

LIVING

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Without Limits®



inside



managing diabetes

LIVING
without limits® **FOR KIDS**

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CHOOSING HEALTHY FAST FOOD

Just because it is fast food, does not mean it is unhealthy. But, you may be wondering, “How is it even possible for fast food to be healthy?” Fortunately, nowadays, there are fast food options that are good for you!

Do Not Skip Meals

You might think it is better to put off eating until you have time to better plan a meal. But skipping meals can throw off your blood sugar levels and diabetes medications. Also, if you skip a meal, you might be more likely to overeat unhealthy foods later.

Pick the Right Place

When it comes to healthy choices, not all fast food restaurants are the same. Places that serve whole grains, organic fare, hormone-free meats and menus with lots of veggies and salads are better choices than those that feature deep-fried foods. Check out the restaurant’s menu and nutritional information online before going.

Ditch the Soda

Soda—even diet soda—contains caffeine, an ingredient that is known to boost energy levels quickly. But, too much caffeine boosts blood sugar levels and can cause you to be cranky, tired and feel ill. Soda also is loaded with sugar and lots of calories, which makes it a bad drink choice.

Drink More Water

Regular water, unlike soda or juices, will hydrate your body and help speed up your metabolism. In addition, drinking a big glass (or bottle) of water can help to remind your body when it is full. If you just can not get yourself to drink plain water, add a piece of lemon, lime or cucumber or put a tea bag in it.

How it is Cooked

Just by paying attention to how food is cooked can lead to a healthier you. A “baked” potato is better than French “fries.” A “grilled” chicken sandwich is a better choice than a “fried” one. Also, be mindful of the words that describe how a food is cooked. Foods described with words like “alfredo,” “breaded” or “crispy” are all poor choices.

On the Side

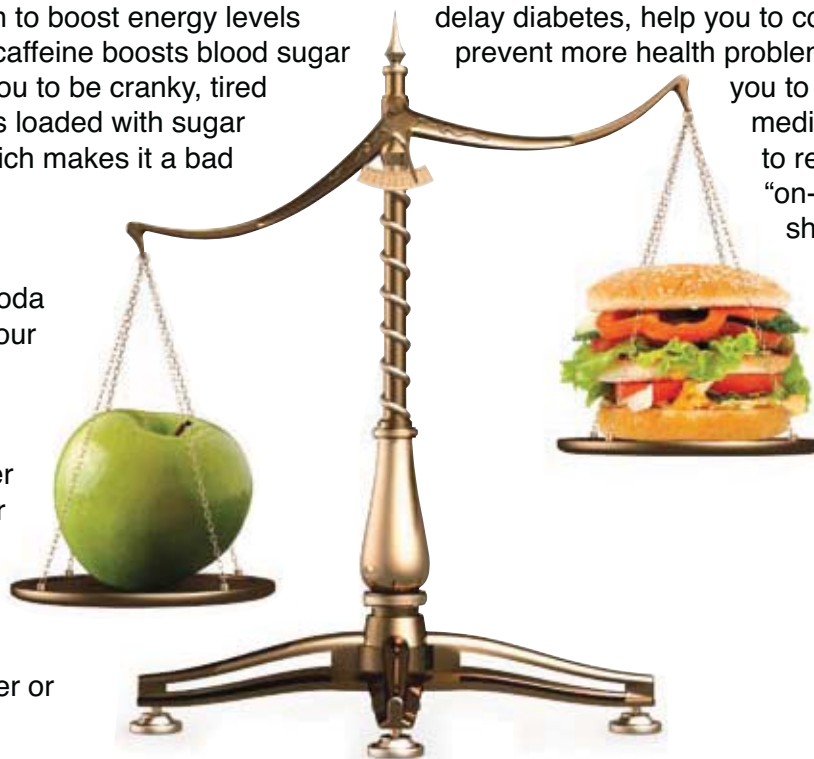
Do not be shy when asking for something special. Get less fat by passing on mayonnaise or ketchup. Ask for dressing on the side so you can control how much goes on your salad.

Downsize

Do not fall prey to marketing tricks that encourage you to “super-size” your meal. If you really want a deal, choose side dishes separately or choose your meals from the value menu.

