

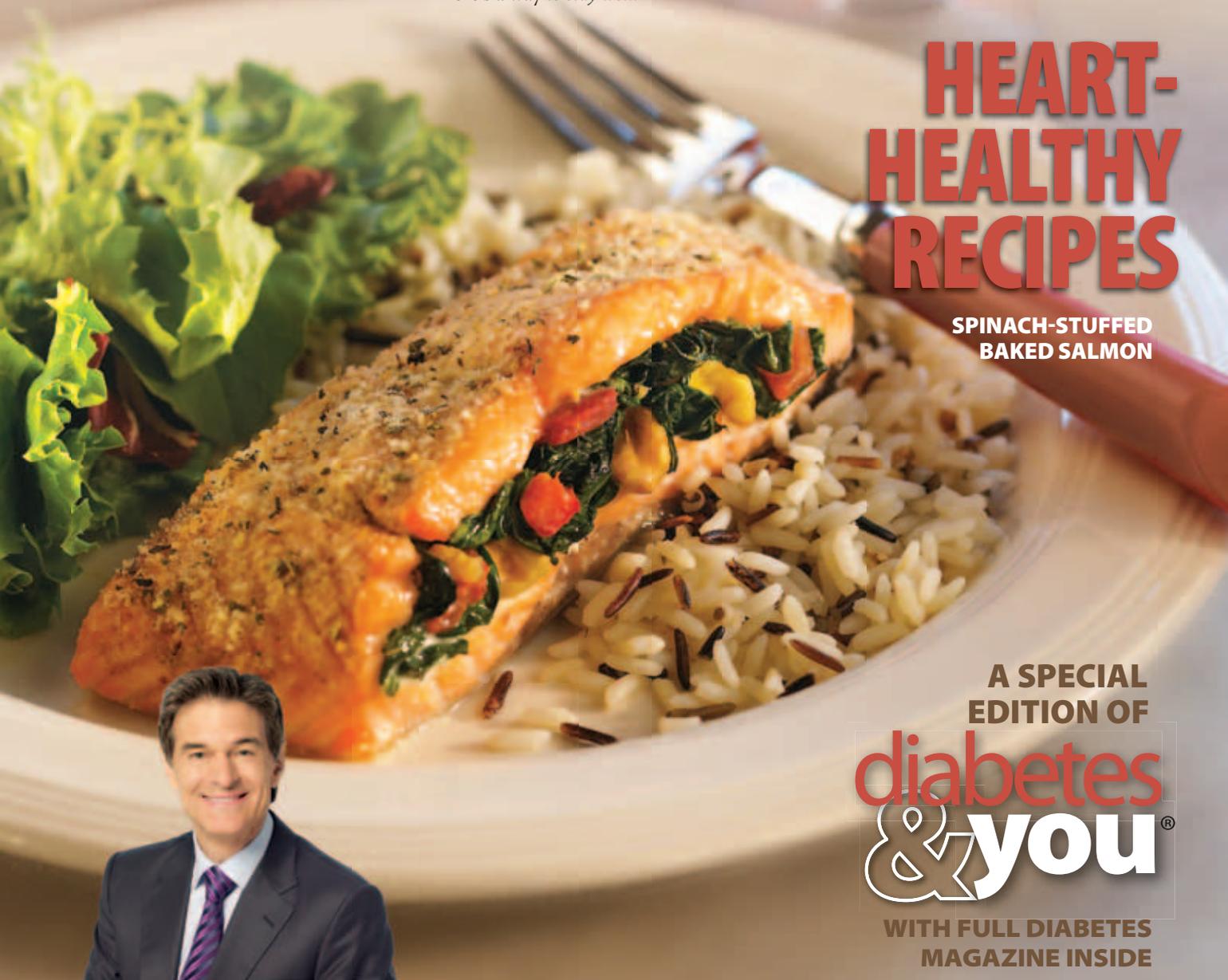
FULL DIABETES & YOU MAGAZINE INSIDE

SPRING 2011

# heart health & you

*Walgreens*

There's a way to stay well.



## HEART-HEALTHY RECIPES

SPINACH-STUFFED BAKED SALMON



A SPECIAL EDITION OF

diabetes  
& you<sup>®</sup>

WITH FULL DIABETES MAGAZINE INSIDE

AMERICA'S DOCTOR DR. OZ  
ON HEART HEALTH & DIABETES



**Dear Readers:**

Our *Walgreens Heart Health & You/Diabetes & You* issue is unique. The first part of our magazine is the heart health section, which has great articles on heart health for everyone with heart disease—including the nearly 70 percent of people with diabetes who have heart disease, as well. The second part is our *Diabetes & You* magazine, which Walgreens customers with diabetes have been enjoying since we first began publishing it more than eight years ago.

As always, we bring you delicious, healthy recipes. Our heart-healthy fish dishes from the American Heart Association include the Spinach-Stuffed Baked Salmon featured on the cover, as well as Oven-Fried Catfish with Creamy Orange Dipping Sauce, Tilapia with Smoky Pepper Sauce and Greek Fish Fillets with Fresh Tomatoes. Our feature article brings it all together as we get great advice and practical tips on both heart health and diabetes from “America’s Doctor,” Dr. Mehmet Oz, the star of his own popular daytime program, *The Dr. Oz Show*. He is also a professor of surgery at Columbia University and director of the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital.

If you are a health care provider, we’d be happy to send you additional, complimentary copies for your office (U.S. addresses only, no P.O. Boxes, one shipment per address). Walgreens customers can contact us at [diabetes.magazine@walgreens.com](mailto:diabetes.magazine@walgreens.com) to receive an electronic version of the magazine.

As always, we invite you to share your questions or comments. Our contact information is below:

*Walgreens Diabetes & You*  
200 Wilmot Road, MS # 2243  
Deerfield, IL 60015  
Or send e-mail to:  
[diabetes.magazine@walgreens.com](mailto:diabetes.magazine@walgreens.com)

Sincerely,

Michael Wolf, PharmD  
Category Manager of Diabetes Care  
Walgreen Company

**A SPECIAL EDITION OF**  
**diabetes & you**  
**STARTS ON PAGE 29**

**EDITOR-IN-CHIEF**

**Michael Wolf, PharmD**  
Category Manager of Diabetes Care  
Walgreen Company

**EDITOR**

**Martha M. Funnell, MS, RN, CDE**  
Research Investigator,  
Michigan Diabetes Research  
and Training Center,  
University of Michigan,  
Ann Arbor, MI

**PUBLISHER**

**Jonathan B. Jarashow**  
H. Crimson Inc.  
Pharmacy Publications

**EDITORIAL BOARD**

**Linda R. Bernstein, PharmD**  
Clinical Professor, School of Pharmacy  
University of California, San Francisco  
President, Vita Media Corporation

**Amy Campbell, MS, RD, LDN, CDE**  
Education Program Manager,  
Diabetes Management,  
Joslin Diabetes Center,  
Boston, MA

**Andrea D. Collaro, PharmD, CDM**  
Walgreen Company,  
Clinical Assistant Professor,  
Department of Pharmacy Practice,  
University of Illinois at Chicago

**Virginia Peragallo-Dittko,**  
APRN, BC-ADM, MA, CDE  
Director, Diabetes Education Center,  
Winthrop University Hospital,  
Mineola, NY

**Joy Pape, RN, BSN, CDE, WOCN**  
Diabetes Health Education Consultant,  
New York, NY

**Janis Roszler, RD, CDE, LD/N**  
2008-2009 Diabetes Educator  
of the Year (AADE)

**Don Zwickler, MD**  
Chief of Endocrinology,  
Good Samaritan Hospital,  
Suffern, NY

LEARN MORE ABOUT DIABETES AT  
**Walgreens.com**  
[www.walgreens.com/diabetes](http://www.walgreens.com/diabetes)



Magazine Publishers of America

**For past issues of *Diabetes & You*, and to find more health information, visit [walgreens.com](http://walgreens.com) and click on health info**

Published February 2011 by H. Crimson Inc. Copyright © 2011 by H. Crimson Inc. (845) 426-7612. All rights reserved. No part of this publication may be reproduced in any form or by any means without the prior written permission of the publisher or Walgreen Co. Walgreens is not responsible for typographical errors and does not necessarily warrant, approve of or endorse any of the information or carry any of the products contained in this publication. Customers are encouraged to seek professional advice before changing a diabetic treatment regimen.



35

# heart health & you

Walgreens

There's a way to stay well.

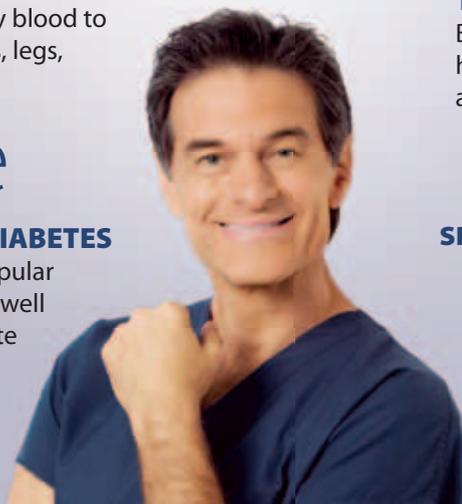
spring 2011

## heart health

- 8 WHAT'S NEW**  
New developments in cardiovascular health and diabetes care.
- 10 HEART HEALTH QUIZ**  
What's your heart health IQ?
- 11 HEALTHY COOKING: SMALL STEPS, SIMPLE CHANGES**  
Decrease the fat, calories and sodium in your diet and increase fiber and whole grains to make a big difference in your health.
- 14 YOUR HEART HEALTH: MAKING EVERY EFFORT COUNT**  
There are many things you can do to help manage your blood pressure and cholesterol at the same time.
- 16 WALGREENS HELPS YOU WITH HEART-HEALTHY PRODUCTS**  
Walgreens carries a full range of products for a healthier heart.
- 19 THE FATS OF LIFE**  
Learn how certain fats can help keep your heart and blood vessels healthy.
- 22 START WALKING**  
Common reasons why people don't walk and some ways to overcome them.
- 25 THE VESSELS OUTSIDE OF YOUR HEART & BRAIN**  
Learn about the blood vessels that carry blood to the rest of your body, such as your arms, legs, stomach and kidneys.

## feature article

- 31 DR. OZ ON HEART HEALTH AND DIABETES**  
Dr. Mehmet Oz is the star of his own popular daytime program, "The Dr. Oz Show," as well as director of the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital.



