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SUMMER 2011

# diabetes & you<sup>®</sup>

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BOOST YOUR  
BRAIN  
HEALTH



**MEDICARE  
PART B**  
SPECIAL PULL-OUT

A TRIBUTE TO BASEBALL LEGEND AND DIABETIC HERO

**RON SANTO**

1940-2010

# editor's letter



## Dear Readers:

The *Walgreens Diabetes & You* Summer issue brings you healthy-living tips for the warmer weather. Our article "Keep Cool" helps you protect yourself when it gets hot and/or humid, and "Ask the Expert" from the Joslin Diabetes Center answers common summer-related questions about travel, what to wear and keeping your diabetes supplies safe. Summer is a great time to be more active, so check out the new, national walking program called Walk with Walgreens in our "What's New at Walgreens" article.

We also focus on senior health with a special Medicare Part B pull-out section after page 20, and we feature a tribute to baseball legend Ron Santo, 1940-2010, a nine-time All-Star third baseman for the Chicago Cubs. Santo also made his mark with the Illinois chapter of the Juvenile Diabetes Research Foundation, a group for which he raised more than \$50 million during his lifetime.

The Steak & Potato Kebabs with Creamy Cilantro Sauce recipe on the cover is just one of the delicious summer grill recipes in this issue. Our other tempting dishes are Grilled Salmon & Zucchini with Red Pepper Sauce, Grilled Lamb Chops with Eggplant Salad and Mexican Grilled Corn.

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:

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Sincerely,

Michael Wolf, PharmD  
Director of Merchandising, Diabetes Care  
Walgreen Company

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**For past issues of *Diabetes & You*, or for the Walgreens Diabetes Newsletter, visit [walgreens.com](http://walgreens.com) and click on health info**

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# diabetes & you

**Walgreens**

There's a way to stay well.

25

summer 2011

## diabetes care

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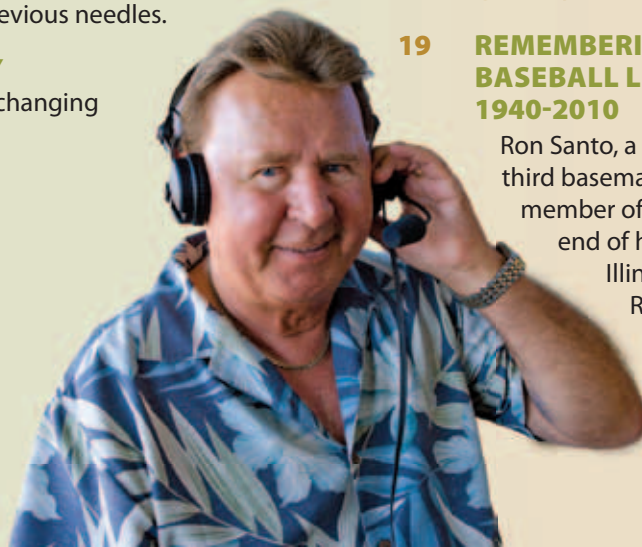
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# what's new at *Walgreens*

By Jonathan Jarashow

## Walk with Walgreens program swings into action



In April at its Times Square store in New York City, Walgreens launched Walk with Walgreens, a new healthy living initiative as part of Walgreens Way to Well Commitment™. “Walk with Walgreens inspires people to take the small steps that lead to a well life, making walking even more rewarding,” said Kim Feil, Walgreens chief marketing officer. “We’re creating a simple, national walking movement—walk, log, get rewards. It’s another way we’re educating and engaging our customers to help them stay well and live well.” Feil pointed out that 30 minutes of walking each day can

go a long way toward reducing the risks of heart disease, cancer and diabetes.

Not only does walking promote health benefits such as losing weight, but Cheryl Pegus, Walgreens chief medical officer, noted that walking is a great way to relieve stress. In fact, walking is recommended by many treatment specialists to help relieve depression, and it also helps people with many health conditions, including heart disease and arthritis.

Justin Tuck, star defensive end for the New York Giants, was a part of the launch as was actress Alison Sweeney, host of “The Biggest Loser,” author of *The Mommy Diet* and a well-known proponent of healthy living and lifestyles. “As a working mom with a hectic schedule, I make finding time to walk every day a top priority,” said Sweeney, who is also a spokeswoman for Walk

with Walgreens. “It’s a great way for people to become more aware of the importance of every step they take, how easy it is and how rewarding it can be in improving your health and helping you save.”



Walk with Walgreens spokesperson Alison Sweeney

To sign up for the Walk with Walgreens program online, go to [walgreens.com/walk](http://walgreens.com/walk). Registration also is available in the photo area at any Walgreens store or by texting “WALK” to 21525.



• **The Biggest Loser® Meal Bars and Shakes.** *The Biggest Loser®* is partnering exclusively with Walgreens to provide a nutritious on-the-go alternative for people serious about losing weight

and maintaining a balanced lifestyle. The Biggest Loser® Meal Bars and Shakes are designed to help satisfy hunger and are rich in protein, fiber and vitamin D. They are made with natural ingredients and have no added sugar. Find them in the diet aisle at your Walgreens store in convenient on-the-go packaging.



Watch *The Biggest Loser* Tuesdays 8/7c To live The Biggest Loser lifestyle, go to [www.biggestloser.com](http://www.biggestloser.com). The Biggest Loser® & ©2011 NBC Studios, Inc. & Reveille LLC

• **The Smart Health Pedometer Heart Rate Watch** is a heart rate monitor, digital watch and step counter, all-in-one. It has a large, easy-to-read display and all three key features are

accessible with a press of a single button: a digital watch, a digital pedometer that accurately measures your steps and an EKG-accurate heart rate meter that uses patented technology to measure the



electrical impulses sent out by your heart each time it beats.



• **The BD Ultra-Fine™ Nano Pen Needle** is clinically proven to be as effective as longer pen needles for people of all sizes who have diabetes. Seventy-two percent of those who tried the new Nano Pen Needle preferred it over their current pen needle. It is ideal for patients looking for a more comfortable injection experience—especially those new to injection—and allows for a single-handed, no-pinch technique, which gives more patients the option to inject in their upper arm and buttocks. The Nano is so short, patients can inject in areas that have less fat, like the outer thigh.

# FACING changes

By Linda Bernstein, PharmD



**A**s you age, you may face new problems that come from changes in your life. You may have to live on a fixed income or may not be able to eat as well as you did in the past. You may no longer be able to drive to doctor's office visits or may have trouble walking. You may find it harder to take care of yourself and may live far from family and friends.