Final Thought

What may seem like simple choices can add up big when it comes to your health. Eating healthier can delay diabetes, help you to control blood sugar levels, prevent more health problems and may even allow you to lower or go off of some medications. It is important to recognize that even those “on-the-go” meals can and should fit into a healthy diet plan.



CAMP CHANGES THE LIFE OF ONE TEEN, AND INSPIRES A CAREER

It is not easy when you are a teenager to be singled out by your peers as someone “different,” someone to avoid or even ridicule. But that is exactly how 27-year-old Ryan Martz felt when he was diagnosed with type 1 diabetes at the age of 13. Some of the kids who had been his friends refused to share a soda with him because they thought diabetes was contagious. Other kids called Ryan names like Diabetes Boy or Sugar-Free Boy. “Being diagnosed [with diabetes] was quite difficult for me,” remembers Ryan. “I did have some trouble growing up with it. Diabetes wasn’t that well known in the schools when I was diagnosed.”

Finding Support

Ryan had a particularly hard time making changes that other people would notice. He did not want to be seen taking injections or testing his blood sugar levels. “Even though I had great support from my family, nurses and doctors, I had this negative feeling [about the disease]. I went back to school with that negative feeling and outlook.”

Ryan’s mom took him to a support group in Orange County, Calif.—the PADRE Foundation (www.padrefoundation.org), or Pediatric Adolescent Diabetes Research and Education—where he heard about Camp Conrad-Chinnock (www.dys.org), a co-ed camp for kids with diabetes ages 7 to 17. Hesitant at first, Ryan did not go to camp that first year. “I was afraid that I wasn’t going to relate to anyone,” he remembers.

But the next year, as Ryan entered high school, he had a very mature insight. “I realized that if I were more open about the disease, if I had a more positive attitude, then the other kids around me would feed off of that and not go down on it,” he says.

An Awakening ... At Camp

After becoming a camp counselor, Ryan met a boy eight years younger—Ravean, then 11—who made a tremendous impression on Ryan. “I was admiring his attitude. I was still standoffish with things like an insulin pump because they were things that people could see and identify me as having diabetes.



Ravean was constantly saying, ‘Ryan, go on the pump. What are you scared of? I’m on the pump, you should try it,’” Ryan recalls. “Then, it just hit me. ‘Ravean is correct. Why am I afraid to go on this thing? I need to take ownership of this. This is who I am.’ Right then and there, instead of me being the counselor and kids looking up to me, I was looking at this kid and admiring him,” Ryan says.

The Work He Was Meant to Do

Today, in addition to being an avid snowboarder, Ryan is an Event and Program Coordinator at PADRE. Ryan, who is preparing to extend his career into commercial event management, helps the PADRE Foundation coordinate events designed to raise money to help find a cure for diabetes. He coordinates support groups, educational sessions, surfing and snowboarding camps and youth outings to places like Disneyland and Universal Studios. (For more details on upcoming outings, check out the PADRE Foundation’s website.)

The experiences with PADRE and camp have changed Ryan’s life. “It’s been really great to see other kids who were struggling like I was to finally realize this isn’t so bad. There are worse things out there,” beams Ryan. “If you can show kids early on that diabetes isn’t such a big thing and that they’re not alone, that motivates them to take care of themselves.”

Ryan, like many other campers, fully appreciates what Camp Conrad-Chinnock means to children with diabetes. “At camp, our motto is, ‘Camp until a cure is found.’ And until a cure is found, I have to do the work that I was meant to do.”

ASK THE EXPERT



dLife—For Your Diabetes Life is the largest community resource dedicated to empowering those with diabetes and the people who care for them. Through a partnership with Diabetes Shoppe®, dLife experts answer your questions about a variety of diabetes management issues.

Q: Are chest pains sometimes connected to high blood sugar levels?

A: Pain will impact the blood sugar levels. Chest pain, however, is an alarm. Please have it investigated immediately. Diabetes is a risk factor for heart disease. Signs and symptoms for heart attack or stroke are unique to women and men. Talk to your doctor about what to look for.