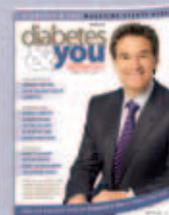
## diabetes care

- 35 HEART-HEALTHY FISH DISHES**  
Spinach-Stuffed Baked Salmon, Oven-Fried Catfish with Creamy Orange Dipping Sauce, Tilapia with Smoky Pepper Sauce, Greek Fish Fillets with Fresh Tomatoes
- 39 WOMEN, DIABETES AND HEART DISEASE: LISTEN UP, LADIES**  
There are many actions women can take to decrease their risk of a heart attack.
- 42 CUTTING THE COST OF DIABETES CARE**  
Some common-sense strategies to get the most out of your diabetes supplies.
- 44 WHAT'S OLD IS NEW AGAIN: THE MEDITERRANEAN DIET**  
Eat foods you like, help your diabetes and lower your risk of heart disease.
- 47 GET WITH IT, STICK WITH IT**  
Keys to a healthier life with diabetes.
- 50 THE BENEFITS OF THE GLYCEMIC INDEX**  
Better blood glucose control, less hunger and weight loss is what's good about the Glycemic Index.

SPECIAL EDITION OF

diabetes & you

STARTS ON PAGE 29



# what's new

By Jonathan Jarashow

## WHOLE GRAINS for a healthier heart

New research suggests people who regularly eat whole grains instead of refined grains take in less of a body fat called VAT, a fat linked to a higher risk for heart disease and type 2 diabetes. Researchers published an analysis of dietary surveys and body-fat scans of more than 2,800 men and women between the ages of 32 and 83 in the *American Journal of Clinical Nutrition*. They found that eating several servings of whole grains a day is associated with lower amounts of VAT. However, those who ate whole grains without giving up refined grains did not seem to benefit from the whole grain-lower VAT connection, so it's important to make substitutions in the diet, rather than simply adding whole grain foods.



## want to increase good cholesterol? QUIT SMOKING

Even if people who stop smoking gain weight after they quit, they still improve their HDL (good) cholesterol numbers, according to a University of Wisconsin School of Medicine and Public Health study. At the end of a one year smoking cessation program, 923 participants returned for a follow-up visit and 334 had quit smoking. Those who did not quit had gained about 1.5 pounds and

had almost no change in their HDL. However, those who quit smoking improved their HDL cholesterol by an average of 2.4 points, even though they gained an average of about 10 pounds. This HDL increase is enough lower heart attack or stroke risk by up to 6 percent. LDL (bad) cholesterol, which normally goes up with weight gain, remained unchanged. 

## DRINK MILK to prevent heart disease and diabetes



A study in the *American Journal of Clinical Nutrition* found that drinking three glasses of milk per day may cut the risk of cardiovascular disease by 18% and found no link between drinking regular or low-fat dairy and any increased risk of heart disease, stroke or total mortality. In another study, in the *Annals of Internal Medicine*, it was found that a fatty acid contained in dairy fat in milk, cheese, yogurt and butter, may possibly reduce the risk of type 2 diabetes. Researchers analyzed health data from 3,736 participants in the Cardiovascular Health Study, who have been followed for 20 years, and found that higher levels of this fatty acid were associated with healthier levels of blood cholesterol, insulin levels, and insulin sensitivity and a much lower risk of developing type 2 diabetes.



## NEW at Walgreens

- Members of the American Diabetes Association (ADA) and Walgreens during a check presentation ceremony at a Walgreens store in Chicago last November. Walgreens donated \$100,000 to the ADA as part of its November Diabetes Testing Event.
- **New product line at Walgreens:** According to research from the American Heart Association, the best way to predict the risk of stroke or heart attack



due to high blood pressure is by checking blood pressure at home, rather than periodic checks at the doctor's office. The launch of a new product line from Omron, the number one home blood pressure brand recommended by doctors, makes it easier for people to stay on top of their blood pressure between visits to their doctor.

- People with heart disease or diabetes may not get the vitamins and minerals they need from their daily diets. **Finest Natural® Liquid Vitamins and Supplements** provide a simple, convenient and cost-effective way for them to meet their nutritional needs. Experience the liquid difference: Easy to swallow, great tasting, only once per day. Finest Natural® Liquid Vitamins and Supplements are exclusively available at Walgreens.



**BRIEF SUMMARY OF PRESCRIBING INFORMATION  
HIGHLIGHTS OF PRESCRIBING INFORMATION**

**These highlights do not include all the information needed to use LANTUS safely and effectively. See full prescribing information for LANTUS.**

**LANTUS® (insulin glargine [rDNA origin] injection) solution for subcutaneous injection**

**Initial U.S. Approval: 2000**

**INDICATIONS AND USAGE**

LANTUS is a long-acting human insulin analog indicated to improve glycemic control in adults and children with type 1 diabetes mellitus and in adults with type 2 diabetes mellitus. (1)

Important Limitations of Use:

- Not recommended for treating diabetic ketoacidosis. Use intravenous, short-acting insulin instead.

**DOSAGE AND ADMINISTRATION**

- The starting dose should be individualized based on the type of diabetes and whether the patient is insulin-naïve (2.1, 2.2, 2.3)
- Administer subcutaneously once daily at any time of day, but at the same time every day. (2.1)
- Rotate injection sites within an injection area (abdomen, thigh, or deltoid) to reduce the risk of lipodystrophy. (2.1)
- Converting from other insulin therapies may require adjustment of timing and dose of LANTUS. Closely monitor glucoses especially upon converting to LANTUS and during the initial weeks thereafter. (2.3)

**DOSAGE FORMS AND STRENGTHS**

Solution for injection 100 units/mL (U-100) in

- 10 mL vials
- 3 mL cartridge system for use in OptiClik (Insulin Delivery Device)
- 3 mL SoloStar disposable insulin device (3)

**CONTRAINDICATIONS**

Do not use in patients with hypersensitivity to LANTUS or one of its excipients (4)

**WARNINGS AND PRECAUTIONS**

- Dose adjustment and monitoring: Monitor blood glucose in all patients treated with insulin. Insulin regimens should be modified cautiously and only under medical supervision (5.1)
- Administration: Do not dilute or mix with any other insulin or solution. Do not administer subcutaneously via an insulin pump or intravenously because severe hypoglycemia can occur (5.2)
- Do not share reusable or disposable insulin devices or needles between patients (5.2)
- Hypoglycemia: Most common adverse reaction of insulin therapy and may be life-threatening (5.3, 6.1)
- Allergic reactions: Severe, life-threatening, generalized allergy, including anaphylaxis, can occur (5.4, 6.1)
- Renal or hepatic impairment: May require a reduction in the LANTUS dose (5.5, 5.6)

**ADVERSE REACTIONS**

Adverse reactions commonly associated with Lantus are:

- Hypoglycemia, allergic reactions, injection site reaction, lipodystrophy, pruritus, and rash. (6.1)

**To report SUSPECTED ADVERSE REACTIONS, contact sanofi-aventis at 1-800-633-1610 or FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).**

**DRUG INTERACTIONS**

- Certain drugs may affect glucose metabolism, requiring insulin dose adjustment and close monitoring of blood glucose. (7)
- The signs of hypoglycemia may be reduced or absent in patients taking anti-adrenergic drugs (e.g., beta-blockers, clonidine, guanethidine, and reserpine). (7)

**USE IN SPECIFIC POPULATIONS**

- Pregnancy category C: Use during pregnancy only if the potential benefit justifies the potential risk to the fetus (8.1)
- Pediatric: Has not been studied in children with type 2 diabetes. Has not been studied in children with type 1 diabetes <6 years of age (8.4)

**See Full Prescribing Information for PATIENT COUNSELING INFORMATION and FDA-approved patient labeling**

GLA-BCPH-AS-APR10

**Revised: 04/2010**  
Rx Only

**CHECK YOUR  
Heart Health IQ  
TRUE OR FALSE?**

By Jonathan Jarashow

**1** Even though I already have heart disease, it's not too late to reduce my risk for further problems.

**TRUE.** Even if you already have heart disease, it's not too late to prevent further damage to your heart. In fact, studies show you may be able to take actions after a first heart attack to prevent a second one. The actions to take are: lower your cholesterol, weight and blood pressure, and be more active. If you smoke cigarettes, quit right away. These actions will reduce your risk of further heart problems.

**2** It is possible to avoid all fat in the foods I eat.

**FALSE.** It is very hard to avoid all fat in foods. Plus, you need a small amount of fat for many of your body's functions. Keep in mind that not all fat is bad for you, but some fats are better than others. Go light on the saturated and trans fats and make sure most of the fat you eat is unsaturated. These are better for your heart. Look for fats and oils that are either polyunsaturated (safflower, corn, sunflower and soybean oils) or monounsaturated (olive and canola oils). Unsaturated fats help to lower blood cholesterol when they are substituted for saturated fat. But it's still important to limit the total amount of fats and oils you

eat, since even unsaturated fats are high in calories. One tablespoon of any oil, healthy or not, contains 120 calories.

**3** High cholesterol and heart disease are mainly health issues for men.

**FALSE.** High cholesterol and heart disease are as much a concern for women as men. More than half of the 102-million Americans with a blood cholesterol level of 200 mg/dL or higher are women. High cholesterol is one of the leading risk factors for heart disease. Heart disease is the number one cause of death among women. It claims one woman's life about every minute in the United States. That's more lives than are claimed by the next seven causes of death combined.

**4** Being physically active can make my heart stronger.

**TRUE.** Regular physical activity may reduce problems from heart disease because it lowers LDL (bad) cholesterol levels, raises HDL (good) cholesterol levels, lowers blood pressure, lowers triglyceride levels, helps you lose excess weight and improves the fitness of your heart and lungs. How is that for getting a lot of results from a few minutes of exercise? And if you are overweight, losing even a few pounds can help to lower LDL cholesterol. Two key steps to weight loss are to reduce your calorie intake (cutting back on fat will help) and to be more physically active. 



HEALTHY COOKING:

# small steps, simple changes

By Juanita Weaver-Reiss, RD, LD, CDE,  
Joslin Diabetes Center Affiliate  
at Southview Medical Center, Dayton, OH

◆ **Has your doctor or dietitian talked with you about choosing healthier foods for your cholesterol or blood pressure?**

❖ **Is one of your goals to lose weight or fix healthier meals for yourself and your family?**

*Making simple, small changes can help you reach your goals for heart health and weight control.*

It may seem overwhelming at times when you feel you need to make a lot of changes in your eating plan to make a difference in your cholesterol, blood pressure or weight. The good news is you can make simple changes with both your food choices and how you prepare your foods in order to decrease the fat, calories and sodium and increase fiber and whole grains. These simple changes can make a big difference in your health.