Work together with your caregiver and your diabetes team, which may include your healthcare provider, a dietitian and your Walgreens pharmacist—and follow these **4 daily tips** to help you maintain a healthy diabetes lifestyle.

**1 Plan healthy meals**  
Make healthy food choices to maintain your best weight. To do this, plan ahead so you can avoid skipping a meal or grabbing a high-fat or sugary snack instead of a healthy one. Avoid foods high in fat and sugar, and try to include a variety of healthy foods in your diet such as fruits, vegetables, fish, and lean cuts of meat, whole grains and low-fat dairy products. Bake or broil rather than fry your foods. Eat modest portion sizes at home and when you eat out. Ask your health care provider or a dietitian to help you create a diet that works for you. If you have trouble getting to the market, cooking or paying for the foods you need, ask for support from family members, friends or community help groups.

**2 Check glucose levels**  
Check your blood glucose often to help avoid very high and low levels. This will help you control your diabetes. There are many types of

## the risk of diabetes grows with age

**25%**

Nearly 25% of Americans age 60 and older have diabetes.

**12,000,000**


More than 12 million people age 60 and older have diabetes.

blood glucose meters on the market. Ask your Walgreens pharmacist about ones that are easy to use, have easy-to-read screens or talk to you with a special voice option. Also find ones that use the least amount of blood, are lightweight, are covered by your insurance and provide phone or online support.

## 3 Take your medicines as directed

There are many types of medicines used to treat diabetes. Once your health care team chooses the best ones for you based on your health needs, be sure you know how to use them properly. Know the name, what it is used for, how to take it, what side effects to watch for and what to do if they should occur. Also ask

what foods, drugs and other actions to avoid while using the medicine. Make sure your health care team knows all of the drugs you take, both prescribed ones and over-the-counter products. Don't take any new medicine if you don't know how it will affect your diabetes control or whether they may interact with a medicine you already take. Make sure you have all of your medication needs met when you travel, and keep at least three days of extra supplies on hand in case any problems arise.

**4 Keep active**  
Ask your health care team what type and how much activity is best for you. Activity will help you keep your glucose level in check and is a great way to lower stress. 

## diabetes care throughout the year

- Get yearly eye exams.
- Have your kidneys checked, along with your blood pressure and cholesterol.
- Care for teeth, gums, skin and feet.
- Get a yearly flu shot, and if you are over 65, you may need the pneumonia vaccine.

## ASK AN expert

By Joyce Lekarczyk, RN, CDE



Joslin Diabetes Center

**Q** Now that summer is here, can I wear sandals?

**A** Sandals and other open-toed shoes don't provide enough protection from rocks, glass or other sharp objects that could be in the sand, on the pavement or even on the floor. Everyone with diabetes needs to protect their feet from injury. However, you likely can wear sandals as long as you don't have any loss of sensation in your feet or have any history of foot problems, such as cuts, sores or ulcers. If you do wear sandals, be especially sure to check your feet every day for signs of injury.

*Having diabetes shouldn't stop you from visiting new and exciting places*

**Q** What happens to my diabetes during hot weather?

**A** Hot weather can present certain challenges for people with diabetes. If your blood glucose is not well controlled, you are at risk for becoming dehydrated when the thermometer rises. Keep your cool this summer by heeding the following hot-weather tips:

- Slow down. If it's really hot, skip or limit your activities for the day.
- Dress for summer with light-colored, lightweight clothing.
- Drink plenty of water or other no-calorie drinks.
- Go easy on alcohol.
- Exercise in cool or air-conditioned places or at times of the day when the temperature is coolest, such as early morning or late evening.

**Hot weather can affect your diabetes supplies, too**

- 1 Never store insulin in direct sunlight or in the glove compartment of your car.
- 2 Heat may cause insulin to work sooner than usual, so check your glucose more often when you are outside for long periods of time.
- 3 Keep your meter test strips away from heat, too.
- 4 Ask your Walgreens pharmacist about products that can protect your diabetes supplies from extreme temperatures (hot or cold).

**Q** I am taking a trip to Europe alone. How can I best take care of my diabetes when I'm traveling?

**A** Having diabetes shouldn't stop you from visiting new and exciting places. The best piece of advice is to be prepared. First, pack double the amount of diabetes supplies and medications that you will need during your trip in your carry-on luggage. Bring extra food in case of missed or delayed meals. Granola bars, sandwiches, crackers, fruit and yogurt are good choices. Since you'll be flying to a different time zone, ask your healthcare provider about how to take your diabetes medicines. If you take insulin or certain diabetes pills, be sure to always carry a treatment for low blood glucose, such as glucose tablets or juice. Wear comfortable shoes and socks and check your feet frequently for blisters; get treatment if even minor foot problems develop. Wear medical identification and carry emergency contact information. Finally, tell people you travel with that you have diabetes and explain how to recognize low blood glucose. Bon voyage.



# may I take your order?

By Janis Roszler,  
RD, CDE, LD/N



**A** diabetes meal plan is made up of healthy foods in portion sizes that are measured to meet your special needs. Unlike a quick weight loss diet that may last only a few weeks or months, most people with diabetes hope to eat healthy for the rest of their lives. To do that, many stop going out to eat. They fear they will be tempted by the items on the menu or at the buffets and make the wrong food choices. While eating out can present certain challenges, here are some tips for staying true to your plan while eating out.

## 1 CHOOSE WHERE TO EAT

Help decide where to eat when you go out with your spouse or friends. Your dining partners may not think about your diabetes when they pick a restaurant. Suggest a place that offers all types of foods so you can select foods that fit in your meal plan. A fried fish place offering little else is not as good a choice as a restaurant that has a nice salad bar, soups and many entrée options.

## 2 CHECK THE MENU AHEAD OF TIME

Try to get a copy of the restaurant's menu before you go so you can plan your order before you leave home. That gives you a chance to consider what is best for you to eat without any pressure. You won't be swayed by what other diners eat and you'll be less tempted by foods that may be displayed or featured as specials. To get a copy of the menu, call and ask the eatery to fax or email you a copy or visit the restaurant's website where the menu may be posted.