—**Susan L. Throop, RD, CDE, MA**

Q: What are the best ways to find a certified diabetes educator?

A: There are several ways to find a certified diabetes educator. You can sign onto the Web site of the American Association of Diabetes Educators (www.diabeteseducator.org); go to the link where you enter your local zip code, and it shows you a list of educators in your region. Or you can look for a local chapter of the American Association of Diabetes Educators in your phone book. Also, you can call a hospital in your area and ask if they have a certified diabetes educator on staff.

—**Janice Fisher, RD, LD, PhD, CDE, BC-ADM**

Q: My girlfriend has type 1 diabetes. She uses a pump and is worried that her infusion sets are contaminated. What can she do?

A: Clean the area thoroughly with an IV Prep solution to both clean and help with adherence. I recommend placing a new site right after showering. Infusion sets should be changed every three days (maximum). If there is redness, irritation, itching or history of infections or reduction in absorption, the site may need to be changed every other day, or even daily. While infections can occur, they are rare. Inform your doctor at the first sign of infection.

—**Anne Carroll, RN, CDE**

Susan L. Throop, RD, CDE, MA, is a registered dietitian and diabetes educator with over 15 years of experience.

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Get More Out of Your dLife: Visit dLife.com for diabetes news and information, recipes, support forums and much more. Tune into dLifeTV every Sunday evening on CNBC at 7 pm EST for more diabetes information, inspiration and connection. The show can also be seen on DIRECTV and DISH TV. Check your local listings or dLife.com for viewing schedules.

BUDGET-FRIENDLY WAYS TO MAKE LIFESTYLE CHANGES

You do not have to join an expensive weight-loss program or buy budget-busting exercise equipment to make changes that can improve your health. All you need is a little imagination and a lot of planning.

At-Home Exercise

As long as there is some weight and resistance, anything—from cans of soup to a backpack full of books—can be turned into a weight. Use household chores as exercise by putting a timer on and seeing how much you can accomplish in the time allotted. Vacuum with the music on. Even walking up and down stairs can be a great cardio workout—no equipment needed!

Use the Internet

Instead of buying diabetes cookbooks, search for specific ingredients, such as chicken, eggs and so forth on a website with diabetes-friendly recipes. You can find out a simple recipe that works with ingredients you already have in your kitchen. Similarly, there are websites that offer customized eating plans and nutritional information that can help you eat healthier. Many of these sites are free. You can find websites that offer plans for people with diabetes that have other dietary issues, like needing low-sodium meals or having specific food allergies. All it takes is a little searching.

Get Support

Announcing changes to your diet and exercise habits lets your friends and family know of your goals. If they know about these changes, they can give you encouragement. It will also make it easier to politely decline unhealthy meals, desserts or other bad habits. Plus, you may encourage someone else to make a healthy lifestyle change.

Water and Walking

Water is one of the healthiest (and cheapest) drinks there is. Ditch the bottled water, buy yourself a thermos and fill it with cold water from the tap or from a filtered water container. Then, start walking. You can walk anywhere—in a park, at the mall, to your mailbox. It is free and almost everyone can do it!

Fruits and Veggies

Fresh fruits and vegetables can be expensive if they are not in season. They also can go bad if they are not eaten right away. Canned fruit is high in sugar and canned vegetables have too much sodium. Instead, buy frozen fruits and vegetables. If you only like fresh fruits and veggies, try buying less and making plans to shop more often to avoid these foods going bad.

To add more veggies and fruits to your diet, try a variety of fruits. Some dietitians recommend “eating the rainbow,” which means to eat fruits and veggies of different colors. Add some greens to a morning omelet. Top a yogurt with blueberries for a snack. Swap a sweet potato for rice at dinner.

Fruit juices are not a great alternative to real fruits and vegetables since juices can contain a lot of sugar.

Final Thought

There are lots of changes you can make toward a healthy lifestyle without spending any money. Do not let money issues be an excuse to deter you from being healthy.



Q&A:

TIGHT CONTROL OF BLOOD SUGAR LEVELS

From the time of diagnosis, people with diabetes are bombarded with the fact that good control of blood sugar levels is necessary in order to properly care for their disease. But what does “tight control” of blood sugar levels mean, and is it the right course of action for you?