A heart-healthy eating plan is easier to follow than you may think, but trying to change your diet all at once can be hard. One way to make it easier is to focus on how you prepare and cook your foods. It may be the foods you eat now are fine but you just need some changes in how you cook them or in the ingredients you use. The following tips will help to lower the fat, calories and sodium in your diet, making your food healthier for you and your family. You may not even be able to tell the difference between the higher-fat food choices and the modified recipes.

## 10 ways to cut back on fat and calories

- 1 Choose leaner cuts of meat, such as 90 percent lean ground beef, tenderloin and round cuts, and trim off any extra fat. Keep your meat portion sizes to about 3 to 4 ounces, which is about the size of a deck of regular playing cards. Bake, broil, grill and steam foods instead of frying them.
- 2 If you crave fried foods, try using a non-stick cooking spray or a non-stick pan instead of frying in oil, butter or margarine.
- 3 Remove skin from chicken and turkey before eating. The skin contains saturated fat that can raise blood cholesterol. Plus, it adds extra, unwanted calories.
- 4 For hamburgers and meatloaf, mix lean ground beef with skinless ground turkey breast to reduce the fat. Also, try skinless ground turkey breast in your chili recipes instead of ground beef. The turkey will pick up the flavor of other items it is baked or cooked with. The end result will be a lower-fat, yet juicy, product.
- 5 Try baking muffins with applesauce or mashed bananas instead of butter or shortening. Use one cup of applesauce or three very ripe bananas in place of ½ cup of fat.

6 When it comes to salads, be a dipper, not a dumper. Dip your fork into the salad dressing before you spear the salad. This fork-dip method can greatly lower your fat and calorie intake while still giving you the taste of the salad dressing.

7 For a low-cal, lower-carb snack, munch on light microwave popcorn or pop your own corn in the microwave in a paper lunch bag. Then, add your own spray butter or butter- or cheese-flavored powder and enjoy.

8 For every whole egg called for in a recipe, substitute two egg whites. The egg yolk has about 5 grams of fat and 200 milligrams of cholesterol, while the egg whites have no fat or cholesterol. Eggs can be part of a heart-healthy eating plan, but limit yourself to 3 to 4 eggs per week. (Egg whites or egg substitutes are fine to eat every day.)

9 Get those fish oils in by eating fish at least twice a week. Choose fatty fish rich in omega-3 fatty acids such as tuna, mackerel, salmon, lake trout, swordfish and sardines. Omega-3 fatty acids boost heart health by lowering triglycerides (blood fats) and blood pressure and helping to decrease the risk of a heart attack. If you're not a fish fan, you can get omega-3 fatty acids from walnuts, flaxseeds, soybeans, soy nuts and pumpkin seeds.

10 Instead of adding margarine or butter to vegetables, use a butter-flavored product such as spray butter or butter substitutes. A spray or a sprinkle of any of these products has no fat and very few calories.

## 5 ways to eat more high-fiber and whole-grain foods

- 1 Double up on vegetable portions at your meals. Try to fill half of your plate with vegetables. They provide vitamins, minerals and fiber with few calories and carbs and practically no fat. Steam or microwave your veggies instead of boiling them to help them retain their nutrients.
- 2 Go meatless for one or two meals each week. Try vegetarian meals that focus on beans, peas, lentils or tofu. Bean burritos, vegetarian chili and lentil soup are good choices. Tofu is a great substitute for meat and chicken in stir-fry dishes. Sprinkle kidney beans or chickpeas on your salad. Beans are high in soluble fiber, a type of fiber that can help lower your cholesterol.
- 3 Choose whole-grain pasta, wild or brown rice, quinoa, whole-grain bread and whole-grain tortillas instead of the "white" versions of these foods, which have been stripped of a lot of their nutrients.

4 Skip the high-fat, high-calorie desserts and grab some fresh fruit. Although tasty, typical dessert foods can quickly raise blood glucose and make it harder to lose weight and keep your cholesterol at your target level.

5 Kick off your day with a high-fiber cereal. Choose cereals with at least 5 grams of fiber per serving. Aim for 25 to 30 grams of fiber each day.

## 5 ways to lower your blood pressure and your sodium intake

- 1 Season foods with black pepper, herbs and spices instead of salt when you cook. There are plenty of herbs and spices to add zest to your food. You'll never miss the salt. Low- or no-sodium salt substitutes are available, but check with your provider before using them if you have kidney problems.
- 2 Buy fresh, plain frozen or no-salt-added canned vegetables.
- 3 Use fresh poultry, fish and meat instead of canned or processed meats.
- 4 Cook pasta, rice and hot cereal without salt. Flavored pasta and rice mixes and instant hot cereal usually have added salt.
- 5 Rinse canned foods, such as tuna and beans, before eating to reduce the sodium content. 

# YOUR heart health

## Making Every Effort Count

By Martha Funnell, MS, RN, CDE

**If you want to do all you can to keep your blood pressure and cholesterol numbers in your target range, where do you start and what can you do?**

There are many things you can do to help manage your blood pressure and cholesterol at the same time. Knowing what will give you the most benefit can help you decide where to put your efforts.

### \* BE MORE ACTIVE

Being active has many benefits. Exercise can lower your blood pressure while boosting your HDL (good) cholesterol level. Walking, biking or doing other physical activity for about 30 minutes each day can make a big difference in your heart health. But the benefits of exercise don't stop there: Being active makes it easier to manage your weight, gives you more energy, helps you cope with stress and helps you sleep better. Exercise can even help to prevent depression and lower

your risk for Alzheimer's disease. People who are physically active on a regular basis can sometimes even reduce the amount of medicine they take. As the saying goes: Exercise is the best medicine.

### \* AIM FOR A HEALTHY WEIGHT

If you have diabetes, you may already know losing weight helps to manage blood glucose by lowering insulin resistance. In other words, when you lose weight, your body can use insulin more easily, which in turn means better glucose readings. But you may not know losing weight is one of the most effective things you can do to lower your blood pressure. It can also help decrease the burden on your heart and your joints. You don't have to lose a lot of weight to reap health benefits:

Losing just 7 percent to 10 percent of your body weight can lead to improved glucose, blood pressure and cholesterol levels.

### \* EAT LESS SATURATED FAT

Saturated fat is solid, or hard, at room temperature and is found in foods such as bacon and shortening. Both saturated fat and trans fat, a type of fat found in some processed foods, can raise your LDL (bad) cholesterol level. Eating less of these types of fats and switching to more heart-healthy fats, such as olive and canola oils, can lower your LDL level. Fat is also very dense in calories. In fact, there are twice as many calories in a gram of fat as there are in a gram of carbohydrate or protein. Eating less fat is an effective way to cut calories and lose weight, which can help lower your blood pressure, too.

### \* EAT MORE FIBER

Eating more fiber can help to lower your cholesterol level and blood glucose. Fiber is found in vegetables, fruits, beans and whole-grain breads and cereals. Foods that are high in fiber also help you feel full more quickly, which can help in your weight-loss efforts.

### \* LEARN ALL YOU CAN ABOUT HEART DISEASE

Learning about your condition will help you feel less stressed and more in control. But learning goes beyond reading about heart disease. Learn how it affects you personally, such as what you can do to improve your future health and when to call your health care team. If your health care provider does not have time to explain it fully, ask if you can set a special time to talk about it. Or, ask if there is someone else with whom you could meet or a health education program you can attend. Your Walgreens pharmacist is also a good source of information about your medicines and how they work. 





## WALGREENS HELPS YOU WITH **heart-healthy products**

By Michael Wolf, PharmD

**Walgreens carries a full range of products to help you manage your heart health. Here are some helpful items to look for.**

- **Aspirin**

Has your health care provider advised you to

take an aspirin a day to keep your blood from getting too sticky? If so, he or she has likely asked you to take an enteric-coated aspirin. This means it has a coating on it that helps stop the aspirin from hurting your stomach. Ask your health care provider if it is right for you.

### ■ **NUTRITIOUS FOODS**

- **Nutrition bars**

Nutrition bars are great to snack on when you need a nibble or can't fit in a meal. They are a better choice than a high-fat candy bar loaded with calories.

- **Nutritious whole-grain foods**

Walgreens stocks a wide variety of whole-grain foods, such as cereals and crackers. These foods can help you eat the amount of fiber needed to reach the nutritional goal of 25 to 30 grams each day.

- **Home blood cholesterol tests**

You may be making changes to your eating habits, becoming more active and starting on a medicine to lower your cholesterol. Walgreens offers products that let you measure your blood cholesterol at home.

- **Home blood pressure and pulse monitors**

Take your blood pressure or pulse in the comfort of your home. You'll be able to check your blood pressure or pulse regularly and at various times of the day. These results may make it easier to help your health care provider adjust your blood pressure or heart medicines. Walgreens offers a variety of blood pressure monitors to choose from.

- **Pedometers**

If you walk outside, walk a lot during your day or walk on a treadmill, you might want to see just how many steps you take and whether or not you are meeting the recommended 10,000 steps a day. Walgreens sells a variety of pedometers to help you count your steps. The less-expensive ones just count your steps, while the higher-priced ones count steps in miles and the number of calories burned and store several days' worth of readings.

- **Pill organizers**

If you take a number of different pills, you need to remember what medicine to take and when to take it. Walgreens has many types of pill organizers to help you sort your pills.

### ■ **SUPPLEMENTS**

- **Daily multivitamin and mineral supplements**

Walgreens stocks a wide array of daily multivitamins and mineral supplements, including specific products for women, men and seniors. Eating healthy helps you get most of the vitamins and minerals you need. But a daily multivitamin and mineral supplement can help you make sure you get the right amounts of vitamins and minerals you need each day.

- **Fiber supplements**

Increase the fiber you eat with a large selection of fiber supplements. These may help lower your blood cholesterol. They come in many flavors, as well as in regular or sugar-free versions.

- **Fish oil capsules**

Research suggests people at risk for or with heart disease can benefit from adding fish oil to a healthy-eating plan. Fish oil contains omega-3 fatty acids that may help lower triglycerides, decrease the stickiness of the blood and decrease the buildup of plaque on arteries. 