## 3 HAVE IT YOUR WAY

Don't be shy about asking to have your meal prepared in a way that suits you best. These days, many people make requests when they go out to eat, even if they don't have diabetes. Your request won't be the first or the last that your server receives, so don't be afraid to call him or her over to discuss your options. Ask for an extra portion of steamed veggies in place of French fries. Or ask if an item can be broiled or baked instead of fried. Feel free to ask the server to put your salad dressing on the side rather than on the salad so you can better control the amount you use. Don't worry: It really is OK to ask.

## 4 BE THE FIRST TO ORDER

When you and your dining partners arrive, be the first to place your order with the waiter. If you do that first, you will be less likely to change your mind when you hear what your fellow diners plan to eat. Select what is right for you to order and let the others do the same.

## 5 FILL UP WITH WATER AND SOUP


Many people enjoy a tall glass of water before they begin to eat their meal. A bowl of broth-based soup is also a great way to start your meal. Drinking liquids, especially warm liquids, can help you feel less hungry so you may end up eating less.

## 6 CUT BACK ON PORTIONS

Americans love super-sized food portions. Restaurant owners know that and are happy to provide diners with large food amounts that are usually high in fat and calories. When your meal arrives, eat the amount that is right for you and have the server wrap up the leftover food to take home. Or order a single entrée and share it with a friend.

## 7 LIMIT YOUR ALCOHOL

If your doctor agrees that it is OK for you to drink, you can enjoy some alcohol with your meal. Just be sure to have something to eat with your drink to help keep your blood glucose level from dropping too low. And remember that alcohol is a source of calories.

Don't let your diabetes keep you from enjoying the company of good friends at mealtime. Take care of your diabetes needs, make healthy menu choices and have fun. 

**The American Diabetes Association recommends that men limit their alcohol intake to no more than two drinks per day and women limit their drinking to one or fewer drinks each day. One alcoholic drink is a 12-ounce beer, 5 ounces of wine or 1½ ounces of vodka, whisky, gin or other distilled spirit.**

# remembering “this old cub”

CREDIT: MICHAEL MAUNEY

*Baseball Legend*

# Ron Santo

**1940-2010****By Jonathan Jarashow**

**R**on Santo, a beloved icon and nine-time All-Star third baseman for the Chicago Cubs, died at age 70 from complications of bladder cancer on Dec. 3, 2010. Santo retired in 1974 after having lived with type 1 diabetes during his whole career, which began in 1960. He was a Chicago Cub for all but one season and in 1990, he joined the WGN Radio/Cubs broadcast team and was with the team until the end of his life. Santo also made his mark with the Illinois chapter of the Juvenile Diabetes Research Foundation, a group for which Santo raised more than \$50 million during his lifetime through the Ron Santo Walk to Cure Diabetes. Walgreens, the official pharmacy of the Chicago Cubs, is proud to have been on Ron's team in his tireless efforts to help find a cure for juvenile diabetes.

#### **A LEGENDARY BASEBALL PLAYER**

Santo was an excellent power hitter who also won

Ron Santo was the color commentator for Chicago Cubs' radio broadcasts

five consecutive Gold Glove awards for fielding excellence, making him a likely candidate for the Major League Baseball Hall of Fame. He came especially close to election in 2007, but his dream was never realized during his lifetime. We recently spoke with Santo's son, Jeff, who made a documentary about his father's life called "This Old Cub," available at [ThisOldCub.com](http://ThisOldCub.com). Jeff gives us a glimpse of Santo's inspirational life with diabetes in his personal life and on the field.

## DIABETES DIAGNOSIS

Santo found out he had type 1, or juvenile diabetes, in 1958 at the age of 18, right after signing his first professional contract. He went to the library to learn more about the disease and read that the life expectancy for someone with his condition was only 25 years. In addition, his doctor told him he wasn't sure if he would be able to stay in the Major Leagues with diabetes. But Ron was determined to play professional baseball and wouldn't let anything get in his way. Santo didn't know much about diabetes during his career, and very few people other than the team doctor knew of his condition since Santo feared if the information were to come out, he would be forced into retirement. However, on "Ron Santo Day" at Wrigley Field in 1971, Santo revealed his struggle with diabetes to the public.

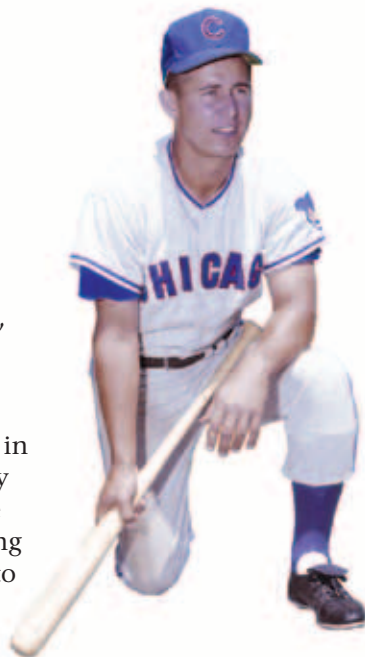
## EVERYDAY DIABETES CARE

Santo injected insulin into his stomach every day before breakfast. Jeff Santo, his older brother, Ron Jr. and younger sister, Linda, didn't understand much about their father's diabetes; they just knew there were insulin bottles in the refrigerator. Since they didn't have blood glucose meters in the 1960s, during Santo's playing days, Santo would simply take candy bars to the clubhouse, just in case he had a low blood glucose reaction. Jeff remembers his father always taking good care of himself: He ate healthy foods, his favorite drink was TAB, the sugar-free cola, and he kept his body in good shape.

Santo retired when he didn't feel physically capable of going further and he felt if he had better managed his diabetes, he might have played a few more years—he was only 34 when he retired.

## INSPIRING PEOPLE WITH DIABETES

Santo often spoke to groups of people with diabetes and was an inspiration to thousands of people with the condition over the years. He emphasized the importance of eating right, taking care of yourself, keeping your blood glucose within range and taking your medication. He conveyed that with today's technology and healthy living, you can expect to



**Ron Santo in his playing days for the Chicago Cubs**


PHOTO COURTESY OF THE CHICAGO CUBS

live as long as anyone else. Jeff recalls his father would sit down and talk to just about anyone with diabetes. He would tell young kids not to be afraid of their diabetes and say: "You can accomplish anything. I became an All-Star, so don't think this is going to slow you down. But you have to watch yourself. You have to accept that you have this disease. If you don't, it's going to hurt you. But if you accept it, you can live a normal life and do great things. Think about that during any adversity in life. When you accept it, you get through it."

