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FALL 2010

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MEALS
IN A
HURRY

"THE VIEW" CO-HOST

SHERRI SHEPHERD

JUGGLES DIABETES & SHOW BIZ





Dear Readers:

In addition to articles with helpful tips for daily diabetes care, our Fall 2010 issue of *Walgreens Diabetes & You* includes two articles from the Joslin Diabetes Center in Boston: "Snack Attack: Tasty Tips for Kids and Their Families" and "Healthy Meals in a Hurry." Parents of children with diabetes may find them helpful in keeping their kids on a healthy-eating track. Kids with diabetes—and their families—will also enjoy our Delicious Desserts, like the Cherry Berry Pie Cups featured on the cover, as well as Better-For-You Chocolate Chip Cookies, Lime Cheesecake "Cupcakes" and Peanut Butter Mousse.

Our feature article is on actor/comedian Sherri

Shepherd, one of the five Emmy award-winning talk show hosts of ABC's "The View." She was diagnosed with diabetes in 2007, at 40 years old. In our interview, Sherri tells us how "diabetes is what keeps me on the straight and narrow," as she lost more than 40 pounds by incorporating exercise with her daily routine and looking more carefully at what she was eating.

And why not subscribe to the Quarterly Diabetes Newsletter from Walgreens? It's free and delivered right to your inbox. It has recipes, advice and self-management tips, among many other helpful offerings.

As always, we invite you to share your questions or comments. 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).

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diabetes & you

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There's a way to stay well.

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Sherri Shepherd is one of the five Emmy award-winning talk show hosts of ABC's "The View." She also starred in her own Lifetime series, co-starred in feature films and just got a role in a Broadway show. All of these opportunities came after Sherri was diagnosed with diabetes in 2007, at 40 years old.

what's new

By Jonathan Jarashow

NEW at Walgreens

- Dr. Scholl's® Diabetes Foot Health Insoles evenly distribute foot pressure, minimize high pressure in the heel and ball of the foot and provide all-day comfort.



- Dr. Scholl's® Intensive Foot Moisturization Cream penetrates skin deeply and is clinically proven to moisturize for 24 hours with just one use.



- New and improved FreeStyle Lite® blood glucose test strips with ZipWik® tabs make blood application easier and faster. These strips minimize interference from 22 common substances including maltose, galactose and lactose and are compatible with FreeStyle Lite® and FreeStyle Freedom Lite® blood glucose meters.



new diabetes medicine helps with weight loss and A1C goals

In a 26-week study, North American and European researchers found that people with diabetes who took the new diabetes medicine Victoza lost more weight, had lower A1C levels, and had better fasting blood glucose levels than those taking Januvia, a commonly prescribed medicine. Of those who took Victoza, 56% reached the ADA's A1C target of less than 7%, while only 22% of the Januvia users achieved that goal. Victoza is similar to a beneficial hormone produced in the body called GLP-1, which stimulates beta cells to release insulin when blood glucose levels are high. Januvia blocks DDP-4, an enzyme in the body that breaks down GLP-1.

diabetes game launched on Facebook

A new game called HealthSeeker was recently introduced on Facebook to help people with diabetes make more informed lifestyle decisions in a way that complements their use of social media. HealthSeeker combines a supportive social networking environment with important information on managing diabetes. The game uses the player's own Facebook friends as sources of inspiration and support along the road to better health.



brown rice for lower blood glucose

Eating brown rice is a better choice than white rice for several reasons, including more fiber content, minerals and vitamins. In addition, it usually raises blood glucose levels less than white rice after a meal. Researchers from the Harvard School of Public Health analyzed data relating to diabetes risk in 157,463 women and 39,765 men. They looked at white and brown rice consumption in relation to type 2 and found that eating five or more servings of white rice per week was associated with an increased risk of type 2 diabetes while eating two or more servings of brown rice per week was associated with a lower risk of the disease. The researchers estimated that replacing 50 grams of white rice (one third of a typical daily serving) with the same amount of brown rice would lower type 2 diabetes risk by 16%.



eating well *and* SPENDING LESS

By Amy Campbell, MS, RD, CDE

Eating healthy foods is important for your diabetes control and your health. But you might feel it costs too much to eat the right foods these days. The good news is you can eat smart without breaking your budget.

BEFORE YOU SHOP

Do your homework first. Decide how much money you have to spend and how you'll plan your meals for the week. Here are some tips to get you started:

Map out your meals for the week.

What meals will you cook at home, and how many meals, if any, will you eat away from home? Think about quick and easy ways to save money, too. For example, if you tend to grab a muffin or bagel on the way to work, enjoy a bowl of high-fiber cereal at home, or bring a whole-wheat English muffin with some peanut butter or a boiled egg to work with you. You'll save money.

Search the flyers.

Look through the ads you get in the mail or the Sunday paper every week. If you have several stores in your town, decide if it makes sense to shop at more than one to buy their specials that week.

Make your list and check it twice.

Once you've planned your menu for the week, make your shopping list. This list will save you time and help keep you from buying items that you may not really need.

AT THE STORE

Now that you have your shopping list, it's time to go. Use these tips to become a smart shopper:

Shop the outer circle.

Some of the best foods are found along the walls of a store, such as fruits and vegetables; poultry, seafood and lean meat; and non-fat or low-fat dairy foods. The more "whole" foods you buy, the less room you will have in your shopping cart for processed, canned and packaged foods.

Buy in season.

Sure, you can get blueberries and asparagus all year round, but you'll pay a price. Careful shoppers know to buy fruits and vegetables in season.



Skip the bagged and washed produce.

Pre-washed and pre-cut fruits, vegetables and salad greens do save you time. The trade-off is that they cost more and you get less for your dollar. Prep and bag your produce right when you get home from the store to make your own low-cost, ready-to-eat items.

Look high and low.

Pricier items are often found at eye-level on the shelf. Look up or down to find the better bargains.

Buy by the bag, not the piece. Another tip for saving money is to buy in bulk; that means buying a bag of oranges or potatoes instead of buying them one by one.

Chill out and buy frozen. Frozen fruits and vegetables can be just as healthy, but less costly, as fresh fruits and vegetables—as long as they're not packed in heavy syrup, butter or cheese sauces.

Try store brands. Store brands can save you lots of money over the course of the year. Walgreens carries the Deerfield Farms line of high quality, great-priced food products.

Buy in bulk. Buy grains and cereals either from the bin or in the less fancy packages.

Compare costs. Read the unit price of an item on the shelf tag to help you compare costs between brands and different-sized products. The unit price tells you how much the food costs per ounce. To get the price per ounce yourself, take the price and divide it by the total number of ounces in the package.

BARGAIN FOODS

Certain foods are great for you and won't leave a dent in your wallet. Here are some good foods to make a regular part of your eating plan:

Brown rice

Brown rice costs about the same as white rice, but has a lot more to offer. Two-thirds of a cup of rice (two carbohydrate choices) contains 2.5 grams of fiber, while two-thirds of a cup of white rice has less than half a gram of fiber. The fiber in brown rice may help lower cholesterol levels, too.



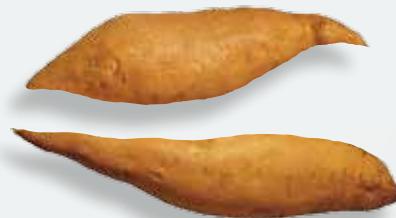
Canned fish

Fatty fish is great for heart health. But fresh fish can cost a lot. Luckily, canned chunk light tuna also contains heart-healthy omega-3 fatty acids, is lower in mercury than canned albacore tuna and costs less, too. Also, try canned salmon and sardines. Buy canned fish packed in water, not oil, to keep the calories low and prevent a large amount of the fish's omega-3 fatty acids from going down the drain. Canned fish works well in sandwiches, salads and casseroles.



Dried beans, peas and lentils

Some of the cheapest (yet healthiest) foods around, dried beans and lentils (often called legumes) are rich in fiber, protein, vitamins and minerals and are low on fat. There are so many types to choose from, too: black beans, pinto beans, kidney beans, chick peas, yellow peas and lentils are just a few you can try. A one-pound bag of lentils will often cost less than \$1. Even a can of beans only costs about \$1 and will serve two people.