What does it mean to have tight control of blood sugar levels?

Although your doctor will give you a specific range in which you should keep your blood sugar levels, there is a set goal for tight control: A1c levels less than 7%. Your A1c is a measure of your average blood sugar levels over the last two to three months. On a daily basis, tight control means regularly measuring blood sugar levels between 70 and 130 mg/dL before meals, and less than 180 mg/dL two hours after starting a meal.

Why is it a good idea to practice tight control of my blood sugar levels?

High blood sugar levels increases the risk for medical complications. Having tight control of blood sugar levels lowers the risk for or slows the progression of some diabetes-related complications, like kidney disease, nerve disease and eye problems. People with tight blood sugar control also may feel better, be more energetic and may not require a strict schedule for meal times and exercise.

Should I get my blood sugar levels under tight control?

It may sound like tight control of blood sugar levels would be good for everyone, but it is not. In fact, having such strict control of your blood sugar levels can cause very low blood sugar levels (hypoglycemia). Tight blood sugar control also may cause a person to gain weight. The following people should not consider getting tight control of their levels:

- Children under the age of 13
- Seniors
- People who have had heart attacks or strokes
- People with end-stage kidney disease
- People with severe vision loss
- People who are very likely to become hypoglycemic

- People who have had serious hypoglycemic episodes
- People with a life expectancy of 10 years or less
- People who have a very hard time controlling their diabetes

Before you attempt to get tight control of your blood sugar levels, talk with your doctor to figure out if doing so is right for you.

How can I achieve tight control of my blood sugar levels?

Working with your doctor and pharmacist, you will set a plan and goals that are right for you. Generally, however, you may need to change medications and/or doses, you will need to test your blood sugar levels more often and you may need to change your diet and exercise habits. Regular exercise and a diet containing fruits, vegetables, low-fat and low-salt foods are helpful.

Is there any other information that I should be aware of regarding tight blood sugar control?

Remember, tight control is not for everyone. Speak with your doctor and pharmacist first before making any changes in your diet, exercise and daily testing schedule. Tight blood sugar control also means more visits to the doctor for check-ups and more testing supplies (which will be used more often). This can be costly. Finally, because tight control of blood sugar levels can trigger a hypoglycemic reaction, make sure that you and your loved ones are aware of its symptoms and have a plan to deal with a hypoglycemic reaction if it does happen.



WHAT YOU SHOULD KNOW ABOUT DIABETES AND HEART ATTACKS

People with diabetes can have high blood pressure and high cholesterol levels. There is a link between diabetes and heart attacks, so it is important that you know what that link is and how to stop it.

High blood pressure causes the heart to work harder to pump blood through the body. High cholesterol levels cause fats to build up in the bloodstream, making it harder for blood to flow easily. High blood sugar levels damage the heart and other organs. Taken together, these three conditions—high blood pressure, high cholesterol levels and high blood sugar levels—are the recipe for a heart attack. Knowing that the risk is there can help you to lower it.

Lowering Your Risk

There are several things you can do to reduce your risk for heart disease:

- Ask your doctor or pharmacist to tell you the correct range for your blood sugar levels, then do your best to keep your levels within that range.
- Check your blood pressure weekly. Because high blood pressure has no symptoms, you might not even realize you have it. Your doctor will check your blood pressure during office visits. However, you also may want to check it yourself at home. Your local pharmacy may also do blood pressure screenings.

- If you smoke, quit. If you have diabetes and smoke, you double your risk for getting heart disease.
- Keep your weight at a healthy level. If you are overweight, losing weight can help lower your blood pressure. It also may help lower your cholesterol levels.
- Cut back on red meat and processed foods. Instead, try whole grains, vegetables and fruits, which are high in vitamins and fiber and low in calories and fats. You may need to reduce your salt intake as well.
- Exercise. Together, diet and exercise can lower blood pressure and help you maintain control of your blood sugar levels. Exercise can be as simple as walking.
- Visit your doctor. He or she will give you a full examination, and prescribe medicine if necessary.

Final Thought

By controlling your blood sugar, blood pressure and cholesterol levels, the healthier your body will be. You will also lower your risk of health issues like a heart attack.