## DIABETES AND BASEBALL

Ron Santo lived until 70—not a very old age these days, but Jeff said it was a lot longer than his father expected, given the many years that he

couldn't properly manage his diabetes: "My dad was in extra innings and he was playing every inning with the same energy all the way up until the end. He was a strong-willed, blue collar ballplayer the fans loved because he took the game very seriously and he always took the time to sign autographs. He was a hard-nosed player, but as a broadcaster, he was a fun-loving fan who would feel the pain of the loss and have great joy with the win. He took all his hardships so well—having diabetes, losing his legs, getting cancer. He was a warrior."

Jeff talks about a dramatic event from the 1969 baseball season that typified Santo's life: "One night, he clicked his heels because he was so excited that they won a game from behind, and it was shown on the WGN news that night. The next day, Leo Durocher, the manager, said that after every win he should do this same victory click—he should jump up and click his heels. The fans loved it. And that became the cover of 'This Old Cub' on the DVD. He's jumping up in left field clicking his heels after they won a game. And that represents the spirit of him because he lost his legs after having both of them amputated below the knee: the right in 2001 and the left in 2002. He didn't have his heels anymore, so that became our spirit... for the movie." 

*Ron Santo often spoke to groups of people with diabetes and conveyed that, with today's technology and healthy living, you can expect to live as long as anyone else.*

## 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

## research updates

By Richard Jackson, MD  
Director of Medical Affairs  
Healthcare Services  
Joslin Diabetes Center  
Boston, MA




Joslin Diabetes Center

## thinking about your food? think again

Food is often on our minds and this may be a good thing. Researchers have found that if we eat when we are not thinking about our food (that is, when we are distracted), we eat more. Eating lunch while playing computer solitaire or eating dinner with a group of lively friends is enjoyable. The downside is that we tend to eat a little more. On the flip side, a different group of researchers had people visualize eating a particular food and to do this 30 times in a row. The people were then allowed to eat as much of the food as they wanted. Those who had visualized their eating beforehand ate less food. Think more, eat less.

## the newest wonder drug is over 50 years old

If you have type 2 diabetes, you should probably be taking metformin. Metformin is derived from a common herb, French lilac (also called goat's rue) and was first used clinically in 1956. It wasn't until 1998, however, that its effects came to be truly appreciated, when it was used in one part of the large United Kingdom Prospective Diabetes Study (UKPDS). Compared to other treatments for type 2 diabetes, including pills and insulin, metformin was found to reduce heart disease and mortality in addition to improving glucose control. Recent studies have shown that people with diabetes who take metformin are also less likely to develop cancer. Add in the fact that it is safe and inexpensive and voilà!—the first newest/oldest wonder drug. 



# KEEPING COOL

By Martha Funnell, MS, RN, CDE

**A**s winter ends, the longer days and the appeal of sunshine motivates many people to spend more time outside and to become more active. If you have diabetes, being more active can make it easier to keep your blood glucose levels in your target range. But as with so many things in diabetes, you do need to take care to protect yourself—especially on very warm days and when it is humid. If you are traveling this summer, you also need to make plans to keep your medicines and other supplies safe.

## 1 DRINK PLENTY OF FLUIDS

Keeping hydrated is one of the most important things you can do to keep yourself safe in the summer. Some people find their blood glucose levels are higher when it's hot and humid. Drinking plenty of sugar-free fluids is one way to flush the extra sugar from your body and to keep your blood glucose levels on target.

If you exercise outside in the summer, carry a bottle of water with you. This is true even if you are working in your yard or garden. Drink enough fluid to replace the amount that you lose by sweating. One sign that you are dehydrated may be cramps when you are exercising. Other signs are dry mouth and lips, needing to urinate less often and dark urine. There is no set amount of water or other liquids you need to drink, but if your urine is clear and pale yellow, you are well hydrated.

You will also need extra fluid if you are taking a long airplane flight. The air can

be very drying. You will feel less tired and jet-lagged if you stay hydrated. Be sure to keep all of your medicines, your meter and its strips with you on the plane and not in your checked bag. The temperatures in the luggage compartment vary a great deal and can be either too hot or too cold. Plus, keeping your supplies with you prevents problems if your luggage gets lost.

## 2 KEEP YOUR MEDICINES COOL AND DRY

It is safe to store your insulin at room temperature as long as it is less than 86° in the room. If it is hotter than that in your house, keep all bottles of insulin in the refrigerator. If cold insulin stings when you take it, you can roll the bottle between the palms of your hands to warm it slightly before taking your dose. Avoid storing your insulin on a windowsill or a counter in direct sunlight.


Don't leave your insulin in your car for any period of time. The inside of a car and especially the trunk can quickly go over 100° on a hot day. Most of the time, you can keep your insulin pen or vials in your purse or pockets when you are away from home and will need them. When taking a long car trip in the summer, keep your insulin in a cooler, but do not put it in ice or allow it to touch an ice pack. If insulin freezes at all, it no longer works.

Make sure that the lids are tightly closed on your pill bottles to protect them when it is humid.

## 3 PROTECT YOUR METER AND STRIPS

For the most accurate results, store your meter at room temperature. Most companies recommend that meters be kept between 40 and 86°. High altitudes can also affect your meter. Humidity can damage your strips, so store them in the original bottle and make sure the lid is on tight.

## 4 PROTECT YOUR SKIN

- Wear a hat and sunscreen when you are outside to protect your skin. Along with the risk of skin cancer, sunburn is a physical stress and can raise your blood glucose levels.
- As part of protecting your skin, you need to protect your feet. Be sure to put sunscreen on the tops of your feet if you are at the beach.
- Wear shoes at the beach and when swimming in the sea. Use common sense about wearing sandals and make sure they fit well and give you the protection you need.
- If you have neuropathy or any numb areas on your feet, shoes that offer more protection and support than sandals will be a safer choice. 

## DID YOU KNOW?

### SPF 15

A sunscreen with SPF 15 blocks about 93% of the harmful rays and is enough protection for most people.

### SPF 30

If you are very fair or burn easily, you may need to use SPF 30.