Sweet potatoes

Sweet potatoes aren't just for the holidays. Have a sweet potato instead of your usual white potato. They are a great source of beta carotene, vitamin C and fiber.

BEYOND THE SUPERMARKET

There are other places to buy food and save money at the same time. Here are a few to try:

Ethnic food stores. Depending on where you live, there may be ethnic markets that sell fresh produce, meat and fish, along with beans and grains for less than you'd pay at a larger store.

Farmers markets. Your town may offer a weekly farmers market where local growers come to sell their products. Because they sell right to you and not a store, you end up paying less while supporting your local workers.

Warehouse stores. A warehouse store may help you save some money. Keep in mind that the foods they sell come in large sizes so you'll need a lot of freezer and storage space. Or, split a purchase with a friend or neighbor. 🗺️



Comedian/actress Sherri Shepherd is one of the five Emmy award-winning talk show hosts of ABC's "The View." She also starred in her own Lifetime series, "Sherri," loosely based on her life. Sherri has co-starred in feature films and just got a role in a Broadway show, "Love, Loss and What I Wore," appearing in eight shows a week. All of these opportunities came after Sherri was diagnosed with diabetes in 2007, at age 40. Diabetes certainly hasn't slowed her down.

"THE VIEW" CO-HOST

sherri shepherd

JUGGLES DIABETES & SHOW BIZ

By Jonathan Jarashow



LAUGHING ABOUT DIABETES

Being a comedian helps Sherri cope because as she says, "I have always seen things through a warped kind of lens, and this is so with diabetes, too." In her recent book "Permission Slips: Every Woman's Guide to Giving Herself a Break," Sherri jokes about how she used to overindulge on less-healthy foods like cheesecake, wine and piña colodas to cope with life's stresses. But diabetes has changed all that: "Now I have to see if I can numb my feelings by eating steamed broccoli. It doesn't quite work the same without the Velveeta. Chicken, steamed broccoli and asparagus don't help that much when your boyfriend doesn't call you back."

DIABETES DIAGNOSIS

Before her diagnosis, Sherri had some serious health scares. Her toes would tingle and then go numb. Her vision started getting blurry. She would go to the bathroom and have to go back right away. Her mouth was dry all the time, and she was constantly drinking. But she couldn't give up her bad habits: "Many times I'd say, 'Lord, if you would just let the tingling go away in my feet, I'll put down the M&Ms.' And I would, but then I'd pick up some Oreos." Sherri eventually went to a doctor who practiced tough love on her. At the time, her blood glucose was close to 400 and her doctor diagnosed her with diabetes. Sherri had been warned for years that she was at risk, but then it became official. The doctor cautioned Sherri that if she didn't change her routine, she was at high risk for a stroke and continued diabetes complications. As Sherri says, "She really scared me."

DIABETES IN THE FAMILY

Sherri's mother died at 41 from diabetes complications, and in the back of her mind Sherri knew she had it, too, since many of her family members had diabetes or what they called "the sugar." Sherri recalls her mother eating unhealthy foods and sometimes fainting from low blood glucose and not understanding exactly what happened. So she makes sure to explain her diabetes to her 5-year-old son, Jeffrey, who knows there are certain

foods Sherri avoids because of her diabetes. Sherri also makes an effort to keep healthful food in the house.

When Sherri was diagnosed at age 40, it scared her because her mother died only a year after her 40th birthday. She thought to herself at the time: "Here I am going through fertility treatment to have a baby, I finally get pregnant, I have the baby. And because I am not eating right and taking care of my body, I'm going to leave this child. It was like this light bulb went on: 'You are the epitome of selfish.' Cheesecake is that much more important than being here with your son. Really?!"

EATING RIGHT AND STAYING ACTIVE

Sherri wanted to be able to be a part of her son's life and to see him grow up, so she made some major changes to her lifestyle. Sherri incorporated exercise into her daily routine and looked more carefully at what she was eating. This helped her lose more than 40 pounds, get her cholesterol levels in range and improve her blood glucose, as well. Even though she has come so far with improvements in her health routine, it's still tough for her to get motivated to exercise. "When does it kick in where I am foaming at the mouth to go to the gym? It's been over a year and I think of every excuse in my mind to get out of it. More times than not I have to do the self talk of 'Sherri, you don't like it, but you like the results. You don't like it, but you feel better.'"

Sherri's message to readers

"Diabetes is not a death sentence, and it can be managed," Sherri says. "People say it must be so hard to give up the foods you love, the fried food and the junk food. And I just say, many of us who have diabetes have children and we don't want to leave them with nobody to raise them. We have a legacy that we are leaving behind. Looking beyond myself works for me."



Even though Sherri has a busy life, she knows she needs to stay healthy. "Sometimes I'm on the go, I just forget to eat, then I'll grab something I shouldn't eat and I can feel it immediately. This morning, I ran out of the house and didn't get to eat, but I try to carry some healthy foods around with me in my purse."

There have been some stumbles. After showing off her weight loss on an eagerly anticipated swimsuit walk on "The View" in August 2009, Sherri felt she couldn't keep up her exercise routine and didn't go to the gym for a couple of weeks. She felt horrible physically and mentally and eventually got back on track. Today, Sherri is the healthiest she has ever been because diabetes has made her examine her diet. As she says, "I could be in denial and go and eat pancakes and bacon, but I'm going to be passed out on the floor. So I really think about what can I eat and what's going to fuel my body and not make me tired and listless. I have to be alert and can't be zoning out [on 'The View'] at the 'Hot Topics' table or asking somebody a question. I have to eat foods that are optimal for my health. Diabetes is what keeps me on the straight and narrow. I love wearing shoes, and my closet is bursting with shoes with 5-inch heels, so I've got to have my feet." 

To learn more about Sherri and her upcoming projects, visit her Web site at sherrishepherd.com



vitamins, minerals and **diabetes**

Reviewed by Janis Roszler, RD, CDE, LD/N

Alpha Lipoic Acid (ALA)

ALA is an acid found in the body that helps convert glucose to energy. It is also an antioxidant that may help prevent the damage free radicals may do to the body. A free radical is a molecule that can cause cells to malfunction, which can lead to complications from diabetes, such as kidney damage, eye disease and nerve damage.

ALA helps reduce the burning, pain, numbness and tingling of diabetes-related neuropathy (nerve damage). It may also improve insulin sensitivity and blood glucose control in people with type 2 diabetes. It may take several weeks to see results.

Many people with diabetes are interested in finding vitamins and minerals that will keep their blood glucose level within target range. Here are several products that show promise in studies, although more research is needed before all of their effects are known:

Chromium

Chromium is a mineral the body needs to keep blood glucose levels in a healthy range. It may help lower blood glucose levels and improve blood fats in people with type 2 diabetes whose levels are too high. Chromium picolinate is a form that seems to be absorbed best. Studies show combining chromium picolinate with biotin is effective. Biotin is a B vitamin that helps break down carbohydrate, fat and protein.

Cinnamon

Based on early studies, cinnamon was thought to improve type 2 diabetes and high cholesterol

levels. However, newer studies show more research must be done to confirm its effectiveness. Many people enjoy adding cinnamon to their food to see if it will make a difference for them. The recommended amount to try is about 1/3 teaspoon.

Fenugreek

Several studies show that fenugreek helps lower blood glucose and bad (LDL) cholesterol levels and raises good (HDL) cholesterol levels in people with diabetes.

Garlic

Garlic appears to have antioxidant effects. It also may lower blood glucose by increasing the release of insulin, lower blood pressure, and improve blood fats.

Ginseng (American)

Studies show that ginseng lowers blood glucose. It appears to do so by slowing the breakdown of carbohydrates in the body. It may take a few weeks to see benefits.

Gymnema Sylvestre

Gymnema was first used in India more than 2,000 years ago to treat diabetes. It may help insulin and other oral diabetes medicines work better but must be studied further.

Magnesium

The body needs magnesium to break down carbohydrates and improve the way insulin works. Low levels of magnesium have been linked to

higher blood glucose levels and insulin resistance in adults.