# the fats of life

## WHAT'S SO GOOD ABOUT FATTY ACIDS?

By Amy Campbell, MS, RD, LDN, CDE

**W**e often think of fat in terms of it being “good” or “bad.” Good fats are the healthy vegetable oils such as olive and canola, while bad fats are the ones that stay solid when out of the fridge, such as butter, shortening and the fat found in red meat. But there’s more to fat than meets the eye. If you’re ready to learn a little more about fat and how it can help keep your heart and blood vessels healthy, read on.



**WHAT ARE FATTY ACIDS?**

Dietitians refer to glucose (sugars) as the “building blocks” of carbohydrates. They also speak about building blocks of protein, which are amino acids. Did you know that fat has building blocks, too? Those are called fatty acids. The body can make some fatty acids from the food you eat. But there are some fatty acids the body can’t make. These are called essential fatty acids, or EFAs for short. EFAs are known as “good fats.”

**WHICH FATTY ACIDS ARE “EFAs”?**

There are two types of EFAs: omega-3 fatty acids and omega-6 fatty acids. Both are helpful but differ in how they are linked to each other. What’s important to know is that the body needs both omega-3s and omega-6s to stay alive and healthy. Why are these two types of fatty acids so important? Our bodies make some types of fatty acids, but we don’t have what is needed to make the omega-3s and omega-6s. That means we must get these fatty acids from food or supplements.

**which is which?**

*Here’s a rundown of the fatty acids found in both the omega-6 and omega-3 groups:*

**Omega-6 fatty acids:**

- gamma linolenic acid (GA)
- linoleic acid (LA)
- arachidonic acid (AA)

*Food sources of omega-6 fatty acids include most of the vegetable oils, such as corn, soybean, safflower and sesame, as well as nuts, seeds and some vegetables.*

**Omega-3 fatty acids:**

- docosahexanoic acid (DHA)
- eicosapentanoic acid (EPA)
- alpha-linolenic acid (ALA)

*You might see DHA and EPA listed on bottles of fish oil capsules. Food sources of DHA and EPA include fatty, cold-water fish, such as:*

- salmon
- tuna
- herring
- sardines
- halibut

*If you don’t eat fish, you can get omega-3 fats from plant foods, such as:*

- walnuts and walnut oil
- canola oil
- soybeans and soybean oil
- pumpkin seeds
- flaxseed and flaxseed oil



**WHAT’S BETTER: OMEGA-3 OR OMEGA-6?**

We need both omega-3 and omega-6 fats in our diets. But most of us get too much of the omega-6 fats and not enough of the omega-3 fats because of the types of foods we eat. For example, we may eat animals that are fed grains rich in omega-6 fats, as well as vegetables and eggs that contain omega-6 fats, but we may not eat enough omega-3-rich foods, such as fish.

**DOES IT MATTER IF WE EAT MORE OMEGA-6 THAN OMEGA-3?**

Eating too much omega-6 fats can raise the risk for certain problems, such as heart disease, type 2 diabetes, asthma, high blood pressure and rheumatoid arthritis. These are sometimes called “inflammatory” diseases. They have many causes, but experts believe eating too many omega-6 fats and too few omega-3 fats is a factor. Omega-3 fatty acids have an anti-inflammatory effect, which means they may help prevent some of these problems. Omega-3 fats also can help lower triglyceride

(blood fat) levels. High triglycerides may increase the risk for heart disease.

**GETTING MORE OMEGA-3 FATS**

To make sure you get omega-3 fats in your eating plan, try to eat at least two fish meals every week. Be sure to grill, broil or bake your fish instead of frying it. Also, try to avoid breaded, fried fish. Another way to get fish oils is to take a fish oil supplement. But talk with your health care provider before you do so, and avoid taking cod liver oil as it may contain too much vitamin A and vitamin D. If you’re a vegetarian, include sources of plant-based omega-3 fat in your diet every day, such as walnuts, flaxseed, flaxseed oil, soybeans, tofu, olive oil and canola oil. Look for foods that are enriched with omega-3 fatty acids, such as omega-3 fatty acid-enhanced eggs, fortified margarines, some yogurts, some salad dressings and some cereals, too. Men should discuss the use of flaxseed and flaxseed oil with their health care provider as there is a possible link between flax and prostate cancer. 

# start walking

By Martha Funnell, MS, RN, CDE

**W**hat could be better than taking a walk on a nice, sunny day? It gives you the chance to enjoy nature and speak to friends and it can brighten your whole outlook on life.

Many people choose to walk for exercise. Most experts suggest 30 minutes a day, 5 days a week. There are many great reasons to walk. You don't need to buy anything, you can do it anywhere and you do not have to join a gym or pay for a class. Walking burns calories, helps you keep your blood pressure levels where you want them and helps you cope with stress. In a large study among people who were at high risk, walking helped them prevent or delay the onset of type 2 diabetes. Exercise also has been shown to help reduce the risk for heart attacks and strokes, Alzheimer's disease and depression.

With all of the benefits, you would think that everyone would walk. But, there are a lot of reasons that people struggle to become more active. Here are a few common reasons why people don't walk and some ideas to overcome them.

*You don't have to love exercise to get the benefits, you just have to do it.*

## **"I JUST CAN'T FIND THE TIME TO WALK."**

This is the most common reason people have for not being active. There are just too many other things to do and demands on your time, including all the things you must do to earn a living and care for your family.

Here are some ways to fit walking into your day. If you can't find 30 minutes to walk, try to set aside three 10-minute blocks of time for walking. The results are the same and it may be easier. For example, some people park 10 minutes from where they work then take a 10-minute walk at lunchtime. By the end of their workday, they have walked a total of 30 minutes.

For most people, exercise doesn't just happen. They

make the time. Many people find they do better if they walk at a set time each day. Others check their schedules at the start of each week and write down when they plan to walk. Writing it down is a way to promise yourself that you will really do it.

Sometimes it is a matter of finding out what is truly important to you. One way to honor your family and all the other tasks you do is to take good care of yourself. Taking time to walk is not selfish. You can help others better if you are in good health.

## **"I DON'T HAVE A SAFE PLACE TO WALK."**

It is true that there are not always safe places to walk. Or, it may be that on snowy winter days or very hot summer days it is not

safe for you to be outside. One option is to create a "walking trail" inside your house. Map out a route you can do for 30 minutes. If you have stairs, include them as well. Other options are to go to a community center, school or mall to walk.

## **"WALKING IS BORING."**

A lot of people find the best thing about walking is how good they feel when they finish. Think of things you can do to make walking more fun. Would it help to walk with a friend? Is there music you can play or a TV program you can watch while on your treadmill that can make the time pass more quickly? Could you walk another way around your neighborhood for a change? Some people like to wear a pedometer and set a step goal to make their walking more fun. It also may help to do other kinds of exercise sometimes. For example, if it rains, try dancing in your house as a change of pace.

## **"I JUST HATE TO EXERCISE."**

The good news is that you don't have to love exercise to get the benefits, you just have to do it. Although you may not be able to find an exercise you enjoy, try to find something you don't really mind doing. If walking isn't right for you, try other things. Keep in mind that any type of movement is helpful. 



# THE vessels OUTSIDE OF YOUR heart AND brain

By Joy Pape, RN, BSN, CDE, WOCN

**Y**our arteries are blood vessels that carry oxygen-rich blood from your heart to other parts of your body. All parts of your body need oxygen. Your veins are the blood vessels that return your blood that is not rich in oxygen back to your lungs for oxygen, then to your heart, which pumps out the oxygen-rich blood to your arteries. And so the cycle goes ...

It is important to know about the blood vessels that carry blood to the rest of your body, such as your arms, legs, stomach and kidneys. Those blood vessels make up what is called your peripheral vascular system. Just like the blood vessels that carry blood to and from your heart and brain, the inside of your peripheral blood vessels can get smaller or narrower for many reasons. If that happens, blood flow to other parts of your

body decreases and can even stop. The narrowing of these blood vessels is called peripheral vascular disease, or PVD.

PVD is not uncommon. About 10-million people in the United States over the age of 50 have PVD. Risk factors for PVD include:

- diabetes
- high blood pressure
- high cholesterol
- smoking.

# PVD

## TWO TYPES, DIFFERENT CAUSES

**Functional PVD** does not involve structural changes in your blood vessels. The problem is usually caused as a result of a spasm, a temporary narrowing of your vessels. It is not a permanent condition. An example is Raynaud's disease, in which the vessels of your hands and feet narrow in response to cold, stress, cigarette smoking and/or working with vibratory machinery. Those can cause your fingers and toes to turn white and blue. Then, when the blood flow returns, the area turns red, throbs and/or tingles.

**Organic PVD** does involve structural changes in your blood vessels. Blood vessels have narrowed because of inflammation and damage. It is a permanent condition that can be treated. An example is **peripheral artery disease (PAD)**, which is caused by a buildup of fat in your arteries that blocks normal blood flow. Long-term high blood glucose levels, high blood pressure, high cholesterol (lipids) and/or smoking can cause that type of damage.

**PVD SYMPTOMS**  
PVD develops over many years. Many people who have PVD have no symptoms until their vessels have quite a bit of damage. Symptoms of PVD vary depending on which organ is affected. For example, if the vessels to your stomach have been damaged, you may have abdominal cramping or problems with your digestion.

If your problem has to do with the arteries to your legs and feet, it is called PAD. This is very common in people who have diabetes, and you may have:

- pain, tiredness or cramping in your buttocks, legs and thighs when you walk that goes away when you rest.
- sleep disturbed by foot and/or leg pain.
- slow-healing wounds on your feet and/or toes (over 8 to 12 weeks).

PAD can greatly increase your risk for a heart attack and/or stroke. PAD can also lead to gangrene and/or amputations. If you have any of these symptoms, it is important to talk with your health care provider right away so you can get the diagnosis and treatment you need to prevent this from happening to you.

**PVD DIAGNOSIS**  
Because there are different types of PVD, it is important to get the right diagnosis of your particular problem.

Your health care provider will be able to diagnose your problem by your medical history, a physical exam and an MRI, ultrasound and/or X-ray.

There is also a simple test for PAD called the **Ankle Brachial Index**. It's a simple test that can be done in your provider's office. It consists of taking your blood pressure

at your ankle and in your arm when you are at rest. Your blood pressure number at your ankle is divided by the blood pressure number in your arm. The blood pressure at your ankle should be equal to or greater than the pressure in your arm.