# summer grill recipes

## Steak & Potato Kebabs with Creamy Cilantro Sauce

- ½ cup packed fresh cilantro leaves, minced
- 2 tablespoons red-wine vinegar or cider vinegar
- 2 tablespoons reduced-fat sour cream
- 1 small clove garlic, minced
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon salt, divided
- 8 new or baby red potatoes
- 1¼ pounds strip steak, trimmed and cut into 1½-inch pieces
- 2 poblano peppers, or 1 large green bell pepper, cut into 1-inch pieces
- 1 teaspoon extra-virgin olive oil
- 1 large sweet onion, cut into 1-inch chunks

1. Combine cilantro, vinegar, sour cream, garlic, chili powder, cumin and ¼ teaspoon salt in a small bowl. Set aside.
2. Preheat grill to high.
3. Place potatoes in a microwave-safe container. Cover and microwave on High until just tender when pierced with a fork, 3 to 3½ minutes.
4. Toss the potatoes, steak and pepper pieces with oil and the remaining ¼ teaspoon salt in a large bowl. Thread the potatoes, steak, peppers

and onion chunks onto 8 skewers. Grill, turning once or twice, until the steak reaches desired doneness, about 6 minutes for medium. Serve the kebabs with the reserved sauce.

4 servings

### NUTRITION INFORMATION Per serving:

272 calories; 9 g fat (3 g sat, 4 g mono); 65 mg cholesterol; 17 g carbohydrates; 30 g protein; 2 g fiber; 368 mg sodium; 786 mg potassium

**Dietary exchanges:** 1 starch, 4 lean meat

# Grilled Salmon & Zucchini with Red Pepper Sauce

- 1/3 cup sliced almonds, toasted
- 1/4 cup chopped jarred roasted red peppers
- 1/4 cup halved grape tomatoes or cherry tomatoes
- 1 small clove garlic
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon sherry vinegar or red-wine vinegar
- 1 teaspoon paprika, preferably smoked
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 1/4 pounds wild-caught salmon fillet, skinned and cut crosswise into 4 portions
- 2 medium zucchini, or summer squash (or 1 of each), halved lengthwise
- Canola or olive oil cooking spray
- 1 tablespoon chopped fresh parsley for garnish

4 servings

# Grilled Lamb Chops with Eggplant Salad

- 1 medium eggplant (about 1 pound), peeled and sliced into 1/4-inch rounds
- 1 medium red onion, sliced into 1/4-inch rounds
- Canola or olive oil cooking spray
- Juice of 1 lemon
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt, divided
- Pinch of cayenne pepper
- 8 lamb loin chops, 1-1 1/2 inches thick, trimmed (1 1/2-1 3/4 pounds total)
- 1/4 teaspoon freshly ground pepper

4 servings

1. Preheat grill to medium-high.
2. Spray both sides of eggplant and onion rounds with cooking spray. Grill the vegetables, turning once, until browned on both sides, 2 to 3 minutes per side. Transfer to a cutting board. When cool enough to handle, chop the eggplant and onion and combine in a medium bowl with lemon juice, parsley, mint, oil 1/2 teaspoon salt and cayenne.
3. Meanwhile, sprinkle lamb chops with pepper and the remaining 1/2 teaspoon salt. Grill the chops until browned on both sides and cooked to desired doneness, about 4 minutes per side for medium. Serve with the eggplant salad.

## NUTRITION INFORMATION

### Per serving:

231 calories; 11 g fat (3 g sat, 6 g mono); 68 mg cholesterol; 11 g carbohydrates; 23 g protein; 5 g fiber; 648 mg sodium; 627 mg potassium

### Dietary exchanges:

2 vegetable, 3 lean meat, 1 fat



1. Preheat grill to medium.
2. Process almonds, peppers, tomatoes, garlic, oil, vinegar, paprika, ¼ teaspoon salt and ¼ teaspoon pepper in a food processor or blender until smooth; set aside.
3. Coat salmon and zucchini (and/or summer squash) on both sides with cooking spray, then sprinkle with the remaining ½ teaspoon salt and ¼ teaspoon pepper. Grill, turning once, until the salmon is just cooked through and the squash is soft and browned, about 3 minutes per side.
4. Transfer the squash to a clean cutting board. When cool enough to handle, slice into ½-inch pieces. Toss in a bowl with half of the reserved sauce. Divide the squash among 4 plates along with a piece of salmon topped with some of the remaining sauce. Garnish with parsley, if desired.

**NUTRITION INFORMATION Per serving:**

281 calories; 13 g fat (2 g sat, 7 g mono); 66 mg cholesterol; 8 g carbohydrates; 32 g protein; 2 g fiber; 599 mg sodium; 874 mg potassium

**Dietary exchanges:** 1½ vegetable, 4 lean-meat, 1 fat

## Mexican Grilled Corn

- 2 tablespoons low-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- ½ teaspoon chili powder
- 4 ears corn, husked
- 4 tablespoons finely shredded Cotija or Parmesan cheese
- 1 lime, quartered

1. Preheat grill to medium-high.
2. Combine mayonnaise, yogurt and chili powder in a small bowl.
3. Grill corn, turning occasionally, until marked and tender, 8 to 12 minutes total. Spread each ear with 1 tablespoon of the sauce and sprinkle with 1 tablespoon Cotija or Parmesan. Serve with lime wedges.

**NUTRITION INFORMATION Per serving:**

100 calories; 2 g fat (1 g sat, 0 g mono); 2 mg cholesterol; 20 g carbohydrates; 4 g protein; 2 g fiber; 118 mg sodium; 282 mg potassium

**Dietary exchanges:** 1 starch, 1 fat



4 servings



Recipes adapted from *The Simple Art of EatingWell Cookbook*, by Jessie Price & the EATINGWELL Test Kitchen (© 2010 by Eating Well, Inc., published by The Countryman Press). Available at your local bookstore, online at [eatingwell.com](http://eatingwell.com) or by calling 1-800-233-4830.





# I just don't have the time

By Joy Pape,  
RN, BSN, CDE,  
WOCN, CFCN

**You may find yourself thinking, "I just don't have time to do what it takes to manage diabetes." True, it does take time. The good news is, there are ways to take care of yourself that don't take extra time.**

## MAKE TIME TO MANAGE YOUR DIABETES

### ✓ Be honest (Identify the problem)

Ask yourself, "Is it that I don't have time? Or, is that I don't want to, or I don't like to?" Identifying the true problem is the first step for solving the problem. If the problem is that you truly don't want to, then that is the problem you need to work on solving. If lack of time is not the true problem, then time-saving tips probably won't help you.

### ✓ Find a reason to take care of you

You may be so busy "taking care of business"—your loved ones, your work, your home, you name it—that you think you don't have any time to take care of you. Ask yourself, "Why is it important for me to take care of my diabetes?" It may be that you want to have more energy and feel better today so that you can continue to take care of business. Or, it may be that you want to do all that you can to prevent complications so you are able to see your grandchildren grow up or have a good quality of life in your later years. Whatever the reason for you, it helps to keep it in your mind when you feel too rushed to take care of yourself.