Vitamin D

Recent studies show vitamin D may help the body make insulin and use it better. A lack of vitamin D has been found in many people with type 2 diabetes and in some people who are at high risk for developing diabetes or already have pre-diabetes. For those who get adequate sunlight, 400 IU of vitamin D is recommended. If you cannot go in the sun, you may benefit from 1,000 IU per day. Those who are concerned about osteoporosis should take calcium with vitamin D.





Many people with diabetes have heart disease. What foods, vitamins and supplements can help?

Start with fish and fish oils. Oily fish—such as salmon, mackerel, lake trout, herring, sardines and albacore tuna—contain two helpful omega-3 fatty acids: EPA and DHA. Fish oil capsules usually have stronger doses of EPA and DHA.

Canned tuna and salmon have the highest levels of omega 3 fats. The American Heart Association (AHA) suggests people with heart disease get 1,000 mg of fish oil per day and people with a high triglyceride level get 2,000–4,000 mg.

Research shows omega-3 fats can:

- decrease the incidence of an irregular heartbeat, which can lead to sudden death from a heart attack or stroke.
- decrease triglycerides in people whose levels are elevated.
- reduce buildup of plaque on artery walls, which slows down the narrowing of the heart's arteries.
- prevent blood clots from forming and keep the clots from sticking to artery walls. That helps prevent heart attack and stroke.
- improve health of arteries.
- lower blood pressure slightly.
- enhance the power of medicines called statins that help improve cholesterol levels.

Flaxseed and flaxseed oil also contain omega-3 fatty acids, which may help reduce triglyceride levels and improve good cholesterol (HDL) levels. Flaxseed oil is available in liquid and capsule form.

Antioxidants

Vitamins C and E are antioxidants that may reduce your heart disease risk by preventing bad (LDL) cholesterol from producing plaque that narrows arteries. Vitamin E also may help keep your heart healthy. Try to eat a diet high in vitamin E, which is found in green leafy vegetables, nuts and vegetable oils. Vitamin E works better when combined with vitamin C, so try to take these vitamins together. The recommended daily intake of vitamin C for men over the age of 18 is 90 mg per day and for women over the age of 18, 75 mg per day. Smoking increases the body's need for vitamin C.

B vitamins

The AHA suggests that people who are at high risk for or already have heart disease should get folate, B6 and B12 into their diets. One way to get these nutrients is to eat a lot of vegetables. Or, take a daily multivitamin and mineral supplement that provides 100 percent of the Recommended Daily Allowance (RDA) for folic acid, B6 and B12. Recent studies suggest vitamin B12 helps the brain think more clearly and may help prevent age-related decline in brain function.

Niacin

Niacin is a B vitamin that lowers total cholesterol, LDL (bad)

cholesterol and triglyceride levels, while raising HDL (good) cholesterol levels. Niacin supplements should only be taken under the supervision of your physician because of potential side effects such as flushing or hot flashes. The average daily dose of niacin is 1.5–3 grams per day.

Coenzyme-Q10

Co-Q10 is a natural antioxidant made in the heart, pancreas and kidneys. It helps cells produce energy and keeps the heart healthy. If a person has already had a heart attack, Co-Q10 can help prevent future heart problems.

Some heart

medicines, such as statins, interfere with the body's production of Co-Q10. Heart disease also can lower the body's level of that helpful product. The best way to maintain a healthy level of Co-Q10 in your body is to take a supplement. The recommended dose for adults is 30–200 mg per day.

Plant stanols and sterols

Plant stanols and sterols are natural substances found in fruits and vegetables. They can help lower bad (LDL) cholesterol by up to 15% and lower the risk of heart disease. They can also work with cholesterol-lowering medications, such as statins, to lower the body's LDL level.

Smaller amounts of these products are also naturally found in corn oil, sunflower oil, olive oil, corn, beans, nuts, oranges and apples. Plant stanols and sterols also come in supplement forms sometimes called beta-sitosterol or sitosterol.



Tell your health care provider about the dietary supplements you take, or ask about supplements you wish to try. They can warn you about the products that may interact with your other medicines and will let you know if you need to stop taking any before surgery. 



healthy meals

IN A HURRY



Joslin Diabetes Center

By Melinda Maryniuk, MEd, RD, CDE

When your child has diabetes, you know how important nutritious meals are. If your child takes insulin, timing of meals and snacks can play a role in his diabetes control, as well. Luckily, it's possible to fix fast and healthy meals that taste good and that are easy on your wallet.

It's 6 p.m. and you're already late to pick up the kids. You haven't even started thinking about dinner yet and the refrigerator is empty. What do you do?

- 1 **The typical.** Speed-dial your favorite pizza place.
- 2 **The usual.** The fried chicken drive-thru is just two blocks from your kid's after-school program.
- 3 **The fall-back.** Dig out some boxes of macaroni and cheese from the back of the cupboard.
- 4 **The desperate.** Pull up to the local diner or food court at the mall. Then you deal with the guilt: portions are too large, food is too greasy and the prices are too high.

The answer? Slow down. Take a deep breath and think for a minute. Read on for some healthier options for you and your family.



“Knowing my A1C levels keeps me ahead of the game.”

—Alana Burns
Power Forward,
type 1 diabetes



Bayer's A1CNow® SELF-CHECK

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Small Changes, Big Rewards

A 1% point reduction in A1C could reduce complications by up to 40%!

1 Association of glycaemia with macrovascular and microvascular complications of type 2 diabetes (UKPDS 35): prospective observational study BMJ 2000;321:405-412.

 simplewins.com

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1 PRONTO PIZZA

Can pizza really be good for you? Yes, if you make it yourself. Save money and get a really fresh and healthy pizza by making it in your own kitchen. By using prepackaged whole-wheat pizza crusts or pre-made dough, all you have to do is layer on the toppings. Start with a store-bought pizza sauce. Then, get the kids to pitch in and have them include at least one fruit or vegetable, such as green and red peppers, broccoli, baby spinach or pineapple to boost the nutritional value. Make a game out of how many different colored toppings they can add. Top with shredded skim-milk mozzarella cheese and bake.



2 QUICK-FIX CHIX

The prepared foods section of the supermarket offers many healthful choices if you look carefully. Start with a pre-cooked rotisserie chicken. But you don't have to eat it in the traditional Sunday-roast-chicken-dinner style. There are a lot of ways to change it up. Try one of these three options:

1. Get the kids to help by pulling off all the meat in shreds and adding some bottled BBQ sauce. Heat and serve on a whole grain bun for a tasty BBQ chicken sandwich.
2. While you're in the supermarket, buy a salad-in-a-bag or grab some greens from the salad bar and put sliced chicken pieces on top.
3. Make chicken burritos using a whole grain tortilla, some black beans and the pre-cooked chicken. Top with reduced-fat cheese, lettuce, tomato and some spicy salsa.

3 PASTA 1-2-3

Macaroni and cheese straight from the box is fast, but the downside is that it's high in sodium and often is high in fat. If you have time to boil the water for the macaroni, you have time to mix in some different toppings for a healthier quick-fix meal. Just follow this 1-2-3 guide for the most nutritional value.

1. Start with some cooked pasta (try one of the newer, whole-grain pastas).
2. Next, stir in vegetables. If you have a few minutes, lightly steam some broccoli, green peppers or cut green beans. No time? Toss in a few handfuls of baby spinach and sliced grape tomatoes. The heat of the pasta will wilt the veggies.
3. Top with some lean protein, such as grated low-fat cheese, chunks of chicken or turkey breast, or a can of chick peas, black beans or pinto beans. Or, stir in some low-fat cottage cheese for a creamy pasta dish.

4 TIPS FOR EATING OUT MORE HEALTHFULLY

1. Before heading out to eat, let the family know you expect them to make healthy choices
2. Choose healthy restaurants that offer a wide variety of foods, including salads and vegetables.
3. Bigger is not always better, even if the price is right. Meals can often be shared, or at least split into two, with half taken home for a meal the next day.
4. Even if you don't see it on the menu, ask if you can get low-fat milk, low calorie salad dressings or a dessert of fresh fruit. Have the bread basket removed if it just tempts you with extra carbohydrates or calories. 

MAY I HAVE THIS

dance?