0.9 to 1.3 is normal
0.41 to 0.9 means you may have mild or moderate PAD
0.4 or below means you may have severe PAD

**PVD TREATMENT**  
*No matter what type of PVD you have, these steps are important parts of your treatment:*

**1 If you have diabetes, keep it under control.** This includes your blood glucose, blood pressure and lipid levels. Aim to get and keep your numbers at or near your goals. You can do so by eating healthfully and being active.

**2 Don't smoke.** If you smoke, make a plan to stop. Ask your provider about medications and/or programs in your community to help you stop. Check out [smokefree.gov](http://smokefree.gov). If you don't smoke, don't start.

**3 Take care of your feet.** Look at your feet (the tops and bottoms, in between your toes and the tips of your toes) every day. If you notice any red areas or sores that do not go away quickly, contact your provider. Wash and dry your feet daily, including between your toes. Use lotion or cream, but not between your toes.

Always wear shoes that fit well and protect your feet. Never use sharp objects on your feet. Also, avoid using medicines (including over-the-counter medicines) on your feet unless advised by your provider. 

*If your problems are caused by PAD, along with the above, talk with your provider about:*

- medicines that can help.
- surgery, if needed.

*If your PVD is caused by spasms, along with the above:*

- keep warm.
- stop smoking.
- reduce stress.
- don't use vibratory machinery.
- take medicines that relax your vessels, as prescribed.

DIABETES & YOU MAGAZINE STARTS HERE!

SPRING 2011

# diabetes & you<sup>®</sup>

*Walgreens*

There's a way to stay well.

## FEATURE ARTICLE

HEALTH TIPS  
FROM AMERICA'S  
DOCTOR, DR. OZ

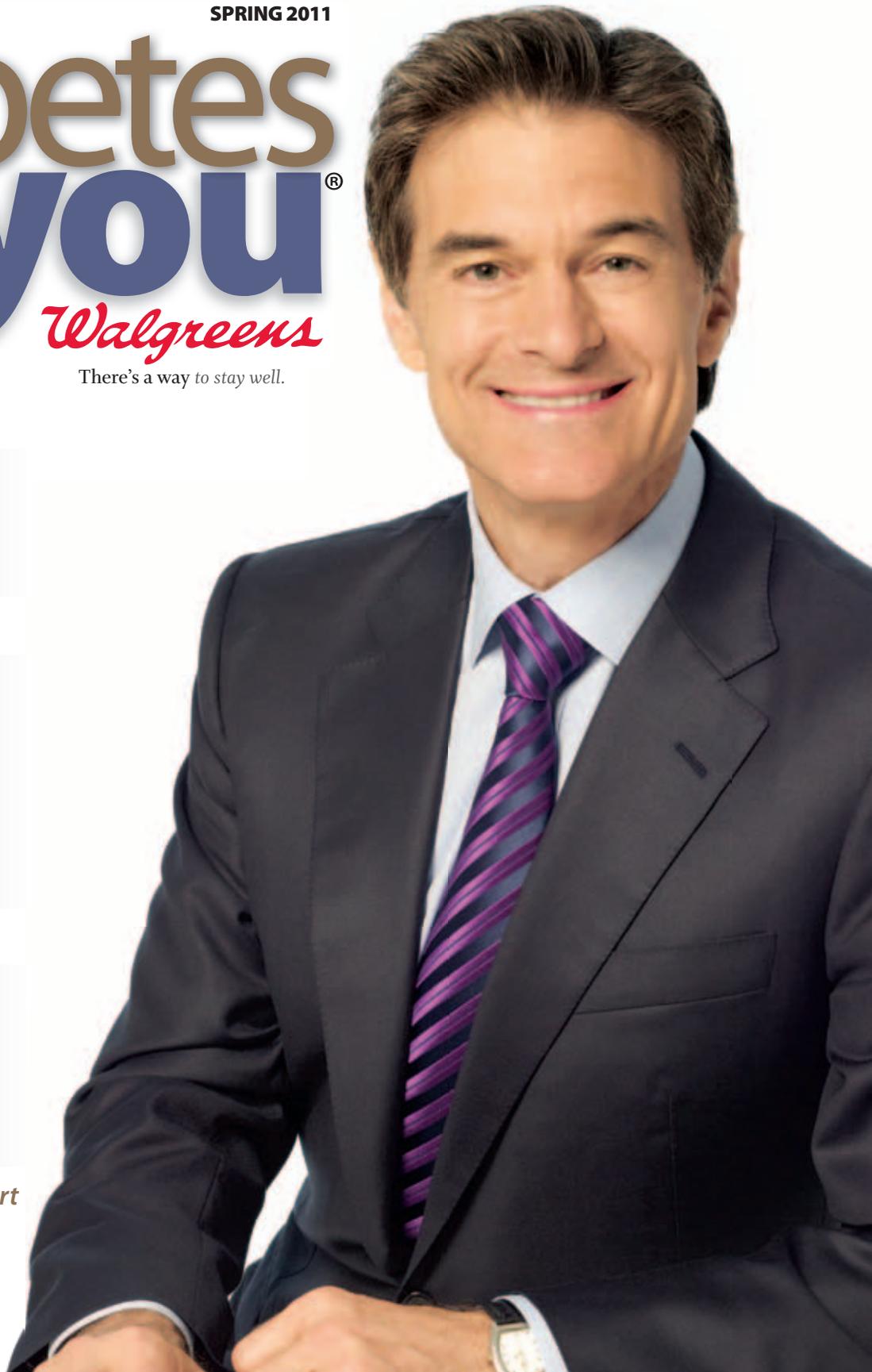
## DIABETES CARE

- WOMEN, DIABETES  
& HEART DISEASE
- CUTTING THE COST  
OF DIABETES CARE
- UPDATE YOUR STORY

## NUTRITION

- HEART-HEALTHY  
RECIPES
- THE BENEFITS OF  
THE GLYCEMIC INDEX

*Make sure to read the heart health articles in the first section of this magazine: They are helpful for many people with diabetes.*



LOOK FOR OUR NEXT ISSUE OF *DIABETES & YOU* IN STORES THIS MAY

# 7

**Heart health tips for everyone with heart problems, including those with diabetes.**

**1 Take two baby aspirin every day** to help your blood circulation and reduce inflammation—unless you have stomach problems.

**2 Floss every day** to prevent gingivitis, an inflammatory disease.

**3 Get to know your pharmacists.** They are smart professionals who can advise you about all the medicines you are taking—including prescriptions and over-the-counter pills.

**4 Know your blood pressure numbers.** Blood pressure is the #1 cause of aging.

**5 Break a sweat for an hour a week.** This is important because you are revving your heart's engine. It leads to lower blood pressure and better cardiac health overall.

**6 Connect socially.** Staying in touch with friends and family will keep you healthy.

**7 Take heart health supplements.** Concentrated doses of DHA, a type of beneficial omega-3 fatty acid, are found in fish oil supplements. DHA can help reduce irregular heartbeats.

# DR. OZ

## on heart health and diabetes

By Jonathan Jarashow



**Dr. Mehmet Oz** is the star of his own popular daytime program, “The Dr. Oz Show,” in addition to his impressive credentials as a professor of surgery at Columbia University and director of the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital. Dr. Oz was a featured health expert on “The Oprah Winfrey Show” for more than five seasons, and he has authored six *New York Times* Best Sellers, including “You: The Owner’s Manual.” He and Oprah recently co-founded the Sharecare.com website, which provides authenticated answers to common health questions.

*For people with type 2 diabetes, Dr. Oz focuses more on dietary issues and losing weight than he does with other heart patients.*

While “The Dr. Oz Show” focuses on many health topics, heart health is certainly his greatest area of expertise. Since more than two-thirds of people with diabetes also have heart disease, diabetes is also an area where his advice is invaluable.

## DIABETES AND HEART HEALTH

For people with type 2 diabetes, Dr. Oz focuses more on dietary issues and losing weight than he does with other heart patients. This is because obesity is a concern for close to 95 percent of his heart patients with diabetes, whereas for those without diabetes it’s closer to two-thirds. So his recommendation for people with diabetes: “It’s important to eat foods that come out of the ground looking the way they look when you eat them. Avoid the white foods: white rice, white pasta, white sugar—simple carbohydrates.”

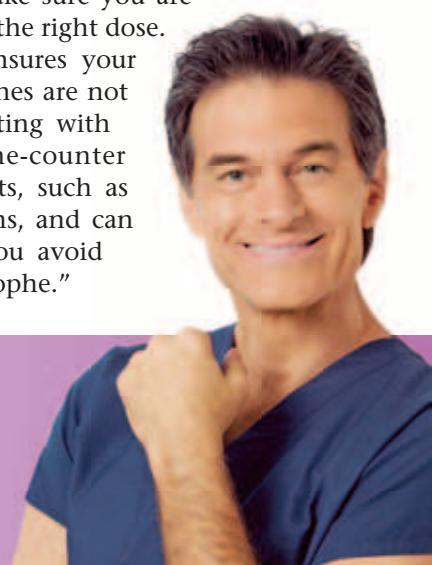
But most important, Dr. Oz says: “Make the big decisions in the supermarket, not at home. If you don’t bring the junk into the house, there is no way they can get it. They may moan and groan, but eventually they’ll have an apple.”

## THE IMPORTANCE OF CHECKING YOUR BLOOD PRESSURE

As Dr. Oz explains in one of his famous real-world analogies, blood pressure is like a fire hydrant blasting away at the very thin, Teflon-like lining of your arteries. And when you scrape away that lining, the body has to heal it. The body does this by applying the body’s plaster, which is cholesterol. Blood pressure has two numbers: the high number, which is the high force of that blood pushing against the blood vessel, and the low number, which is how much you relax and let the blood vessel

## WORK WITH YOUR PHARMACIST

One big concern Dr. Oz emphasizes regarding blood pressure medicines, is that they can interact with other drugs and become dangerous. As he says: “If you make a mistake with cholesterol medicine, it’s not so drastic if cholesterol is too low or too high. But if you’re taking blood pressure medicine, too low or too high can be lethal. So it’s imperative to work with an expert, like your Walgreens pharmacist, who can make sure you are taking the right dose. This ensures your medicines are not interacting with over-the-counter products, such as vitamins, and can help you avoid catastrophe.”



