The American Association of Diabetes Educators recommends these seven self-care behaviors to make it easier.

Healthy Eating—

most people know

what healthy food is—a key factor is portion control. Serve smaller portions.

Being Active—a 15 minute walk every day can make a difference. Have an

ongoing plan for a time and a place to do it.

Monitoring—shows the benefits of healthy eating

and being active. Have a daily

schedule for testing at different times during the day.

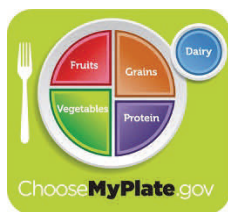
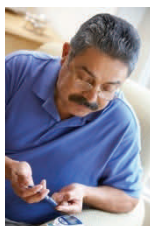
Taking Medication—diabetes is a progressive disease and medication needs will change over time.

Have regular conversations with your doctor about your changing medication needs.

Problem Solving—every day can present new challenges. Remember that you know more than anyone else does about your diabetes!

Reducing Risks—avoiding tobacco, and having regular eye, foot, and dental exams can improve quality of life. Just do it!

Healthy Coping—life's challenges and stress can raise blood sugar levels. Get support from health care professionals, family, and friends to deal with every day stressors.



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Websites of interest:

- diabetes.org
- aicr.org
- alzheimers.org
- nlm.nih.gov/medlineplus/news

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Exercise for Management and Prevention of Diabetes

If you've been diagnosed with diabetes or pre-diabetes, it may seem overwhelming to think about an exercise program. However, regular exercise is a mainstay for good control of diabetes. One of the major benefits of exercise is that it lowers blood sugar levels. It's never too late to decrease your risk and improve your fitness. An exercise program starts with the first step.

Exercise has many benefits including:

- lowers blood sugar, blood pressure and cholesterol
- helps insulin work better
- reduces risk for heart disease and stroke
- strengthens heart mus-



cle, skeletal muscle and bone

- burns calories to help with weight loss
- relieves stress
- improves circulation
- improves flexibility.

Physical Activity vs. Exercise

Physical activity includes anything that gets you moving, such as house work, shopping, yard work, or playing golf. Exercise is vigorous activity over a sustained period of time that increases your heart rate, works your muscles and raises your breathing rate. Both activity and exercise are important to improve diabetes control.

A good fitness program should include a combination of



different types of exercise.

Aerobic exercise conditions the heart and



lungs. This type of exercise increases your heart rate and maintains it for a period of time, ideally at least 30 minutes. Some examples of aerobic exer-



cise are brisk walking, running, water aerobics, aerobic dance (like Zumba) or riding a bike or a stationary bike.

Persons with diabetes benefit enormously from doing some type of aerobic exercise everyday. If you have problems with

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the nerves in your feet, your doctor may want you to do a non-weight bearing exercise such as swimming, biking, rowing, or chair aerobics.

If you are not now exercising regularly, start slowly and exercise at a comfortable pace. Increase your exercise time by 5 to 10 minutes per week until you reach the recommended levels.

Check your blood glucose levels before and after exercise. Wear a diabetes ID bracelet and carry glucose tablets in case your blood glucose drops to below the normal of 70. Stay hydrated by drinking water before, during and after exercise. Be sure to wear proper shoes and socks and check your feet after exercise for sores or blisters.

Strength training helps build strong mus-

cles and bones. Strength training increases your ability to perform activities of daily living. It improves muscle tone and decreases your risk of falling.

For persons with diabetes, strength training aids in blood sugar control.

This type of exercise should be performed 2 to 3 times per week, but not on back-to-back days. Although strength training is an important part of a regular exercise

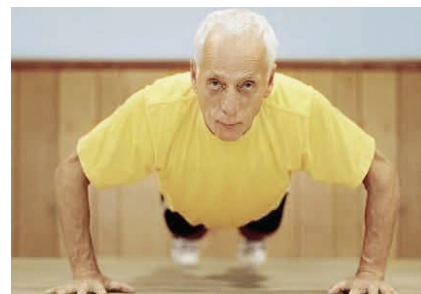
program, there are rare exceptions when strength training is not advised. Check

with your doctor before starting a strength training program.

Flexibility or stretching exercises help to maintain range of motion around the joints and help

to prevent injury.