By Martha Funnell, MS, RN, CDE

By now, everyone with diabetes (and pretty much everyone else) knows that exercise is good for your health. There are many benefits to being active. Exercise improves your physical health, your appearance and your emotional health. Yet, in spite of all of the information out there about activity, most Americans still do not exercise.

When you read about ways to become more active, one of the common tips is to find something you enjoy doing. That makes sense. But some people have a hard time thinking of anything they might enjoy. It may be that exercise brings back a lot of negative feelings for people—feeling clumsy or left out because they were not as skilled as their friends, being chosen last for the team or remembering how gym class was the worst part of the day. If you find yourself in the same boat, instead of trying to think of an exercise you might enjoy, come up with something you enjoy doing that would also help you to be more active.

Some people find that because they like to dance, it is a good physical activity for them. And it just might be a good program for you, too.

DANCING IS GOOD FOR YOUR HEALTH

Dancing as a form of exercise has the same benefits as other aerobic activities, and you burn a similar amount of calories. But, for many people, unlike jogging or riding a stationary bike, dancing works because it does not feel like exercise. Instead, it is a reminder of good music, good times and good friends.

Just like other types of exercise, dancing helps to:

- improve your heart and blood vessel health
- increase flexibility and balance
- tone your muscles, including your core muscles
- relieve stress and prevent depression
- help prevent osteoarthritis
- lower your risk for Alzheimer's disease

DANCING IS FUN

Because dancing is often a social activity, you may want to take a class that uses dancing as exercise. There are classes at all levels, and you do not need a partner. In many places, there are classes that offer different types of music and dances, including those that reflect faith and culture. You can try different kinds of dance, such as ballroom, salsa, folk or line dancing until you find one that suits you.

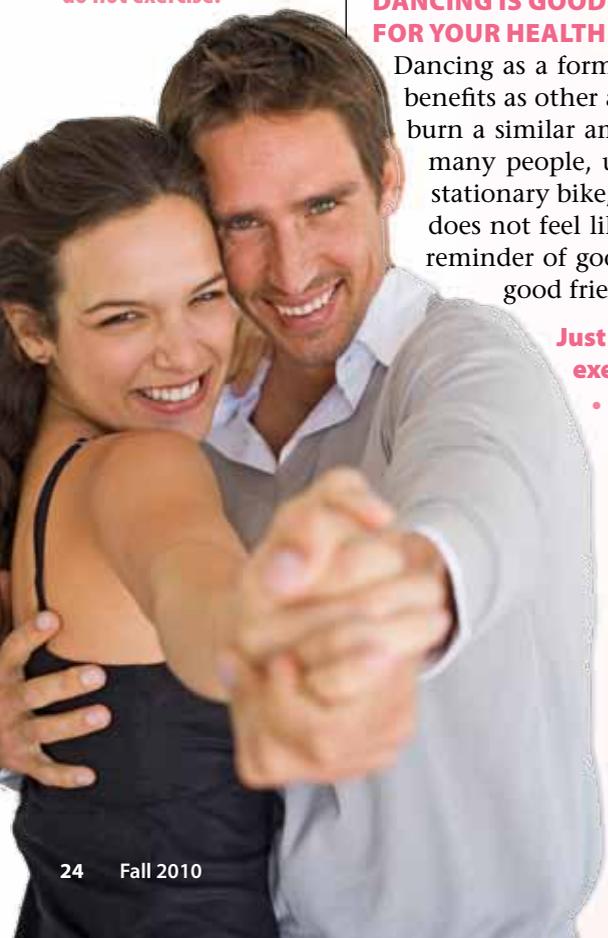
Or, if you're feeling a little like a wallflower, create your own dance program at home using all of your favorite songs. One of the benefits of dancing at home is you don't have to worry about your skill as a dancer. You can just close the shades, put on some music and get moving.

If you decide to start your own dancing workout, you will get more benefit if you use the usual guidelines for creating an exercise program: Start each session by warming up slowly, work up to your target heart rate and then cool down and stretch at the end of your session.

Choose music that matches each phase of the workout. Start with slow but uplifting music to begin. In the middle part of your workout, music with a strong beat will help you get your heart pumping and keep you energized. Finish with soothing music to help you cool down and relax. If you're not sure how to get started with your own dance program, check out the many dance DVDs and CDs on the Internet that you can buy to match the music and type of dancing you enjoy. Or visit your local library and see what they have to offer.

LET'S DANCE!

The best exercise for your health and diabetes is the one you will do. Many people find that because dancing is fun and helps them feel better, it is the one exercise that really works for them. So put on your dancing shoes and go for it. 



peer partners

FOR DIABETES CARE

By Martha Funnell, MS, RN, CDE

As you know, your health care team can do a lot to help you manage your diabetes. But research shows working with others who have diabetes, or your peers, also can help with your self-care efforts.

A peer is a person who is similar to you. Although peers may have other things in common with you, peer programs for diabetes usually are led by someone who has diabetes or has lived with someone with diabetes; for example, as a spouse or parent.

BENEFITS OF PEERS

There are a variety of programs led by peers with diabetes. Those programs help people with diabetes feel more confident in their ability to care for their diabetes and improve their health. They work because it is helpful to hear from other people who share your problems and concerns and have done well with them. The support of peers can help you reach your goals and can be a source of practical ideas for ways to cope with diabetes.

FINDING PEERS

A good place to start is with your health care team. Your diabetes educator, Walgreens pharmacist or health care provider may know of peer programs in your area. You also can go online to check out programs in your area or locate Internet-based groups.

There are programs just for people with diabetes and some that are meant for people with different chronic diseases. Some are free, while others charge a small fee.

Leaders may have diabetes themselves and have training in leading a group. They also may be

community health workers or lay health workers who have been trained about diabetes and group leadership but may not have diabetes. Some peer programs offer group sessions, while others team up pairs of people with diabetes who work with each other. Meeting with a partner gives you the chance to receive and give support.

Once you find a peer program, find out if this program will meet your needs by asking the questions listed on the side of the page.

The support of peers can help you reach your goals and can be a source of practical ideas for ways to cope with diabetes.

BECOMING A PEER LEADER

If there are no peer programs in your area, you may want to consider becoming a peer leader. Once again, your health care team is a good place to start. Ask if they know of others with diabetes who would like to take part in this type of program or if they know of training programs you could take. The training will give you skills you can use in other areas of your life and also may help you better care for yourself.

Even if you are not able to find a peer program, let your health care team know you are willing to partner with someone else who has diabetes. If you go to a support group led by a health professional, ask others in the group if they would like to talk about diabetes outside of the group, or ask the leader to bring it up to the entire group. Those who are interested can sign up to be a peer.

It helps to talk with someone who has the same problems as you. A peer can help you better understand and cope with your own struggles or concerns. Once you connect with a peer, you can benefit and help someone else on his or her diabetes journey. 

8

questions to ask about a peer program

1

What is the main purpose of the group?

2

Who are the people who will attend?

3

Are family members invited?

4

Is education about the clinical care of diabetes included?

5

What training does the peer leader have?

6

Are health professionals involved in the sessions?

7

What is expected of group members?

8

Is the group free or is there a fee?

delicious desserts

Cherry Berry Pie Cups

- 1 package refrigerated pie crust
- 1 (20-ounce) can no-sugar added cherry pie filling
- ¼ cup SPLENDA® Granulated Sweetener
- 1 pint fresh raspberries
- Light whipped topping, for garnish

1. Preheat the oven to 425°F. Place one pie crust on a cutting board or flat surface and roll out lightly to an 11-inch diameter. Using a 4-inch round cutter, cut out six rounds. Set scraps aside. Repeat with the second pie crust.
2. Lightly press the pastry rounds into 12 muffin cups, pressing into the bottom and up the sides. Set aside.
3. In a medium bowl, mix together the cherry pie filling and the sweetener. Gently fold in the raspberries. Spoon about 3 tablespoons of the filling into each crust-lined cup.
4. Make leaf designs from the scraps and prop into filling.
5. Bake for 17 to 19 minutes, or until the edges are golden brown and the filling is bubbly.
6. Let cool slightly and serve warm or cool. Garnish each pie cup with a dollop of whipped topping.