### ✓ Make a plan

If time really is the issue, then one idea for saving time is to combine a new behavior with something you already do. When you pair an old and a new behavior, you may find it is easier to remember and doesn't take much more time.

### ✓ List what you want to do to manage your diabetes

Don't try to do everything at once. Choose to work on one thing at a time. Turn the page for tips on how to make time for the 7 Self-Care Behaviors of Diabetes identified by the American Association of Diabetes Educators (AADE).

## HOW TO MAKE TIME FOR:

**① Healthy Eating.** If you don't have time to cook, purchase quick-to-prepare healthy foods such as bagged salads, chopped vegetables, cans of salmon and rotisserie chicken. Keep these items in the house so there is always something you can grab and fix in a hurry.

**② Healthy Coping.** When you have a negative thought, fight it with a stronger positive thought. For example, if your negative thought says, "I'll never have time to do all there is to do to manage my diabetes," replace it with a positive thought such as, "I may not be able to do everything, but I will park further from the store today and get a little more exercise."

**③ Problem Solving.** If you find that your blood glucose levels are too high or too low, stop what you're doing


and figure out what is causing the problem right away. Once you identify the problem, you can save time in the future by what you've learned.

**④ Being Active.** Add some oomph to your everyday activities. When you are cleaning, turn on some lively music you love. Dance while you are cleaning. Get up and move during commercials. Step in place when you are talking on the phone. When you are sitting down, rather than ask someone else to bring you something, get up and get it yourself.

**⑤ Taking Medicine.** Ordering and setting up your medicine can take some time. Save time by asking your Walgreens pharmacist if you can purchase your medicine every 3 months rather than every month. Buy one or more pill boxes labeled with the days of the week, and set

your medicine up for a week or more. If you take your medicine before breakfast and at bedtime, keep your morning medicine on your kitchen table, and your bedtime meds at your bedside.

**⑥ Monitoring.** Make it easier to check your blood glucose and your blood pressure by keeping your supplies in a handy place so you don't have to spend time looking for them. If you check your blood glucose before meals, keep your meter in your kitchen. If you check it when you are out, keep it in your purse or pocket. Or get two meters, one for home and one to carry with you.

**⑦ Reducing Risks.** Whenever you wash your feet, apply moisturizer, or put on or take off your stockings or shoes, look at your feet. This way if you notice any changes, you'll recognize them and take care of them right away. 

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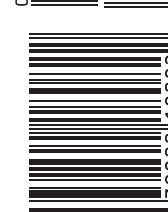


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# fish

## good for your heart and mind

By Janis Roszler, RD, CDE, LD/N

**T**he American Heart Association suggests that adults eat fish at least twice a week. A serving equals 3.5 ounces of cooked fish or  $\frac{3}{4}$  cup of flaked fish, such as canned tuna or salmon. Here are some tips to help you add fish to your weekly meal plan:

### 1 CHOOSE WELL

Look at and smell your fish before you buy it from your local market. When fish is caught, it is at its freshest. Once it is taken from the water, it will start to lose some color and slowly begin to smell “fishy.” Choose fish with clear eyes, a healthy color with some color in the gills, and a mild, sweet, ocean-like smell. The flesh should be firm and shiny. Fresh blood inside the fish or in its veins is a good sign that your fish is still fresh.

### 2 JUMP START YOUR DAY

Fish isn’t just for dinner. Try some herring or a few slices of smoked salmon for breakfast. Tuna or salmon salad make for a protein-rich lunch.

### 3 VISIT YOUR GROCERY FREEZER

Frozen fish is great but don’t buy it if it has frost or ice crystals or if its package is open or torn. Frozen fish shouldn’t be refrozen.

If you can’t use it that night, wrap the fish up and store it in the coldest part of your fridge for no longer than a day or two.

### 4 BE PATIENT


Busy fish markets attract many buyers and sell their supply of fish quickly. Don’t get upset if you must wait in a line for a while. The fish at a busy store isn’t sitting around for long.

### 5 COOK IN A HEALTHY WAY

Grilling, baking, poaching and broiling are four healthy ways to prepare fish. If you choose to grill it, coat it lightly with a small amount of heart-healthy oil, such as canola or olive oil and wrap it in aluminum foil before you put it on the grill. This will help keep it moist. Most fish needs only a few minutes of grilling per side and will keep cooking for a bit longer after you remove it from the grill. If you’d rather broil your fish in the oven, add a sauce or marinade to keep it moist. Just be sure to keep an eye on it as it cooks. Most recipes suggest specific cooking times, but thinner pieces will take less time to cook than thicker ones.

### 6 CHOOSE READY-MADE ITEMS WITH CARE

Many pre-cooked fish dishes have a lot of fat and calories that you don’t need. Most ready-made fish sticks and fish patties are made with types of fish that are not rich in healthy omega-3 fatty acids. They may also contain saturated or trans fats that are not good for your heart.

Canned fish is a good choice. Depending on where you live (and your budget) fresh fish may not always be an option. Canned fish, such as tuna, salmon, and sardines, can also give you heart-healthy omega-3 fatty acids and protein. Canned salmon is also high in calcium. Buy canned fish packed in water, as opposed to oil. 

## what fish is best for me?

Oily types, such as tuna, lake trout, herring, salmon, mackerel, albacore tuna and sardines, are rich in heart-healthy omega-3 fatty acids that strengthen your heart and mind and do the following vital things for your body:

- Lower your level of unhealthy blood fats (triglycerides)
- Possibly lower blood pressure
- Reduce your risk of stroke and death from heart disease
- Improve your brain function
- Boost your mood and reduce depression

## eat fish safely

*Some fish may contain high levels of toxins. Try to avoid those that often have high levels of mercury, such as shark, swordfish and king mackerel. To limit your risk, vary your intake of fish and choose from those that are low in mercury such as shrimp, salmon, pollock, catfish and canned light tuna.*

# BOOST YOUR brain health with smart eating

By Amy Campbell, MS, RD, LDN, CDE

You can keep your heart and blood vessels healthy by eating a diet low in saturated fat and sodium. You can keep your bones and teeth healthy by making sure to get enough calcium and vitamin D. And to take care of your diabetes, you can watch your carbs and your portions to help keep your glucose levels in a safe range.