Gentle stretching for 5 - 10 minutes daily can



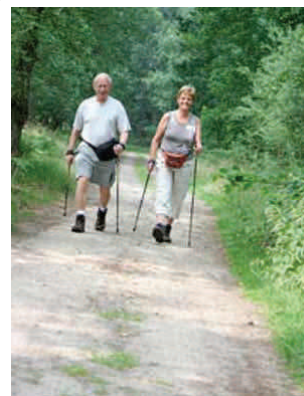
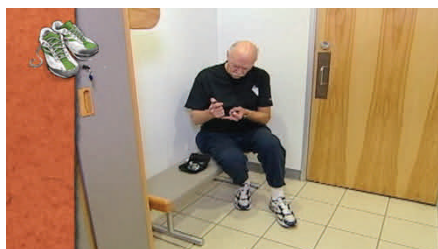
help ease stiffness in your muscles and joints.

Exercise has the potential for injury for anyone but the benefits of exercise far outweigh the risks. By paying close attention to how you feel, you can exercise safely.

If exercise is difficult for you at first because you are not in

good condition, start slowly and don't give up. It

may take one to two weeks, but before long you will begin to feel so much better that you won't want to return to the way you felt before. Do it and it might just be fun, too!



Diabetes: Find the Balance That Will Keep You Healthy

In her own words Catherine M. Townsend describes how she has coped with Type 1 Diabetes for 40+ years.

Almost everyone knows someone who has diabetes. If diabetes is part of your life, you are in good company. An estimated 23.6 million people in the United States—7.8 percent of the population—have diabetes, a serious, lifelong condition.

Diabetes is one of those diseases that must be controlled, because at this time, there is no cure that will make it go away. The good news is that many advances have been made so that patients may achieve excellent control. This article will attempt to give you some tools for controlling your diabetes instead of having it control you!

A good first step is to meet with your doctor and develop a plan that includes regular visits with a Registered Dietitian and a Certi-

fied Diabetes Educator.

When diagnosed with diabetes as a youth in 1970, I received good advice from my family physician—he provided me with a philosophy that has



never failed. Doctor Helm told me “diabetics can accomplish anything they make up their minds to do”. He assured my parents that with good control, there were no limits to physical activities or my goals for a long and healthy life.

Balancing food, medicine and exercise is the most important tool for good diabetes control. How best can you find a balance that works for you? These are some of the lessons I’ve learned over the past 40 years.

Healthy Eating—I believe that having a registered dietitian assist you with general and specific food choices is a must for every person with diabetes!

When I was first diagnosed with diabetes I met with a registered dietitian. At that time, my choices were more limited, but she made sure I got fresh fruit every day as opposed to the desserts that were offered in the cafeteria line.



I would also caution anyone that learning about healthy eating should be a life-long process. Certainly I did not learn all that I know now in just one session! I like to try new foods and see how quickly or slowly they are absorbed. As scientists and nutritionists continue to discover new information about how our bodies use food, we can continue to learn what works best for us.

Being Active—Find ways to enjoy exercise! Take a walk in the mall with a good friend once a

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week and catch up on “all the news” ! Sign up for a water aerobics or yoga class.

Try making a regular time for exercise. Put it on your calendar and draw a smiley face on those days when you were active for at least 30 minutes.

When you get tired of doing one thing, try something new. Just keep moving!

Monitoring—To reduce the risk of having blood glucose levels that are too high or too low, there is really only one way



to go! The regular use of a glucometer (blood glucose



meter) can keep you out of trouble!

It's really not enough to check only the fasting blood glucose levels when you first wake up. I've learned that I should never go

out for an errand or get behind the wheel of a car without first checking my blood glucose level.

Another recommendation is to test before eating, before taking medication and before and after exercising. Your doctor or certified diabetes educator will recommend what testing routine works best for your treatment plan.

Keeping records will lead to self-improvement. I have used a form to record what I eat, what the glucose readings are all day long, and what kind of exercise I have taken on a daily basis. Even though I could look at the glucose monitor and figure out what the last

week's blood sugars were, this written record seems to keep me on track and provides instant feedback.

In addition I always try to go back and figure out what caused a high or low blood sugar, and then use that information to avoid the same mistakes again. Keeping records will also help the health care professionals determine what works best for you.