NUTRITION INFORMATION

Per serving:

135 calories; 7 g fat (2.5 g sat fat); 5 mg cholesterol; 18 g carbohydrates; 1 g protein; 1 g fiber; 150 mg sodium; 12 g sugars.

Dietary exchanges:

1 starch, 1 fat, ½ fruit

Serves 12

Better-For-You Chocolate Chip Cookies

1	cup all-purpose flour	¼	cup SPLENDA® Granulated Sweetener
½	cup white whole wheat or whole wheat pastry flour	1½	teaspoons vanilla extract
¾	teaspoon baking soda	1	large egg
⅓	cup butter, softened	½	cup mini chocolate chips
¼	cup packed dark brown sugar	¼	cup chopped pecans or walnuts
¼	cup granulated sugar		



Lime Cheesecake “Cupcakes”

¾	cup graham cracker crumbs	8	ounces light tub-style cream cheese
2	tablespoons margarine or butter, melted	3	tablespoons cornstarch
2	tablespoons plus ¾ cup SPLENDA® Granulated Sweetener, divided	2	tablespoons Key lime juice (from 3 to 4 Key limes)
1½	cups low-fat cottage cheese		Zest of 2 Key limes or 1 Persian lime
		1	teaspoon vanilla extract
		1	large egg
		1	large egg white

Serves 12

1. Preheat the oven to 325°F. Coat a 12-cup muffin tin with nonstick baking spray.

2. In a medium bowl, mix together the graham cracker crumbs, margarine and 2 tablespoons of the sweetener until well combined.

3. Sprinkle a heaping tablespoon of crust mixture into each muffin cup. Press gently to form a crust on the bottom of each cup. Set aside.

4. Using a food processor, blend the cottage cheese until very smooth and creamy. Spoon the cottage cheese into a large bowl. Add the cream cheese, the remaining ¾ cup sweetener, the cornstarch, lime juice, zest and vanilla and beat with an electric mixer until creamy. Add the egg and the egg white and beat until just blended.

5. Spoon ¼ cup of cheesecake filling into each muffin cup.

6. Bake for 18 to 20 minutes, or until the cheesecakes are set but centers jiggle slightly. Cool to room temperature. Chill in the refrigerator until firm, at least 2 hours.

NUTRITION INFORMATION Per serving:

140 calories; 7 g fat (4 g sat fat); 35 mg cholesterol; 12 g carbohydrates; 7 g protein; 0 g fiber; 270 mg sodium; 6 g sugars.

Dietary exchanges:

1 lean meat, 1 carbohydrate, ½ fat





1. Preheat the oven to 375°F. Spray a cookie sheet with nonstick cooking spray.

2. In a small bowl, combine the all-purpose flour, white whole wheat flour and baking soda.

3. In a large bowl, with an electric mixer, beat the butter, sugars and sweetener until very light and creamy. Beat in the vanilla and egg. Add the flour mixture and beat just until blended. Stir in the chocolate chips and nuts.

4. Drop the dough by level tablespoons onto a baking sheet 2 inches apart. Flatten the cookies by pressing down on the dough with a spatula or the bottom of a glass.

5. Bake for 7 to 9 minutes, or until lightly browned and set. Cool on the baking sheet until firm. Remove to wire racks to finish cooling.

NUTRITION INFORMATION Per serving (1 cookie):
80 calories; 4.5 g fat (1 g sat fat); 20 mg cholesterol;
10 g carbohydrates; 1 g protein; 1 g fiber; 75 mg sodium;
4 g sugars.

Dietary exchanges: ½ carbohydrate, 1 fat

Makes 30 cookies

Peanut Butter Mousse

- | | | | |
|---|----------------------------------------------------------|-------------------------------------------|----------------------------------|
| ½ | cup low-fat smooth peanut butter | ½ | cup SLENDA® Granulated Sweetener |
| 4 | ounces light tub-style cream cheese, at room temperature | ¼ | cup low-fat milk |
| 4 | ounces fat-free cream cheese, at room temperature | ½ | teaspoon vanilla extract |
| | 1 | 8-ounce tub light whipped topping, thawed | |

1. In a large bowl using an electric mixer, beat the peanut butter and cream cheeses. Add the sweetener, milk and vanilla.
2. Beat until smooth.
3. Gently fold in the whipped topping in three additions.
4. Portion into eight serving dishes. Chill for at least 30 minutes, or until ready to serve.

**This is extra decadent when topped with a drizzle of reduced-sugar chocolate syrup and/or a single chocolate wafer cookie.*



Serves 8

NUTRITION INFORMATION Per serving (½ cup):
190 calories; 10 g fat (5 g sat fat); 5 mg cholesterol;
15 g carbohydrates; 8 g protein; 1 g fiber;
210 mg sodium, 6 g sugars.

Dietary exchanges:
1 carbohydrate, 2 fats



Recipes adapted from
Eat What You Love,
by Marlene Koch
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YOUR dream DIABETES plan

If you want to build a new house, you could ask an expert to create one that is very sound. But it might not have what you need. Maybe you want everything on one floor or you want a kitchen of a certain size. But, if you partner with the builder and help make the plan, you are more likely to end up with just the house you want. Your house would reflect both your needs and what the expert knows about safe structures, lighting and plumbing. The same is true with your diabetes.

Because diabetes affects so much of your life and health, it helps to work with a provider to build your dream diabetes care plan.

PARTNER WITH YOUR HEALTH CARE PROVIDER

Partners work together to reach goals. In diabetes, your provider can offer you sound advice about how to treat diabetes. But it is up to you to tell him or her what you need to manage your diabetes, what problems you face and what you are willing and able to do.

A key to creating a partnership is respect. You need to respect the knowledge your provider has about diabetes and its care. At the same time, your provider needs to respect you as a person and what you know about yourself, your values, culture and goals.

By giving respect, health care givers show us they care. Respect also creates trust. Studies show that people who trust their providers' advice tend to have better outcomes. When people do not trust their health care providers, they have a harder time taking their advice. 

By Martha Funnell, MS, RN, CDE

CREATE A PARTNERSHIP. ASK YOURSELF:

- how involved you want to be in creating your plan.
- your blood glucose and other goals.
- how hard you are willing and able to work to reach those goals.
- the barriers you have faced in the past and face now in reaching those goals.
- what has worked for you in the past and is working well now.
- how much flexibility you need in your life.
- your fears, concerns and worries about diabetes and other things in your life that may affect how you care for your diabetes.

*** diabetes and other illnesses**

Diabetes differs from other illnesses in many ways. For example, you make many decisions throughout the day that affect how you feel today and may feel in the future. You need to manage your diabetes actively, and this may mean making changes in your daily habits and lifestyle. These differences also may affect how you work with your health care team. If you create a partnership with your providers, you can work together and build a diabetes plan that will provide a sound foundation for your health and your life.



IS IT worth it?

By Martha Funnell,
MS, RN, CDE

A new campaign by the National Diabetes Education Program (NDEP) has the following slogan: "Managing diabetes. It's not easy, but it's worth it." There is a lot of truth to that statement. There is no question diabetes is hard to deal with: There is a lot to do and lot of choices to make each and every day. Many people use words like *burden*, *struggle* and *challenge* to describe their daily lives with diabetes.

But the second part of this slogan is also food for thought. One of the most important things people with diabetes need to decide is whether the benefit they receive is worth all the work they do to care for their diabetes. Making that decision makes it easier to face choices throughout the day.

WHAT IS IT WORTH TO ME TODAY?

When you have diabetes, you often hear a lot of dos and don'ts about how to manage it. But actually there are no rules, just choices and consequences. Every choice you make has a consequence. One way to decide if the choice you made worked in your best interest is to look at the results. Then you can compare the results with the choices and decide if it was worth it to you.

This works whether the outcomes are positive or negative. If you make the choice to skip dessert to keep your blood glucose level on target, ask yourself if not having the pleasure of something you enjoy or of feeling deprived was worth it. If you decide to have the dessert, ask yourself if the pleasure was worth the calories.

This is not a trick question, and there is no right or wrong answer. One of the truths about deciding whether something is worth the effort is that no one gets to decide for you. After all, you are the one doing the work, making the sacrifices and the changes in how you live your life.

WHAT IS IT WORTH TO ME IN THE FUTURE?