***"I don't think America's problem is knowledge; we have the knowledge. Our problem is motivation."***

For type 1 diabetes, it’s primarily about risk reduction. In addition to being meticulous about checking cholesterol and blood pressure, people with type 1 diabetes have to make sure they avoid toxins like cigarettes.

When it comes to keeping kids healthy and preventing disease, if one parent is overweight, there’s a 40 percent chance the child will be overweight. If both parents are overweight, the number doubles to 80 percent. So the best way to get kids to lose weight is for parents to set an example by losing weight themselves. He emphasizes that parents can’t give kids a stringent program of eating right, then go out and get themselves a pepperoni pizza. The whole family has to work in sync together.

heal itself. You need both those numbers to be low in order to have the least amount of damage to the blood vessel and give it the most time to repair itself. Dr. Oz recommends getting your blood pressure checked at your pharmacy or buying a blood pressure monitor so you can check it at home.

There are many misconceptions about blood pressure. As Dr. Oz says: “People don’t recognize that high blood pressure is caused by many things. It’s not one illness. Just like cancer isn’t one illness. There are many types of cancer.” Dr. Oz recommends seeing a specialist to know what kind of blood pressure problem you’re having, whether the source of your high blood pressure is from your kidneys, blood vessels or heart.

## REAL-LIFE PATIENT COUNSELING

In addition to being America’s doctor on TV, Dr. Oz sees patients at his office in New York. But he doesn’t overwhelm them with too much information. As he says: “You don’t win the battle with knowledge. People don’t change what they do based on what they know, they change what they do based on the way they feel. What you really want to do is to get them to understand that they can do it, that there are resources available: like this magazine, like the Walgreens pharmacists, like our books, like the Doctoroz.com website and TV show. And then, once they have the confidence that it matters, they can do it. I don’t think America’s problem is knowledge; we have the knowledge. Our problem is motivation.” 

HEART-HEALTHY

# fish

DISHES

From the American Heart Association



3 ounces fish and  
1/2 cup vegetables per serving  
Serves 4

## Spinach-Stuffed Baked Salmon

- 1 **teaspoon olive oil**
- 2 **ounces fresh spinach leaves**
- 1 **teaspoon grated lemon zest**
- 1/4 **cup chopped roasted red bell peppers, rinsed and drained if bottled**
- 1/4 **cup fresh basil leaves, coarsely chopped**
- 2 **tablespoons chopped walnuts**
- Cooking spray**
- 4 **salmon fillets (about 4 ounces each), rinsed and patted dry with paper towels**
- 2 **tablespoons Dijon mustard**
- 2 **tablespoons plain dry bread crumbs**
- 1/2 **teaspoon dried oregano, crumbled**
- 1/2 **teaspoon garlic powder**
- 1/8 **teaspoon pepper**

1. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the spinach and lemon zest for 2 minutes, or until the spinach is wilted, stirring constantly. Transfer to a medium bowl. Stir in the bell peppers, basil and walnuts. Let cool for 5 minutes.
2. Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
3. Cut a lengthwise slit in the side of each fillet to make a pocket for the stuffing. Be careful to not cut through to the other side. With a spoon or your fingers, carefully stuff a scant 1/2 cup spinach mixture into each fillet. Transfer to the baking sheet. With a pastry brush or spoon, spread the mustard over the fish.
4. In a small bowl, stir together the remaining ingredients. Sprinkle over the fish. Lightly spray the tops with cooking spray.
5. Bake for 12 to 13 minutes, or until the fish flakes easily when tested with a fork and the filling is warmed through.

**NUTRITION INFORMATION Per serving:**

208 Calories; 8.5 g Total Fat; 1 g Saturated Fat; 3.5 g Polyunsaturated Fat; 2.5 g Monounsaturated Fat; 65 mg Cholesterol; 280 mg Sodium; 6 g Carbohydrates; 1 g Fiber; 1 g Sugars; 27 g Protein

**Dietary exchanges:** 3 lean meat; 1/2 starch

*Tilapia with Smoky-Pepper Sauce recipe adapted with permission from "Love Your Heart," Copyright © 2007, Spinach-Stuffed Baked Salmon recipe adapted with permission from "Light & Easy Recipes," Copyright © 2008, Greek Fish Fillets with Fresh Tomatoes recipe adapted with permission from "Go Red For Women Recipe Collection," Copyright © 2009, Oven-Fried Catfish with Creamy Orange Dipping Sauce recipe adapted with permission from "Healthy Soul Food Recipes," Copyright © 2010. All Copyrights by the American Heart Association. All publications available for purchase online at ShopHeart.org.*

# Oven-Fried Catfish with Creamy Orange Dipping Sauce



<b>FISH</b>		<b>SAUCE</b>	
	Cooking spray	1/4	teaspoon grated orange zest
1/2	cup low-fat buttermilk	1	tablespoon fresh orange juice
1/2	cup yellow cornmeal	3	tablespoons fat-free sour cream
2	teaspoons salt-free Cajun or Creole seasoning blend, (or 1 1/2 teaspoons chili powder and 1/2 teaspoon garlic powder)	1	tablespoon plus 1 teaspoon sugar
4	catfish fillets (about 4 ounces each), rinsed and patted dry	1	tablespoon light mayonnaise
1/4	teaspoon salt	1	tablespoon fresh lime juice

1/2	teaspoon grated peeled gingerroot
2	tablespoons snipped fresh mint (optional)

**3 ounces fish and 2 tablespoons sauce per serving**  
Serves 4

# Tilapia with Smoky Pepper Sauce

4	tilapia or other mild, thin fish fillets (about 4 ounces each)	1/2	cup mild picante sauce (lowest sodium available)
1/2	teaspoon paprika	1/2-1	chipotle pepper canned in adobo sauce, finely chopped and mashed with a fork
1/4	teaspoon pepper	2	teaspoons olive oil
1	teaspoon canola or olive oil	1/4	teaspoon minced garlic
3/4	cup finely chopped roasted red bell peppers		

1. Rinse the fish and pat dry with paper towels. Sprinkle the paprika and pepper on both sides of the fish. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the fish for 3 minutes on each side or until it flakes easily when tested with a fork. Transfer the fish to plates.
2. Meanwhile, in a small microwaveable bowl, stir together the remaining ingredients. Cover the bowl with plastic wrap. Microwave on 100 percent power (high) for 2 minutes, or until thoroughly heated. Spoon over the cooked fish.



## NUTRITION INFORMATION

### Per serving:

151 Calories; 5.5 g Total Fat; 1 g Saturated Fat; 1 g Polyunsaturated Fat; 3 g Monounsaturated Fat; 57 mg Cholesterol; 329 mg Sodium; 3 g Carbohydrates; 0 g Sugars; 0 g Fiber; 23 g Protein

### Dietary exchanges:

3 lean meat

**3 ounces fish and 1/3 cup sauce per serving**  
Serves 4



1. Preheat the oven to 425°F. Line a large baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
2. Pour the buttermilk into a medium shallow dish. In a pie pan, stir together the cornmeal and seasoning blend. Set the dish, pie pan and baking sheet in a row, assembly-line fashion. Dip one piece of fish in the buttermilk, turning to coat and letting any excess drip off. Dip in the cornmeal mixture, turning to coat and gently shaking off any excess. Place on the baking sheet. Lightly spray the tops of the fish with cooking spray.
3. Bake for 10 minutes, or until the fish is golden brown and flakes easily when tested with a fork. Remove from the oven. Sprinkle with the salt.
4. Meanwhile, in a small bowl, whisk together the sauce ingredients. Refrigerate until serving time.
5. Sprinkle the fish with the mint. Serve the sauce on the side.

**Cook's Tip:** Lightly spraying the fish with cooking spray causes the cornmeal coating to turn a richer, more golden color and adds a bit of crispness.

**NUTRITION INFORMATION Per serving:**

211 Calories; 4.5 g Total Fat; 1 g Saturated Fat; 1.5 g Polyunsaturated Fat; 1.5 g Monounsaturated Fat; 69 mg Cholesterol; 245 mg Sodium; 22 g Carbohydrates; 1 g Fiber; 6 g Sugars; 21 g Protein

**Dietary exchanges:**

1 starch; ½ carbohydrate; 3 very lean meat

## Greek Fish Fillets with Fresh Tomatoes

- 2 tablespoons olive oil
- 1 large rib of celery, chopped
- 1/3 cup chopped onion
- 3 large garlic cloves, crushed or minced
- 10-12 ounces Italian plum (Roma) tomatoes, chopped
- 1 small carrot, thinly sliced
- 1 small bay leaf
- 1/4 teaspoon pepper
- 1/8 teaspoon (heaping) ground cinnamon
- 1/8 teaspoon salt
- 4 thin mild fish fillets, such as sole, cod or tilapia (about 4 ounces each), rinsed and patted dry
- 1 1/2-2 tablespoons fresh lemon juice
- Snipped fresh parsley (optional)

1. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the celery, onion and garlic for about 2 minutes, stirring constantly, adjusting the heat if necessary so the mixture doesn't brown.
2. Stir in the tomatoes, carrot, bay leaf, pepper, cinnamon and salt. Cook for 5 minutes.
3. Make four depressions in the tomato mixture. Place the fish in the depressions. Spoon the tomato mixture over the fish to cover. Cook for 3 to 5 minutes, or until the fish is almost done. There should be just a little resistance when you try to flake the fish with a fork. Remove from the heat.

4. Drizzle the fish with the lemon juice. Let stand, covered, for about 5 minutes so the fish finishes cooking and the flavors blend. Discard the bay leaf. Garnish with the parsley.

**NUTRITION INFORMATION Per serving:**

184 Calories; 8 g Total Fat; 1.5 g Saturated Fat; 1.5 g Polyunsaturated Fat; 5 g Monounsaturated Fat; 53 mg Cholesterol; 181 mg Sodium; 7 g Carbohydrates; 2 g Fiber; 4 g Sugars; 20 g Protein

**Dietary exchanges:**

1 1/2 vegetable; 3 lean meat

**3 ounces fish per serving**  
**Serves 4**



WOMEN, DIABETES  
AND HEART DISEASE:

# listen up, ladies

By Debra Kucera, RN, MN, Joslin Diabetes Center Affiliate  
at Mercy Medical Center, Cedar Rapids, IA

**Did you know** heart disease is the leading cause of death in women with diabetes?

**Did you know** the symptoms of a heart attack can be different for women than for men?

**Did you know** there are many actions women can take to decrease the risk of a heart attack?

**Q** *What is the link between diabetes and heart disease?*

The main cause of heart and blood vessel disease is the buildup of fatty materials that stick to the walls of blood vessels. High blood cholesterol levels as well as high blood glucose levels over time can lead to the buildup of these fatty materials, especially in the blood vessels that supply blood to the heart, kidneys

and legs. These fatty materials cause blood vessels to narrow and block blood flow, increasing the chance of a heart attack or stroke.