Taking Medication—Most persons with diabetes take either oral medication or insulin injections as an integral part of controlling the disease. While no one would argue with the need for such medicines, some might have



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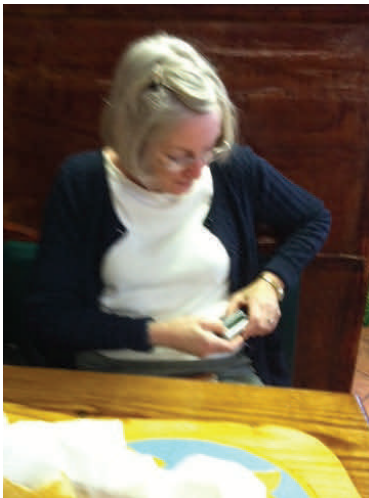
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difficulty remembering to take them!

If oral drugs are a part of your regimen, try putting them in a weekly pill reminder box. Fill it up on the same day each week! That way you can tell at the day's end if you have taken what was prescribed for you.

If you are using insulin, you probably ought to keep a record of what you take and when, especially if you use a sliding scale and the amount varies from



meal to meal. What you take will be most effective when you learn about how your medicine works and what the potential side effects are.

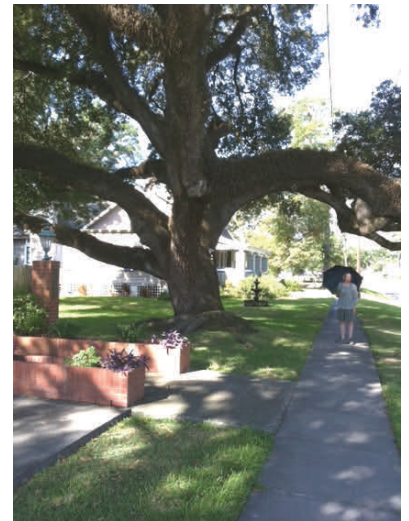
For example, I've learned that insulin works faster when injected into my abdomen as opposed to my thigh. I've also learned that exercise will make the insulin work faster and better, giving me a more normal blood glucose. Checking blood glucose levels throughout the day will give you more and better information about how the prescribed medicines are working for you!

Problem Solving—I have learned that it's more effective to concentrate on one small problem at a time. You can't fix everything in a day! For example, you might focus on just one period during the day where you see a continuous pattern of high blood glucose readings. Or perhaps you always over-treat the low episodes.

Old habits are sometimes hard to correct, but they can be unlearned! For example, I still sometimes panic when I have a low glucose reading. Over time, however, I have learned that 15 grams of carbohydrates will usually fix a

glucose that is too low. So I must "unlearn" the compulsion I have to eat everything in sight until I feel better. I eat fifteen grams of carbohydrate, wait fifteen minutes, and then test my blood sugar again, as the "rule of 15" says!

Healthy Coping—



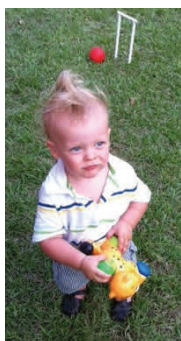
Find activities to reduce stress. All work and no play can certainly make one resent having a chronic disease.

I like to get outside and enjoy nature. The most therapeutic thing I do is to plant, water, and weed a



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garden. The thrill of harvesting vegetables that are good for me outweighs the time, patience and work of tending the plants. Having a flower garden will provide the same therapeutic value, but please don't eat the daisies!



Remember to be thankful for your blessings.

Once, while waiting for a

lab appointment, I had time to make a list of all the things for which I am thankful. I try to keep my list handy and refer to it every now and then. It helps me remember to enjoy life each day!

Caution: All those numbers can drive you crazy if you let them. You can always start fresh each day. Positive self talk goes a long way toward improving

your attitude. If you make mistakes, let them go. Periodically I “trash” my glucose records and symbolically put them out of my mind as well.

Reducing Risks—

Why would anyone want to work so hard to control a disease like diabetes? The bottom line is enjoyment of a longer, risk-free life.

Persons with diabetes may experience three major complications as diabetes progresses: blindness, kidney disease and neuropathy. Research continues to support the theory that good control of blood glucose can reduce these risks for many people.

Need motivation to stay with the job? Go back

to your list of blessings. It's far better that **you** are in control as opposed to having the diabetes control you!

For persons with diabetes,



knowledge is power. There are many good resources to learn more about diabetes, but your doctor, Registered Dietitian, and Certified Diabetes Educator are the best place to start. Then look for the consumer magazines Diabetes Forecast, Diabetes Self Management, Diabetic Living, and Diabetic Cooking.

Why Go Fishing!

Fish is a low-fat, high quality protein food. Fatty fish contains a good amount of the omega-3 fatty acids EPA and DHA. Some better sources of omega-3 fatty acids are salmon, herring, mackerel, sardines, and to some extent tuna and shellfish.