A reason to care for diabetes for many people is to prevent future problems. They understand that by keeping their blood glucose, blood pressure and cholesterol on target they are lowering their risks. As you think about whether the choices you make are worth the results, you also need to consider the future outcomes of your decisions.

Thinking about future outcomes is always harder than

thinking about what happens right now. If you only think about the future, it is harder to stay motivated. Deciding whether it was worth it to you today as you work toward your future goal is one way to think about it. And that can help you stay faithful to your plan.

Some people find that it helps to have something positive to say to themselves when the future benefits seem too far off. For example, "I decided to skip dessert today, and although I felt a little sorry for myself, I know that this choice will help keep me on track for a healthier future. I am proud of my choice today, so it was worth it to me."

IS IT WORTH IT AT ALL?

One of the benefits of deciding if something is worth it, is that it helps you evaluate things you do without feeling guilty or as though you cheated. There is no such thing as cheating in diabetes. You make choices, evaluate the results and make decisions about the wisdom of your choices in terms of your own targets and goals.

Another benefit is it helps you plan ahead for the next time. You may decide the results were worth the choice you made. Or you may decide they weren't worth it. But either way, next time you'll be able to make a more informed choice based on your experience and your thoughts about it.

Managing diabetes is not easy. But it is worth it for your health and peace of mind today and in the future. 

Visit the NDEP at
yourdiabetesinfo.org

There are no rules in diabetes, just choices and consequences.





shake OFF THE salt

By Amy Campbell, MS, RD, CDE

Has your health care provider or dietitian told you to cut back on your sodium intake? If so, you're not alone. According to the Centers for Disease Control and Prevention (CDC), most Americans eat more than twice as much sodium as is recommended.

WHAT IS SODIUM?

Sodium is a mineral the body needs in order to keep all the fluids in the body in the right amounts. We also need sodium for proper nerve and muscle function.

WHY IS TOO MUCH SODIUM HARMFUL?

Too much sodium can increase your risk for getting high blood pressure, which is a major risk factor for heart disease and stroke. People with diabetes are more likely to have high blood pressure and heart disease than people without diabetes, so cutting back on sodium is a good idea.

HOW MUCH SODIUM SHOULD I EAT?

The Dietary Guidelines for Americans recommend no more than 2,300 mg of sodium each day. That's

what about salt substitutes?

When you first cut back on sodium in your eating plan, you might find foods taste bland. For this reason, many people use what are called salt substitutes. Those include a variety of seasonings, some that still contain sodium and others that are a blend of spices and herbs such as:

* **"Lite" salt.** A type of salt substitute that still contains sodium, but less of it. The amount of sodium in these products can vary by brand, so be sure to read the label to see how much sodium is in these products. Other ingredients in lite salts may include potassium, magnesium and fillers, such as silicate and dextrose.

* **"No salt" or "sodium-free" substitutes.** Those contain potassium instead of sodium. Potassium is a mineral that, like sodium is needed to maintain fluid balance in the body and help muscles, including the heart, work properly. It also helps to control blood pressure. However, too much potassium can be harmful—especially for people with kidney disease and those who take certain medicines, such as ACE inhibitors and some diuretics. Always check with your health care provider before using salt substitutes that contain potassium.

* **Sodium-free spice and herb blends.** Using spices, such as black pepper and chili powder, or herbs, such as basil and oregano, is a great way to add zest and flavor to foods without adding sodium. Individual spices and herbs are available, as are ready-made blends. Always check the label of seasonings because some do contain salt.

the amount of sodium in 1 teaspoon of salt. But some people may need to take in even less than 2,300 mg of sodium daily. For example, people who have high blood pressure, congestive heart failure or kidney disease may need far less, such as 1,500 mg of sodium daily. Check with your health care provider about the amount of sodium that's best for you.

IS SEA SALT OR KOSHER SALT LOWER IN SODIUM THAN REGULAR SALT?

Sea salt is made by evaporating sea water, while regular salt is mined from the ground. Sea salt may contain other minerals, too. Table salt often has iodine added to it. Kosher

salt may come from either the sea or from underground. It gets its name because it's used in kosher food processing. Table salt is much finer than sea or kosher salt, so a teaspoon of this kind of salt contains a little more sodium than sea or kosher salt. But keep in mind that sea and kosher salts are still high in sodium.

WILL FOODS STILL TASTE GOOD WITHOUT SALT?

You may not need to stop using salt altogether unless your provider wants you to follow a very low-sodium diet. But, as you use less sodium in your eating plan, you'll find your taste or craving for sodium may soon go away. In fact, foods you used to eat may begin to seem too salty for you. Try different spices, herbs and other seasonings, such as garlic, lemon juice and vinegar. Pretty soon, you may not even know where your salt shaker is. 

Most Americans eat more than twice as much sodium as is recommended.

where is sodium found?

Sodium comes from three main sources:

- 1** processed foods, such as canned soups and vegetables, frozen dinners and luncheon meats
- 2** condiments, including table salt, soy sauce, catsup, salad dressings and steak sauce
- 3** natural food sources, including milk, meat, poultry and vegetables



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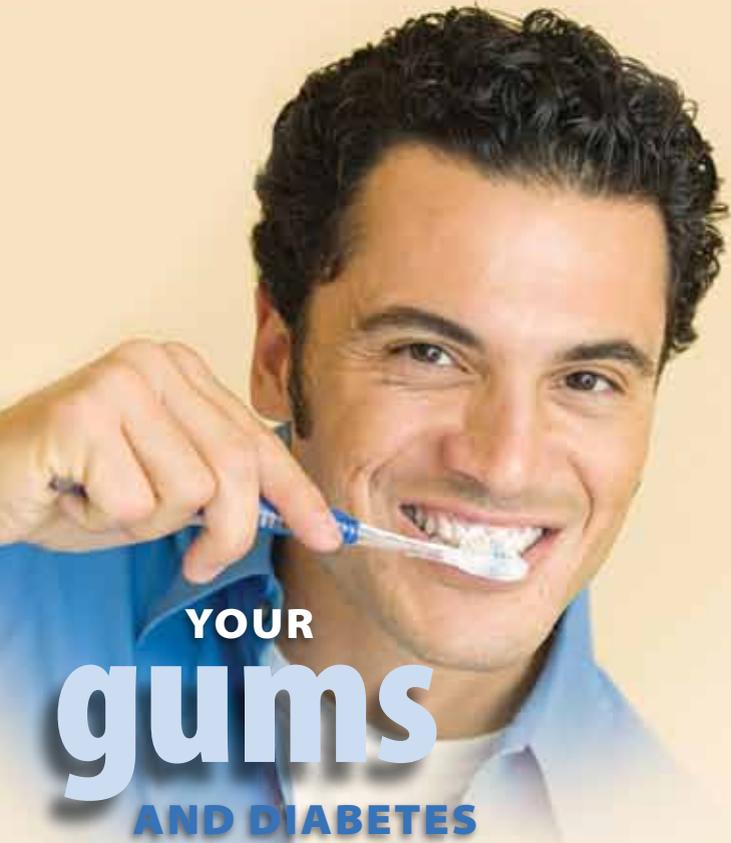
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YOUR gums AND DIABETES

By Martha Funnell, MS, RN, CDE

When teeth appear to get longer, it is a sign of gum disease. So the expression you may have heard, “getting long in the tooth,” which usually refers to getting older, can actually apply to people of all ages.

TAKE ACTION AGAINST GUM DISEASE

The good news is that there are some steps you can take to lower your risk for gum disease:

1. See your dentist at least every six months to have your teeth cleaned and checked.
2. Brush your teeth after every meal and floss at least once a day. Brushing and flossing help to get rid of bacteria that can cause gum disease.
3. If you wear dentures, you still need to keep your gums clean and healthy. Brush your dentures and rinse your mouth after every meal.
4. If you have gum disease, you may be referred to a periodontist (a dentist who specializes in gum disease).

WHAT IS GUM DISEASE?

Gum, or periodontal, diseases include gingivitis and periodontitis. Those are serious infections that can lead to tooth loss if not treated. Periodontal disease is a chronic infection that affects the gums and the bone that supports the teeth. It can affect one tooth or many. It begins when the bacteria in plaque causes the gums to become inflamed.