But not many people think of choosing foods that keep their brains healthy. Somehow, one of the most vital organs in the body gets overlooked when it comes to food and nutrition.

## DIABETES AND A HEALTHY BRAIN

As we age, we should all think about how to boost our brain power. People with diabetes may want to take extra care to stay as sharp as they can. Why? Research shows the following:

- Adults who have had diabetes for a long time or who had diabetes before age 65 have a higher risk of memory problems.
- Having diabetes puts you at higher risk for having a stroke, which can also affect mental ability.
- Mice with diabetes tend to have less brain cholesterol than mice without diabetes. Cholesterol helps with nerve signaling and may help prevent diseases such as Alzheimer's.

Of course, just because you have diabetes doesn't mean that you're going to have problems with memory or thinking. But why take the chance? No matter how old you are or how long you've had diabetes, it pays to eat foods that will keep your mind and your body healthy.

## 10 FOODS THAT BOOST BRAIN POWER

Luckily, foods that are good for your brain are also good for the rest of you. For example, many brain-healthy foods are also heart-healthy and may lower the risk of certain types of cancer. Put your thinking caps on and make sure your eating plan contains the following foods:

### ① Fish oils

Also known as omega-3 fatty acids, fish oils are needed for brain growth during infancy and childhood. Adults need fish oils, too. These healthy fats improve memory and learning ability and may prevent depression, mood disorders and dementia. Fatty fish, such as salmon, tuna, mackerel, herring and

sardines are the best sources of fish oils. If you don't like fish, talk with your health care provider about taking a fish oil supplement.

**Tip:** Try to eat fatty fish at least twice a week. You can eat canned tuna and salmon if fresh fish is hard to find or is too costly.

### ② Eggs

Yes, eggs! Eggs are one of the best foods there are. They not only contain protein and vitamin D, eggs are rich in choline. Choline is like a vitamin and is needed to form substances that carry messages to and from brain cells and nerves. We also need choline to keep our organs, tissues and cells healthy. Beef, salmon, cod fish, shrimp and milk also contain choline, but egg yolks are a key source. And good news: eggs are lower in cholesterol than we once thought. There are only 186 mg of cholesterol in one large egg.

**Tip:** Boil a few eggs at a time and munch on one as a high-protein, low-carb snack.

### ③ Leafy greens

If nothing else gets you to eat spinach, maybe this will: spinach and other leafy green vegetables like kale, collard greens, lettuce and bok choy have plenty of B vitamins that keep you from forgetting and may even help ward off Alzheimer's disease.

**Tip:** Drizzle washed kale leaves with a little bit of olive oil and add a sprinkle of sea salt. Bake at 350° for 10-15 minutes.



#### 4 Avocados

Avocados do more than just make guacamole. This creamy fruit is high in monounsaturated fat, a type of fat that's good for your blood vessels and your heart. Monounsaturated fat can help lower LDL, or bad cholesterol, while raising HDL, or good cholesterol. When you keep your cholesterol levels in a healthy range, monounsaturated fat can lower your risk of stroke or heart attack. Like nuts and seeds, though, avocados are full of calories, so keep your portion small.

**Tip:** Add a few slices of avocado to your sandwich. Mashed-up avocado is a healthy change from mayonnaise.

#### 5 Whole grains

Eating whole grain foods can help with heart health and may even lower the risk of getting type 2 diabetes. Eating whole grains also helps to make sure that blood flows to your brain. Lack of enough blood flow to the brain can make it harder to think clearly. Also, whole grain foods are rich in carbohydrates, which the brain uses in the form of glucose for energy.

**Tip:** Unsure if something is a whole-grain food? Look at the first ingredient. It should be whole grain, such as whole wheat flour, rolled oats or barley.

#### 6 Berries

Blueberries, blackberries and strawberries are rich in antioxidants, which can shield the brain from damage. Blueberries may protect against dementia and Alzheimer's disease. Berries also can protect your memory and keep you thinking clearly. One cup of most types of berries contains between 15 to 20 grams of carbohydrates, so they can easily fit into your meal plan.

**Tip:** Berries are great on cereal. Toss a few into your salad, too.

#### 7 Green tea

Studies show that people who drink at least two cups of green tea every day are more likely to stay sharp and think clearly than people who drink little or no green tea. Green tea may also protect brain cells from damage from certain diseases, such as Parkinson's disease, as well as damage from stroke.

**Tip:** Instead of reaching for the afternoon coffee to perk you up, try a steaming cup of green tea instead.

#### 8 Nuts and seeds

Nuts and seeds are full of nutrients that are good for your brain, such as vitamin E, B vitamins, zinc, magnesium, unsaturated fat and omega-3 fatty acids. Most nuts and seeds are healthy choices. Try almonds,

walnuts, pecans, sesame seeds, pumpkin seeds and flaxseeds. They're good mixed with just about anything. Watch the portion, though, because these tasty treats are high in calories.

**Tip:** If you buy flaxseed, grind them up first. A coffee bean grinder works well for that job.

#### 9 Curry powder

Curry powder is actually a blend of several spices, including turmeric. Turmeric contains curcumin, which is an antioxidant. Curcumin may help prevent some types of cancers and is being studied in humans to see if it can prevent Alzheimer's disease.

**Tip:** Sprinkle curry powder into your favorite soup or stew for a kick of flavor.

#### 10 Cocoa powder

Enjoy your cocoa without all the guilt. Cocoa powder is thought to contain even more antioxidants than green tea. Just 2 to 3 tablespoons of plain cocoa powder may keep blood flowing to the brain and help with memory and thinking.

**Tip:** Make your own cocoa with cocoa powder, the sweetener of your choice and skim milk or low-fat soy milk. ☺

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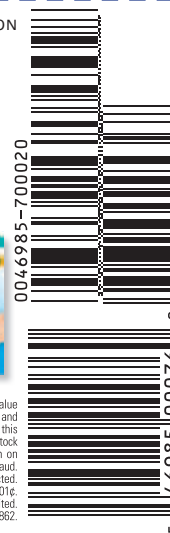
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## A MORE comfortable needle

By Joy Pape, RN, BSN, CDE, WOCN, CFCN

**J**ohn has had type 2 diabetes for seven years. For the first six years he managed his blood glucose levels by eating healthy, being active and taking oral medicines. For the past year, though, it seems that no matter what he does on his own to improve his numbers, they remain high.