EPA and DHA have been reported to protect against heart disease by decreasing rhythm disturbances,

lowering triglycerides and by “thinning” the blood.



Recipe Corner

Rosemary Citrus Tuna Steak

Lemon or lime and seafood make great culinary partners!



2 medium sized fresh tuna steaks
Juice of two lemons or limes
1 teaspoon olive oil per steak

2 teaspoons fresh rosemary
Cut rosemary from stem into small pieces. Put olive oil on hands and rub on both sides of fish. Prepare tuna steaks by seasoning with lemon or lime juice, and rosemary.

Grill over charcoal fire until fish is no longer pink. Test for doneness by cutting in half. It is better to use a meat thermometer

and cook to an internal temperature of 145 degrees F.

Fresh Tuna Salad

Eat twice from the labors of one meal. While you have a great bed of charcoal burning it makes sense to cook more than 2 steaks and reserve the leftovers for another meal. Tossing the leftover tuna into a salad makes a quick meal.

Leftover grilled tuna
Mixed salad greens
Fresh tomatoes, quartered
2 teaspoons capers
One sliced cucumber
Jeff's Vinaigrette or lighter version

This is a delightful way to use any tuna leftovers the next day. Break fish into small chunks over a bowl of mixed salad greens. Add tomatoes and

capers, and dress with vinaigrette. Serve with fruit and whole grain bread for a healthy light luncheon.

Jeff's Vinaigrette

1/4 cup olive oil
1 Tbs. Vinegar or lemon juice
1 clove garlic, pressed
1/2 tsp. Dry mustard.

Combine ingredients, shake until blended and dress salad. For lighter version use equal parts oil and vinegar or lemon juice.



Salmon Croquettes

The tartness of lemon adds zing and brings canned fish to life!

One 6-ounce can sockeye salmon
7 saltine crackers

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1 T. green onion, finely chopped
 1 T. parsley, finely chopped
 1 teaspoon lemon zest
 1 cooked egg or equivalent measure of egg substitute, chopped
 Tony Chachere's Cajun seasoning

Preheat oven to 350 degrees. Cover a baking sheet with foil or parchment paper.

Remove skin from salmon and place salmon in a small mixing bowl. Allowing the soft bones to remain increases the calcium value of the dish and they won't be detectable when it is all mixed together.

Crush crackers in a small plastic bag and add to the bowl of salmon. Mix in green onions, parsley, and egg or substitute. Season with Tony's and roll into four flat patties.

Bake croquettes in preheated oven about 20 minutes or until done. May be served with Lemon Tartar Sauce or a sauce made

from equal parts ketchup and prepared horseradish.

Lemon Tartar Sauce

Compared to prepared bottled sauces, this recipe reduces fat significantly.

½ cup reduced fat mayonnaise, made

with olive oil
 1 chopped dill pickle with 2 T. pickle juice
 2 teaspoons capers
 2 T. lemon juice
 2 T. chopped

parsley
 2 teaspoons chives or green onions, chopped
 2 T. coarse ground mustard
 Salt and pepper, if desired

Stir“Fried” Veggies

This is almost too easy...

2 cloves fresh garlic, minced
 2 T. olive oil
 1-12 oz. package broccoli coleslaw mix or vegetable stir fry
 Salt and pepper to taste,



if desired

Put olive oil in skillet with garlic. Sauté briefly until garlic is wilted. Add coleslaw or vegetable mix and stir. Cook over medium heat until vegetables are just beginning to wilt, about five minutes. Salt and pepper to taste.

Serve with salmon croquettes.



WV Bureau of Senior Services

Susan M. Poindexter, MS, RD,
LD, CDE

Nutrition Consultant to WV
Bureau of Senior Services

304-744-6466

304-388-9406

**[www.senior
services.gov](http://www.senior
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News You Can Use

Eating more vegetables from the broccoli, cabbage/ kale/cauliflower family may protect against cancer of the upper colon. High intake of all vegetables may protect against cancer of the lower colon. *Journal of the American Dietetic Association*,



tion, September 2011.

Eating 2-3 servings of fish per week may protect against stroke. *Stroke Online September 2011.*

Keeping a daily food diary helps to achieve and maintain healthy weight. It should include everything you ate, the amounts you ate, the



time of day, the location, how you felt and whether you were alone or with someone. *The American Academy of Family Physicians.*