* Gingivitis

Gingivitis is the mildest form of periodontal disease. It causes the gums to become red, swollen and to bleed easily. There is usually little or no pain. Gingivitis often is caused by not brushing and flossing often enough or well enough. It can be treated with dental care and better brushing and flossing.

* Periodontitis

Untreated gingivitis can lead to periodontitis. Over time, plaque can spread and grow under the gum line. Toxins produced by the bacteria in plaque irritate the gums. The toxins cause an inflammatory response, which can cause the tissues and bone that support the teeth to break down. Gums separate from the teeth, forming pockets or spaces between the teeth and gums. Then those spaces become infected. As the disease gets worse, the pockets deepen and more gum tissue and bone are destroyed. Eventually, teeth can become loose and may have to be pulled.

Periodontal disease can often be treated with antibiotics prescribed by your dentist or health care professional. In order for them to work, you need to take them exactly as they are prescribed.

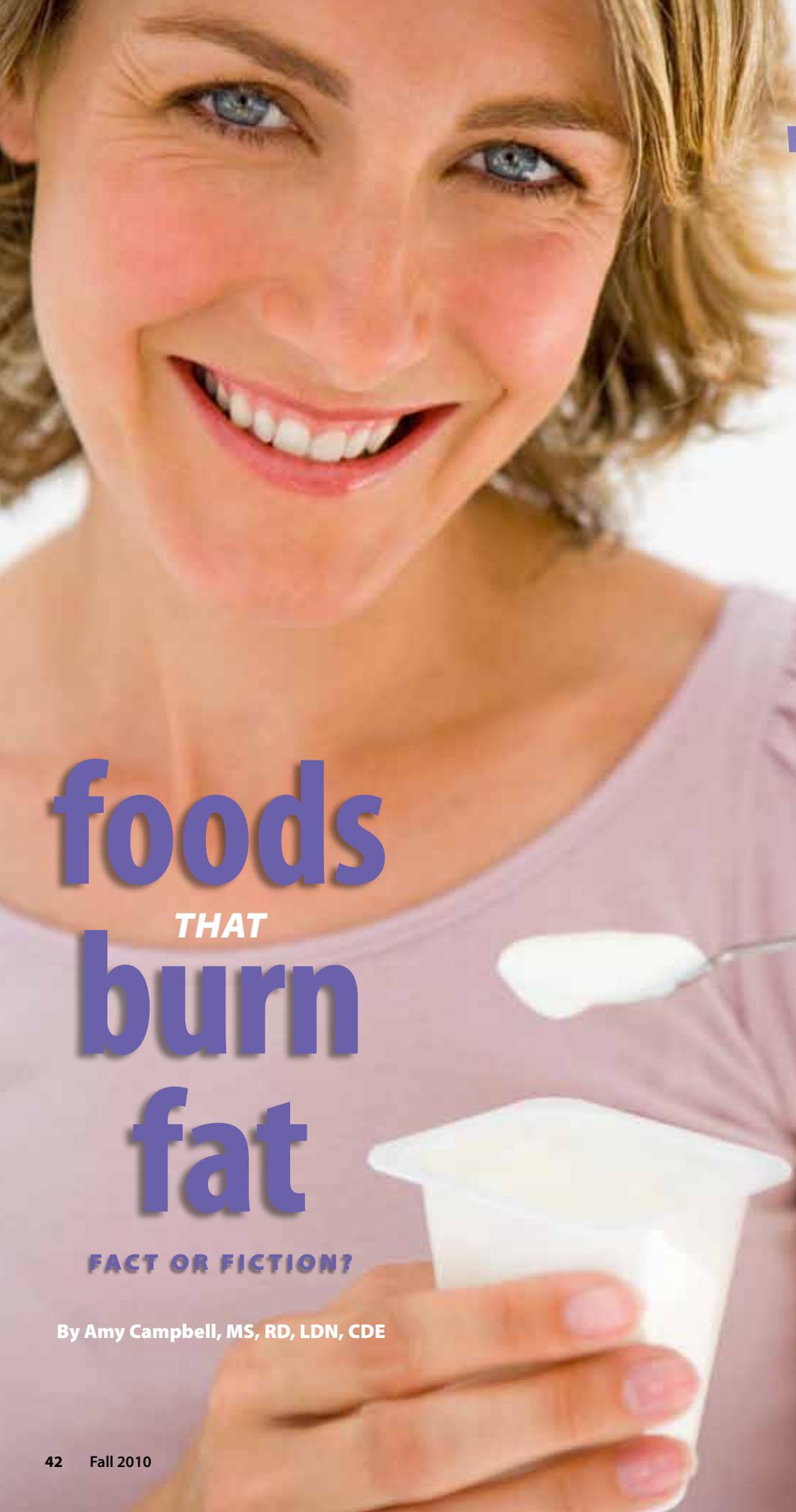
Studies have shown that having gum disease also can affect your blood glucose levels and your long-term health.

what can happen as a result of gum disease?

Gum disease can increase insulin resistance, which makes it harder for medicines to lower your blood glucose level. Weight loss and exercise can help lower insulin resistance, but gum disease may mean your hard work will not help as much as it could.

Gum disease can also make it harder for people with diabetes to manage their blood glucose. One study showed that people with gum disease and type 2 diabetes are four times more likely to have higher blood glucose levels. Over time, this can lead to long-term diabetes complications such as kidney and heart diseases. 

Your teeth are important for both your smile and for your long-term good health—especially if you have diabetes. Take care of your teeth so they can last a lifetime.



foods THAT burn fat

FACT OR FICTION?

By Amy Campbell, MS, RD, LDN, CDE

"If you lost a little bit of weight, your diabetes would be better." How many times have you heard these words from your health care provider? Part of the advice given to people with type 2 diabetes is to eat right, exercise more and lose weight. But we know it's often easier said than done. Losing weight is possible, but it is hard work. Wouldn't it be great if you could eat certain foods and the pounds would just melt away? Do any foods really burn fat or help with weight loss? Let's take a look at foods that have been called "fat burners" so you can decide if they really are—or aren't.

* Dairy foods

Can eating cheese and yogurt and drinking milk help you shed pounds without having to slash your calorie intake? A study sponsored by the National Dairy Council and published in 2004 showed that a group of overweight adults who consumed 1,200–1,300 mg of calcium from milk, cheese and yogurt lost more weight than another group who got calcium from supplements and a third group who had a low intake of both dairy foods and calcium. But other studies have not shown the same effect.

Bottom line:

Eating one serving (8 ounces of milk, yogurt or nonfat or low-fat dairy foods) three times daily as part of a lower-calorie eating plan may enhance weight loss.



*** Apples and pears**

Eating at least three small apples or pears every day may help you lose weight, based on findings from a Brazilian study. In this study, overweight women who ate three apples or pears every day as part of a lower-calorie diet lost more weight and had a greater drop in blood glucose than women who didn't eat apples or pears. The "apple/pear eaters" took in fewer calories, probably due to the fiber content of the fruit.

Bottom line:

As the saying goes, "an apple a day keeps the doctor away." Foods high in fiber, such as fresh fruit, may promote weight loss because they can help fill you up so you eat less.

*** Eggs**

Eggs have been called "nature's perfect food."

Eggs offer protein, B vitamins, and vitamins A, D and E, along with other nutrients that we need for good health. Several studies have shown that eating eggs can be helpful if you are trying to lose weight. Eggs provide high-quality protein, which can prevent the loss of lean body mass, or muscle. Eggs also can help you feel full so you eat less. In fact, a recent study showed that eating eggs for breakfast



helped people cut their daily caloric intake by up to 18 percent and helped them lose 65% more weight than another group of people who ate bagels for breakfast.

Bottom line:

Eggs contain cholesterol (actually, only the yolk has cholesterol) but they can still be part of a heart-healthy eating plan. It's really saturated fat that raises blood cholesterol the most, not the cholesterol found in food. And egg whites have no cholesterol at all, just protein. One egg contains only 70 calories, 5 grams of fat and no carbohydrates, and may help you to eat less and lose weight.