John's doctor told him either insulin or an injected diabetes medicine might help him and recommended he take them with a device called a pen, that looks like a writing pen, rather than a vial and syringe. John asked, "Doesn't the pen use a needle?" "Yes," his doctor answered. "But there is a new needle for pen devices so small (4mm) and comfortable, my patients tell me they hardly feel it." John trusted his doctor and agreed to take an injected medicine. After using the pen device with the new needle, he

said to his doctor, "You're right, I hardly felt a thing. Why did I wait so long?"

### WHY A NEEDLE?

You may wonder why you have to take a shot and

why you can't take these medicines by mouth. Both insulin and the injected GLP-1 medicines are hormones that if taken by mouth would be destroyed by your digestive system.

## 4 TIPS FOR USING PEN NEEDLES WITH YOUR PEN

### ① Use a new pen needle each time you take a shot.

Needles have a coating that can wear off after the first use, which can make the injection more painful. A new needle is sharper. Sharper needles enter your skin easier, so you should feel less pain. And, small, thin needles can bend if you use them more than once.

### ② Choose your pen needle. There are several sizes and brands of pen needles that can work with your insulin pen.

### ③ Change injection sites. If you take more than one shot a day, inject

in the same area, at the same time of day. For example, if you take a shot before breakfast, inject it on the left side of your stomach. If you take a shot at dinner, inject it on the right side of your stomach.

### ④ Don't throw pen needles directly in the trash. Put them in a strong plastic bottle that your needle cannot poke through. Make sure it has a cap so your needles will not fall out. Do not recycle this container. You can also ask your Walgreens pharmacist how to dispose of your pen needles safely.


### THE BENEFITS OF SMALLER NEEDLES

Long needles can be scary. There is also another problem when using a long needle to take shots of injected medicine and insulin. These medicines must be injected into the area right under your skin and above your muscles. Long needles make this more difficult, but the new, smaller needles deposit insulin in the proper area under the skin of adults 18 years and older whether they are slim, average weight, overweight or obese.

### FEAR OF NEEDLES

Many people are afraid of shots. This fear can hold you back from managing your diabetes well. However, the newest needles, used for pen devices, are shorter, thinner and more comfortable than previous needles. This can help you get over your fear and help you feel better.

### REACH YOUR TARGET

When your blood glucose level is closer to your target range, you will most likely find you have more energy. You may also find that other problems improve too—if your vision is blurry, for example, it may improve. Or if your feet or fingers tingle due to high glucose, the tingling may go away. 

# natural products

*are they for you?*

By Janis Roszler, RD, CDE, LD/N

**Many people with diabetes look to natural products and vitamins for added help with their diabetes. And with good reason—some of these products can be very helpful. But some can make your diabetes medicines less effective or harm you. Before you try any such products, ask these questions:**


## Q DOES THIS PRODUCT WORK?

**A** Some companies quote stories from people who loved using their product. But these stories are not the best source of information.

After all, you only hear from those for whom it worked. Instead, look for a note from a reliable member of the health care community. Doctors, dietitians and pharmacists know how to check products to see if they work.

## Q HOW DO I KNOW IF THE PRODUCT IS SAFE?

**A** Watch out for products that claim to have the answer or the cure for diabetes. As of today, there is no cure that you can buy in any store or from the Internet. While some of these products may be harmless, they may not work well or may cause problems when you take them with other medicines. Walgreens carries a line of vitamins and supplements called *Finest Natural*. These products have passed many tests that check their quality, safety and purity and they are “pharmacist recommended.” *Finest Natural* brand supplements can be one of the many tools you use to help manage your type 2 diabetes.

Talk with your provider or Walgreens pharmacist about whether a natural product is safe for you and is a good value for your money. 

## 7 TIPS FOR USING NATURAL PRODUCTS WISELY:

- 1 Read up about the supplements you plan to use.
- 2 Think about what you hope to achieve when you take these products.
- 3 If you and your health care team feel that some of these items are fine for you, start with a single product—do not begin with more than one at a time.
- 4 Keep track of how you feel when you use the item and decide if it does what you expect it to do.
- 5 Follow the label guidelines. Do not take a larger dose.
- 6 Make a record of the natural products you use, their brand names, ingredients, doses taken and the dates you started.
- 7 Report any side effects to your health care provider and stop using any item if you begin to have problems or side effects.

# UPDATE your story

By Janis Roszler, RD, CDE, LD/N

**If you have a hard time reaching your current health goals, don't worry. Success can be as easy as changing the story you tell yourself each day. Take Frank, for example. Every day, Frank told himself the same story: "I can't stick to anything. I'm hopeless. I don't exercise, I don't follow my diet, I don't always take my pills, and often forget to check my blood glucose. My health team should stop helping me. They should save their advice for someone who is able to do what they say."**

When Frank's doctor and other members of his healthcare team asked him to try a new task, he was sure he would fail. He truly believed he was unable to stick to anything. But was that really true? I met with Frank and asked him to list a few things he does often.

## Here is his list:

- ✓ I go to work each day.
- ✓ I attend church Sunday mornings.
- ✓ I call my mom every few days to see how she is doing.
- ✓ I brush my teeth a few times each day and floss before bed.
- ✓ I kiss my wife as I go out the door each morning.

Frank completes these tasks regularly, without fail. He does them because he thinks they are worth doing. So that is the real fact: He *can* stick to certain actions and get them done. He just doesn't realize he is a doer. Once he sees this, he can be much more open to trying the diabetes care actions he knows are important and really wants to do.

## DOES YOUR STORY KEEP YOU FROM REACHING YOUR GOALS?

Take these next steps and see what happens:

Who are you? Describe yourself and tell your story. Such as this:

**"I am a person who *can't* stop eating."**

Now, take your story and prove it wrong. On a piece of paper, list the times when you *do* stop eating, such as while you are on the phone, in the car, at a concert, at church, in a library or at the doctor's office. If you are able to stop eating sometimes, you are able to stop eating at other times also. You *can* stop if you feel it is important to do so.

Now, correct your story to tell the real truth about yourself:

**"I am a person who *can* stop eating when I want to."**

Frank made some changes and you can too. Don't take a huge step, but choose one task. For example, use your meal plan for breakfast only. Once you do that for several days, add lunch to your list. Then you can say you are a person who uses a meal plan.

What kind of story do you tell yourself each day? Is it a correct one? Does it help you or does it hinder you from meeting your goals? Don't let the story you tell yourself keep you from caring for your health. Create a new story that can help you be in charge of your diabetes and feel good about yourself and what you can do. 