**Q** *What are the most common types of heart and blood vessel disease in people with diabetes?*

**Heart attack:** damage to the cells of your heart muscle when they can't get enough

*Smoking makes you about 7 times more likely to have a heart attack.*

Learn more about diabetes and heart disease from these websites:

National Diabetes Education Program:  
[www.ndep.nih.gov](http://www.ndep.nih.gov)

American Diabetes Association:  
[www.diabetes.org](http://www.diabetes.org)

American Heart Association:  
[www.americanheart.org](http://www.americanheart.org)

oxygen because the blood vessels that carry blood to the heart are blocked

**Heart failure:** damage to the heart resulting in the heart not being able to pump blood properly

**Peripheral artery disease:** not enough blood flow to the legs and feet because blood vessels are narrower from the buildup of fatty deposits

**Q** *What are the signs and symptoms of heart and blood vessel disease?*

**Heart attack**  
*Warning signs of a heart attack for women can include the typical signs of:*

- chest pain or discomfort
- pain or discomfort in arms, back, jaw, neck or stomach
- shortness of breath
- sweating
- nausea
- light-headedness

However, women are less likely to have chest pain with a heart attack and are more likely to have the following symptoms:

- shortness of breath
- nausea
- back or jaw pain

In addition, some people with diabetes have “silent” heart attacks, or heart attacks without symptoms. In fact, as many as 1-out-of-4 people who have a heart attack do not recognize they are having a heart attack. Nerve damage caused by diabetes may lead to a lack of chest pain during a heart attack. Also, the heart rate may stay the same even during exercise or stress, masking the usual symptoms of a heart attack.

## Heart Failure

Warning signs of heart failure include:

- weakness
- shortness of breath
- severe cough
- fatigue
- swelling of the legs and feet

## Peripheral artery disease (PAD)

Warning signs of peripheral artery disease include:

- pain in your legs when walking
- numbness and tingling in your feet or legs

## Lipid targets for most women are:

**Total cholesterol**  
less than 200

**LDL**  
less than 100  
(less than 70 for people who already have heart disease)

**HDL**  
greater than 50

**Triglycerides**  
less than 150

**Q** How can women with diabetes lower their risk of heart disease?

**Pay attention to the ABCs of diabetes:**

**A** **A1C**—Keep it on target by keeping your blood glucose levels within range. Over time, high blood glucose levels can damage blood vessels. The A1C goal for most people is less than 7 percent. Get your A1C checked two to four times each year.

**B** **Blood pressure**—Keep it on target, or less than 130/80. High blood pressure can increase your risk of heart attack and stroke. Have your blood pressure checked at every routine doctor visit.

**C** **Cholesterol**—People with type 2 diabetes

often have high triglycerides (blood fats), low HDL (good) cholesterol and high LDL (bad) cholesterol. High LDL can cause the buildup of fatty deposits in your blood vessels. Get your lipid profile checked every year. If you smoke, make a plan to stop. When you have diabetes, smoking makes you about 7 **times more likely** to have a heart attack.

- Losing even a small amount of weight, if you're overweight, can help you better manage your blood glucose, cholesterol and blood pressure.
- Blast your belly fat if your waist measures more than 35 inches. This can be done with weight loss and exercise. If you carry a lot of fat around your waist, your risk for heart disease is even higher.
- Get regular physical activity of moderate intensity. Aim to be active most days of the week.

**Q** What special screening tests can help women catch heart and blood vessel disease early on?

Ask your provider about being checked for silent heart disease if you are a post-menopausal woman and have had diabetes for at least 10 years, or if you have cholesterol levels that are out of target range. A check for silent heart disease includes a medical history, a physical exam and a cardiac stress test.

If you're over the age of 50 and have diabetes, get checked for peripheral artery disease, or PAD, which includes a comparison of the ankle and arm blood pressure. 

## EAT A HEART-HEALTHY DIET:

- Limit saturated and trans fats and cholesterol.
- Choose low-fat protein sources.
- Eat more vegetables and fruits.
- Eat whole-grain foods.
- Reduce the amount of salt in your food.
- Limit portion sizes.
- Have your urine checked for protein once a year (called a microalbumin test). Protein in the urine is a risk factor for heart disease.
- Talk with your health care provider about low-dose aspirin therapy, which can help some people decrease their risk of heart attack.
- Take all of your medication as prescribed.
- Ask your health care provider about your risk level for heart and blood vessel disease. This should be checked on a regular basis. You can figure out your own risk free of charge on the American Diabetes Association's website at [diabetes.org/phd](http://diabetes.org/phd).

## THE BOTTOM LINE: If you're a woman with diabetes, you can lower your risk for heart disease by:

- eating healthfully, being active and not smoking.
- knowing your numbers and doing something about numbers that are out of target.
- meeting with your health care provider on a regular basis.
- taking diabetes, blood pressure and cholesterol medicines as prescribed by your provider.

# CUTTING THE cost OF DIABETES CARE

It costs a lot to care for diabetes. The cost of the medicines, meters, strips and all of the other things you need can really add up. In fact, it can feel like diabetes takes a big bite out of your budget. Here are some ways to save money on your supplies, as well as some common-sense strategies to get the most out of them.

## 1 MONEY-SAVING TIPS

### \* Learn all you can about what your insurance will cover.

A free meter is only a good deal if your insurance covers the strips you need to use. Some companies will only cover certain meters and glucose strips. Some supplies are covered under medication coverage and others, such as meters, are covered as medical equipment. If you find your insurance does not cover a meter, check with your insurance company to be sure the claim is being handled correctly. It pays to be an informed consumer.

\* **Walgreens meters and strips cost less.** Although there are no generic options for meters or strips like there are for medicines, Walgreens meters and strips are less costly than other brands. All meters have to meet the same standards set by the Food and Drug Administration.

\* **Buy in bulk.** Buying a large quantity of supplies at one time usually gives you a better price. However, check the label to be sure what you are buying won't expire before you use it all.

\* **Not all diabetes supplies are covered by insurance.** For example, lotions and other over-the-counter products are not covered. But you can save on these items, as well, by buying store brands, using coupons and taking advantage of sales to help cut the costs.

## 2 GET MORE FROM YOUR BLOOD GLUCOSE READINGS

\* **Write them down.** No matter how good the memory in your meter, it is hard to see patterns in your blood glucose levels by scrolling through your past readings. Ask your Walgreens pharmacist for a log book, or find a log sheet online so you can get a better picture of what is happening.

\* **Monitor at different times of the day.** If you only check your blood glucose in the morning and at night, you really have no idea what is happening at other times of the day. You could be having serious high or low blood glucose levels and not even know it. If you check twice a day, do one reading in the morning and another at a different time of day and vary the times throughout the week.

## 3 GET MORE FROM WHAT YOU PAY FOR

\* **Because supplies are costly, it pays to use them well.**

- Store your blood glucose strips and other supplies according to the guidelines on the bottle.
- Leaving your strips in a bathroom that gets steamy and damp can ruin them.
- Leaving your meter in the car when it is hot or cold can damage it. 🚫

*There are lots of other ideas, and you will learn more as you live with diabetes. You can also learn from others with diabetes by asking people you meet at support groups or diabetes education classes. In addition, your Walgreens pharmacist is a good source for local information and support options.*

*Reviewed by Martha Funnell  
MS, RN, CDE*

WHAT'S OLD IS NEW AGAIN

# the mediterranean diet

**W**hat if there was a diet that allowed you to eat foods that you actually liked, helped your diabetes, lowered your risk of heart disease, let you drink a little wine, and tasted good, too? Does such a diet even exist? Yes!

By Amy Campbell, MS, RD, LDN, CDE

## THE MEDITERRANEAN DIET

While this might sound like just one more fad diet to come along, the Mediterranean diet is really more of a lifestyle—and it's been around for generations. In fact, the Mediterranean diet is based on the traditional foods and customs of many countries, such as Greece and Italy, that border the Mediterranean Sea. Eating is meant to be enjoyed and shared with others. Being physically active and not smoking are two other important parts of the Mediterranean lifestyle.

## WHAT'S SO GOOD ABOUT THE MEDITERRANEAN DIET?

The Mediterranean diet is good for you for a number of reasons. This kind of eating plan is rich in antioxidants (nutrients that can help fight some diseases), fiber, potassium and omega-3 fatty acids and other healthy fats. Studies show that people who eat this way have a lower risk for heart disease and stroke, as well as a lower risk of dying from heart disease. How? This diet can help lower LDL (bad) cholesterol levels, along with blood pressure and the risk of having a blood clot.

But there's more. The Mediterranean way of eating can also lower your chances of getting some types of cancer, Parkinson's disease and even Alzheimer's disease.

It's even possible that the Mediterranean diet may help



# what can I eat on the mediterranean diet?

## THE FOLLOWING FOODS ARE A DAILY PART OF THE EATING PLAN.

**Vegetables** broccoli, spinach, eggplant, peppers, salad greens, tomatoes, mushrooms, onions, carrots—or any kind you like

**Fruits** apples, citrus, strawberries, grapes, mangoes, pears, avocados

**Grains and starches** couscous, pasta, polenta, brown rice, oatmeal, bulgur, whole-grain breads

**Beans and peas** chick peas, lentils, white beans, black beans

**Fish and poultry** any kind of fish and seafood—especially salmon, tuna and mackerel; chicken and turkey without skin

**Nuts and seeds** almonds, walnuts, pecans, hazelnuts, pumpkin seeds, sesame seeds

**Fats and oils** olives, olive oil, canola oil

*Also included, but in smaller amounts, are milk, yogurt and cheese. If milk and yogurt are part of your usual meal plan, just be sure to choose nonfat or low-fat versions. Small amounts of cheese are OK; aim for lower-fat versions, if possible. And season your foods with herbs and garlic.*

INSTEAD OF THIS ...	EAT THIS ...
White bread	Whole-grain bread
White rice	Brown rice
Corn flakes	Oatmeal
Apple juice	Apples
Butter	Olive oil
Margarine	Canola oil
Potato chips	Almonds
Ground beef	Ground turkey breast
Cold cuts	Tuna fish
Ice cream	Fresh fruit salad
Whole-milk yogurt	Nonfat yogurt

prevent type 2 diabetes. One study of 13,000 people found that those who followed a Mediterranean diet and ate mostly vegetables, fish and healthy fats, such as olive oil, had a much lower risk of getting diabetes than those who didn't eat this way.