*** Apple cider vinegar**

Vinegar's roots as a folk remedy date back to 400 B.C.E. It is said it helps treat many health issues, such as arthritis, warts, sunburn, urinary tract infections, ulcers, hiccups and, of course, being overweight. Not surprisingly, there is an "apple cider vinegar diet" where you drink apple cider vinegar before each meal. Does drinking vinegar help you lose weight? Animal studies have shown that vinegar can prevent fat buildup in the body. And in a Japanese study, obese people were given different amounts of vinegar or fake vinegar (placebo). The vinegar-drinkers had a lower body weight, body mass index and waist size at the end of the study.

Bottom line:

Adding vinegar to your meal plan (as a salad dressing or a marinade, for example) may or may not help you lose weight. However, vinegar has no calories, no carbohydrates and no fat, so it's a good food seasoning. And because it's an acid, vinegar can help slow the rise in blood glucose after eating. Taking a teaspoon in a glass of water at bedtime may result in lower morning blood glucose levels. But use vinegar carefully, as eating too much may irritate your mouth, throat or stomach.

*** Oatmeal**

Eating a bowl of oatmeal may not only help you lower your cholesterol, it may help you shed some pounds, too. Oatmeal is high in a type of fiber called soluble fiber. Soluble fiber helps to lower blood cholesterol and blood glucose. It also slows the rate at which food leaves your stomach, so that you're less likely to be hungry. And when you're not hungry, you usually end up eating less.

Bottom line:

Try including oatmeal in your eating plan at least several times a week. Not a big fan of oatmeal? You can get soluble fiber from other foods, too, including dried beans and peas, barley, and oranges and apples.



*** Hot peppers**

Jalapeño, Scotch bonnet, cayenne and chili are types of hot peppers. They get their heat from a substance called capsaicin. Capsaicin sometimes is used in ointment form to help relieve pain. Some studies show that it can also help speed up your metabolism, or the rate at which you burn calories. In fact, spicy foods in general may help you burn more calories by making you feel fuller. One study showed that men who seasoned their food with hot sauce ate 200 fewer calories than men who didn't use hot sauce.

Bottom line:

If you can take the heat, stock up on hot peppers, hot sauce, red pepper flakes and other spicy foods. Go easy, though, if you suffer from heartburn or ulcers.



Food, in general, doesn't "burn" fat. But, the foods mentioned above may make it easier for you to lose weight—and keep it off. If you need more help or have other questions, ask for a referral to a dietitian who can help you fit higher-fiber, higher-protein foods into your eating plan. 

**tips for
boosting
the fiber
content
of snacks
include:**

- leaving the skin on fruits and vegetables whenever possible.
- adding low-fat granola or a high-fiber cereal and fresh fruit to low-fat yogurt.
- snacking on light-style popcorn.
- munching on raw vegetables with a low-fat dip, hummus or salsa.
- eating whole-grain, high-fiber crackers with low-fat cheese or peanut butter.

snack attack

TASTY TIPS FOR KIDS AND THEIR FAMILIES

By Judy Giusti, MS, RD, LDN, CDE



Joslin Diabetes Center

Snacks are an important part of a growing child's meal plan. They provide fuel for busy, energetic kids on the go. Since children have smaller appetites and a smaller stomach capacity, a planned snack helps provide nourishment and calories needed for growth and development throughout the day.

In addition, regular, scheduled snacks help to prevent low blood glucose on days when kids are more

active, including sporting events, gym period at school and unexpected activity. Parents and other family members can also benefit from eating healthy snacks and from setting a good example. The following are some tips for healthy snacking:

1 COUNT THOSE CARBS

Knowing your child's meal plan and how to count carbohydrates is the first step in figuring out what and

how much to plan for. Remember that one carbohydrate choice is equal to 15 grams of carbohydrates (carbs). Check with your dietitian or diabetes educator about the amount of carbs that is right for your child, as well as when and how to fit in snacks. Read the Nutrition Facts label on food packages or refer to a food counts book to find out how many carbohydrates are in your child's snacks.

2 CHOOSE HEALTHY SNACKS

Many snack foods tend to be high in calories, fat and sodium but low in important nutrients, such as fiber, vitamins and minerals. Make the most of your child's snacks by serving nutrient-rich foods, which provide a lot of nutrition without a lot of empty calories. Examples include fresh fruits and vegetables, yogurt, low-fat cheese and whole grain crackers. Day-to-day snacks for your child (and your family) should be as nutrient-rich as possible. Healthy snacks will help your child feel better and will give her more energy. And while most all foods can fit into a healthy meal plan, try to limit empty-calorie foods as much as possible. Empty-calorie foods include chips, candy, cookies, soft drinks or fruit-flavored drinks. Save those foods for infrequent treats or special occasions.

3 WEIGHT WATCHING

Snacking between meals can help to stave off the "I'm starving" feeling and prevent overeating at the next meal. If your child needs to watch his or her weight, lower-calorie snacks, such as vegetable slices, air-popped popcorn, sugar-free gelatin or a piece of fresh fruit, can help to fill up an empty tummy.

4 DON'T FORGET FIBER

Fiber is the part of plants that the body can't digest. Fiber is a type of carbohydrate, but because it is not digested or absorbed, it doesn't raise blood glucose and doesn't contribute any calories. Fiber has many benefits: It stays in the stomach longer, aids in digestion, gives a feeling of fullness and helps to slow the rise in blood glucose. Make sure your child has enough fiber in his or her diet. Fiber needs for children and adolescents are: Age + 5 grams over the age of 2. Adults require 20–35 grams of fiber a day, or 14 grams of fiber per 1,000 calories. Whole-grain breads and cereals, fruits and vegetables, dried beans, peas and lentils, as well as nuts and seeds are all good sources of fiber. Add fiber gradually, and make sure your child drinks plenty of fluids to prevent constipation.

snack ideas for a busy family:

- Banana or apple dipped in yogurt or spread with peanut butter
- Canned fruit packed in fruit juice or water
- Peanut butter crackers
- English muffin pizza: whole-wheat English muffin, tomato or pizza sauce with shredded cheese
- Low-fat cottage cheese with whole-grain crackers
- String cheese with saltines
 - Ants on a log: celery sticks with peanut butter and raisins on top
 - Edamame (green soybeans in the pod)
 - Trail mix
- Non-fat or low-fat yogurt, artificially sweetened
 - Raw vegetables (celery, carrots, broccoli, peppers or zucchini) with low-fat yogurt dip, hummus or low-fat ranch dressing
 - Baked tortilla chips with salsa or bean dip
 - Cup of vegetable or tomato soup with whole grain crackers or pretzels
 - Rice cakes spread with almond butter
 - Hard-boiled egg with melba toast
 - Sugar-free pudding
 - Fresh or dried fruit

5 KEEP WATER HANDY

Drinking plenty of water is a part of healthy snacking. Water is often called the forgotten nutrient; we tend to not drink enough of it yet it's essential for life. In fact, more than 75% of the body is made up of water. Staying hydrated is important for active kids and adults, especially in the summer heat. Encourage your child to drink plenty of water. Keep a pitcher of water handy in the refrigerator, and you can throw in some lemon or lime slices for flavor. Try flavored bottled or seltzer water. But always read the Nutrition Facts label to check for calories and carbohydrates, as some flavored waters contain added sugar. Go easy on fruit juices and sports drinks because these beverages tend to be high in both calories and carbohydrates.

6 SNACKS FOR SPECIAL EVENTS

Field days, athletic events, camp, vacations and family activities mean extra planning for snacks to prevent low blood glucose. The amount and type of snacks that your child needs on active days can vary, so work with your child's pediatrician or diabetes educator on how to best plan for these events. Make sure your child always carries treatment for low blood glucose (hypoglycemia), such as juice boxes, glucose gels or glucose tablets—especially during times of increased activity.

7 KEEP CHECKING

One of the best ways to see if your child is eating the right amount and types of snacks is to check his blood glucose (or ask your child to check). If your child is very active or takes up a sport, he or she may need to check her blood glucose more often than usual to prevent low blood glucose. Extra snacks and/or an adjustment in diabetes medicine may be needed, as well.

Snacking can be fun and good for your child. Remember that everyone in the family benefits from healthy snacking—not just the person with diabetes. 