Taste of the Season

Cut Out & Keep ▶



Turkey Vegetable Pie

As seen on dLife.com

Makes 4 servings

Ingredients:

Cooking spray
1 tbsp margarine, 80% fat, unsalted
1½ cup fresh mushroom slices
1½ cup fresh broccoli florets
½ cup sliced carrots
½ cup fresh chopped green onion
1½ tbsp white all-purpose flour
2 tsp dry mustard
¼ tsp ground thyme
10 ½ fl. oz. low-fat, unsalted chicken broth
12 oz skinless, cooked turkey breast, chopped
¾ cup reduced-fat baking mix
1 egg white, beaten
½ cup fat-free milk
2 tsp Dijon mustard

Directions:

1. To prepare, coat a nonstick skillet with cooking spray; add margarine. Place over medium-high heat until margarine melts. Add mushrooms, broccoli, carrots and green onions. Cook 5 minutes or until vegetables are tender, stirring often.
2. Stir flour, dry mustard and thyme into broth; add to vegetable mixture. Cook, stirring frequently, 2-3 minutes or until mixture is bubbly. Stir in turkey. Spoon mixture into a 9-inch pie plate coated with cooking spray.
3. In a medium bowl, place baking mix. Combine egg white, skim milk and Dijon mustard, add to baking mix, stirring just until baking mix is moistened. Pour over turkey mixture.
4. Bake at 350 degrees F for 35 minutes or until golden.

Nutritional Facts: Per Serving

Calories: 279.2	Sugars: 4.4 g	Unsaturated Fat: 5 g
Total Carbs: 25 g	Total Fat: 6.2 g	Potassium: 1,725.1 mg
Dietary Fiber: 1.9 g	Saturated Fat: 1.2 g	Protein: 29.6 g
		Sodium: 450.9 mg

Dietary Exchanges:

1 Fat, 1¼ Starch, 1 Vegetable, 3 Very Lean Meat

For more healthy recipes, visit dLife.com

R E S O U R C E S

ONLINE AND LINKED IN: THE NEW DIABETES COMMUNITY



If you want to get tuned into all that is going on in the world of diabetes, the Internet is a great resource. In addition to general information and diabetes care tips, news articles, and scoops on the latest events and fundraisers, there are many ways to meet and socialize with other people who have diabetes.

Trusted Web Sites

Fortunately and unfortunately, anyone can post anything about any topic on the Internet. The good is that you can read first-hand accounts about how people are living with diabetes. The bad is that there is a lot of misinformation out there about the disease and its treatments. Make sure that you are visiting trusted diabetes sites to learn more about your diabetes. Good sources are:

- American Diabetes Association www.diabetes.org
- Diabetes Shoppe www.diabetes-shoppe.com
- National Diabetes Information Clearinghouse <http://diabetes.niddk.nih.gov/>
- WebMD Diabetes Health Center <http://diabetes.webmd.com>

Children

Thankfully, there are safe websites that kids with diabetes can use to play games or just to read more about how they can get involved in their care (and even find a cure!). Check out these sites with your kids:

- Juvenile Diabetes Research Foundation International: Kids Online Site <http://kids.jdrf.org>

- Juvenile Diabetes Research Foundation International: For Teens Pages http://www.jdrf.org/index.cfm?page_id=103445
- Children with Diabetes Online Community <http://www.childrenwithdiabetes.com>

Social Media

The Internet is very much about being an interactive “place” to learn and share. Social media is about “news” that comes from individual people—not organized media agencies. Popular sites, MySpace, Facebook and Twitter, are examples of social media sites. People are using these sites now to not only stay connected with friends and loved ones but to connect with other people that share their interests. Social media can allow people with diabetes to connect to others who share their daily challenges, allowing for patients, caregivers and even healthcare professionals to chat, share advice, and hear the latest news.

Final Thought

Remember that everything that you write online can be accessed by anyone. Imagine what you would and would not share with a stranger, and use that rule of thumb when communicating on the Internet. And remember that although information on the Internet can help you to stay current, it does not replace visits to and advice from your doctor and pharmacist.