## WHAT ABOUT RED MEAT, WINE AND DESSERTS?

**Red meat**, such as beef, pork, lamb and veal, are usually only eaten a few times a month—not as often as fish and poultry. Red meats contain more saturated fat (the kind of fat that can raise cholesterol levels) than poultry and fish.

**Red wine** is a part of the Mediterranean diet, but in limited amounts. For example, men should have no more than two glasses a day, and women, no more than one glass per day. Red wine is linked with a lower risk of heart disease, but some people shouldn't drink wine or other types of alcohol, including people with heart or liver disease, pregnant or breastfeeding women and those with a history of alcohol abuse. Wine may also increase the risk of low blood glucose for those who take insulin or certain types of diabetes medicines, so always eat food when drinking. Talk with your health care provider if you have any questions about wine or other types of alcohol.

**Fruit** is usually the choice for dessert. 🍷

# 10

## tips for making the mediterranean diet work for you:

- 1 Cook with olive oil or canola oil instead of butter or margarine.
- 2 Snack on vegetables, fruit and nuts instead of fatty snack foods.
- 3 Add olives and avocados to salads.
- 4 Try to eat more bean-based dishes, such as lentil or split pea soup and black beans and rice.
- 5 Eat fish twice a week. Canned sardines, tuna and salmon are good choices if the cost of fresh fish is too high.
- 6 Choose whole-grain breads, cereals, pasta and rice.
- 7 Use nonfat or low-fat milk and yogurt.
- 8 Talk with your health care provider about having a glass of red wine with your dinner. But if you don't drink alcohol, don't start.
- 9 Take the time to eat slowly and enjoy your food.
- 10 Don't forget about physical activity: Aim to do something most days of the week.

# get with it ... AND stick with it

By Joy Pape, RN, BSN, CDE, WOCN

**Which best describes you? Since you found out you have diabetes, you:**

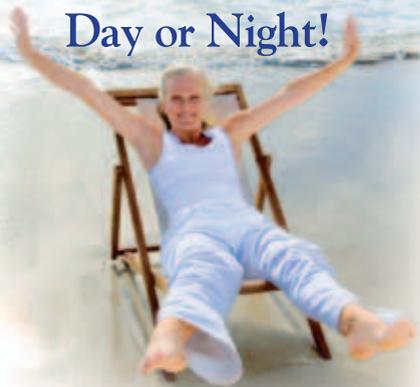
- 1 Eat healthy, are active, take your medicine, check your blood glucose, blood pressure and weight, plus the other things on your diabetes to-do list.
- 2 Ate healthy, were active, took your medicine, monitored your blood glucose, blood pressure and weight and did the other things on your diabetes to-do list for a while, but you don't do **ALL** these things as often anymore.
- 3 Ate healthy, were active, took your medicine, monitored your blood glucose, blood pressure and weight and did the other things on your diabetes to-do list for a while, but you don't do **ANY** of these things anymore.

**Whether you answered 1, 2 or 3, know that you are not alone. And more important, it's not too late for you to do things differently. Here are some tips that may help you.**

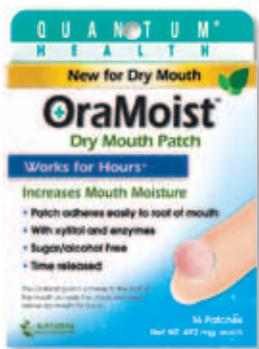


# Dry Mouth?

Time-Released Relief  
Day or Night!



Works for Hours—  
Proven Effective



**OraMoist** is a time-released patch that adheres inside the mouth and then slowly dissolves, moistening the mouth for hours.

The xylitol, enzymes and lipids in the OraMoist patch lubricate the mouth—so you get hours of relief, day or night.

**Free Trial Sample**

**800-448-1448**

**www.OraMoist.com**

*Walgreens*

MANUFACTURERS COUPON

Expires 6/30/2011

Redeemable only at

*Walgreens*

Item #542589

Save

**\$100**

on  
OraMoist



Limit one per customer.

RETAILER: We will reimburse you the face value of this coupon plus 8¢ handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchases of sufficient stock to cover presented coupons must be shown on request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax. Cash value .001¢. Reproduction of this coupon is expressly prohibited. Mail to: The Emerson Group, QMS Dept. #9362, One Fawcett Drive, Del Rio, TX 78840

QUANTUM  
HEALTH

diabetes care

# 5 tips to help you get back on track

## 1 Find the reason you want to be healthy.

People don't change without a reason. It may be that you want to be healthy so you can see your children and grandchildren grow up. It may be that you know someone who had complications from diabetes, and you don't want them to happen to you. Maybe you just want to have the energy to do the things you enjoy each day. First, find a reason that is important to you that will help inspire you when the going gets tough.

## 2 Learn all you can about diabetes.

Find trusted sources so you get the right information. Read this magazine when it comes out each quarter or ask your health care provider to refer you to a diabetes-education class.

## 3 Identify barriers that stop you.

As you are learning what it takes for you to manage your diabetes, honestly think about what stops you from doing so. For example, you may think if you cook differently, the food won't taste good. Or you might think you have to do a lot of exercise every day to make a difference. Perhaps you've heard diabetes medicines aren't good for you, so you are worried about taking them.

## 4 Make one change at a time.

Don't try to change too much at one time. Choose one thing to start with. Work on that and continue to work on it for three weeks (21 days) until it becomes habit. Then choose something else to work on. For example, you might choose to eat breakfast every day. Eat breakfast every day for 21 days. Then, on day 21, add a 30-minute walk three times a week to your schedule.

## 5 Keep thinking.

Think of the changes you are making as a way of life, not a diet or a program. When you are on a diet, you are on again and off again. The same is true with exercise or other programs. Stop and think before you make a choice. Whether it's food, activity, medicine or monitoring, give it some thought before you act. Once you can think of what you are doing to care for your diabetes as just how you live your life, you will find it easier to stick with it. A healthy way to live becomes your way of life. 

## Common barriers and how to get past them

### \* I WON'T LIKE THE FOOD.

Meet with a registered dietitian and/or certified diabetes educator. You will work together to make up a meal plan you can live with—including the foods you like.

### \* I DON'T LIKE TO EXERCISE.

The good news is that you don't have to be an athlete to benefit from exercise. You can make a difference just by being more active. Do things you enjoy and step up the things you do already so that you do a bit more. For example, take a 30-minute walk three times a week. If 30 minutes is too long, break it up and walk 10 minutes three times a day. Put on some music and dance at home while you are doing the dishes or cleaning the house. Go out dancing a few times a week. Wear a pedometer (step counter). Take the stairs rather than the elevator.

### \* I CAN'T TAKE MY MEDICINE AS PRESCRIBED.

Tell your health care providers (including your Walgreens pharmacist) about why you can't or don't take your medicine. If you can't afford your medicine, they can help you find other options. If you are concerned about side effects, discuss this. If you often forget to take your medicine, they can give you ideas about this, too.

# THE BENEFITS OF THE glycemic index

By Johanna Burani, MS, RD, CDE

**Y**our body needs carbohydrates throughout the day, every day. Why? Because carbs keep your body going. Foods like breads, breakfast cereals, rice, pasta, potatoes, corn, fruits, cookies, ice cream, milk and yogurts all contain carbs, which the body breaks down for energy in the form of glucose. Which carbs you choose and how much of them you eat can make a difference in how you feel and how well you manage your diabetes.

The carbs you eat at breakfast, lunch and dinner give your muscles glucose to walk and climb stairs, to go to work or to the store, to wash dishes or to dance to your favorite music. Carbs also allow your heart, lungs and other parts of your body to help keep your body moving the whole day. As you go through your day, your body uses your supply of glucose from one meal and then looks for another fill up at the next meal. When everything is working right, the supply of glucose is enough to meet the body's demand for its energy needs.

Diabetes makes it harder for your body to get all the glucose it needs from your carbs. Your body may not make enough insulin to get the glucose out of your blood and into your cells. It could also be that your cells don't let the glucose in. The types of carbs you choose can help with those problems.

The body digests some carbs faster than others. The quickly digested carbs (let's call them "gushers") cause a greater rise in blood glucose levels than slowly digested carbs (we'll call these "tricklers"). Researchers have performed many tests and formed a list of gushers and tricklers, which has become known as the Glycemic Index (GI). The carbs with high GI values are the gushers. The carbs with low GI values are tricklers.

**Gusher carbs** release glucose out of the gut into the blood in a fast and steady stream. The result is a blood glucose spike. If there isn't enough insulin to move the glucose out of the blood and into the cells, the glucose level will stay high for a long time. And if the cells won't accept so much glucose at one time, the same thing will happen: There will be too much glucose staying in the blood.

**Trickler carbs** are digested more slowly than gushers. Smaller amounts of glucose enter the blood more slowly. This is because breaking down these carbs into glucose takes the body a longer time. A slower and smaller rise in glucose makes it easier for the body to have the right amount of insulin ready to bring the glucose into the cells. And the cells are ready to accept the glucose.

Choosing trickler carbs makes it easier for the body with diabetes to manage blood glucose levels after eating. 

*What makes these changes so helpful to diabetes control? Your blood glucose levels will not spike, and you will have more energy, feel fuller longer and eat less throughout the day. Better blood glucose control, less hunger and weight loss. That's what's good about the Glycemic Index.*

## How

can you start eating more trickler carbs? You don't need to have all the listings in the Glycemic Index with you. Here are a few ways to recognize slowly digested trickler carbs:

- Eat cooked (not instant or quick) oats or barley for breakfast.
- Choose heavy, grainy breads with whole seeds in them or try rye or pumpernickel.
- Include beans and lentils in meals as much as possible.
- Eat smaller portions of white potatoes or try a small yam or sweet potato.
- Eat plenty of vegetables at lunch and supper and as snacks throughout the day.
- Choose non-tropical fruits like apples, pears, oranges, berries and peaches.
- Eat small amounts of refined, processed carbohydrates and sweets only once in a while, not every day.
- Do not overcook starches like pasta and rice.