

Diabetes Life Lines



A newsletter from your County Extension Office
Vol. 19 • No. 3 • Spring 2005

Preventing Diabetes in the Younger Generation

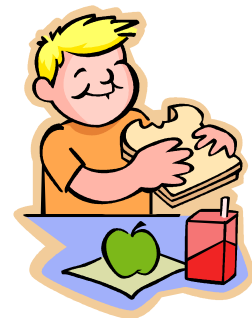
Type 2 diabetes runs in families. Sadly family members are developing pre-diabetes and diabetes at younger ages. Obesity and overweight in children and teens is making this problem more common. How a family eats and plays can affect a child's chances for getting diabetes.

Improve eating habits by cutting empty calories:

- **Offer at least 5 fruits and vegetables a day.** Eat fresh fruit and fruit canned in its own juice instead of drinking juice or eating fruits canned in syrup. Have at least 1-2 servings of non-starchy vegetables at lunch and supper. Good examples are

salad with diet dressing, green beans, broccoli, cauliflower, squash, tomatoes, greens, carrots, and cabbage.

- **Increase fiber-rich foods.** Vegetables and fruits are good fiber sources, but so are whole grain foods. One portion is the size of the palm of your hand. Fiber will fill your family up so they may eat less. Fiber works best if you drink plenty of water.
- **Don't skip meals.** Many overweight kids skip breakfast. This is a BIG mistake. Breakfast kick starts the metabolism and provides important nutrients. If they are not hungry, stop eating after 6 pm. Breakfast sounds pretty good when they have not eaten all evening. Good breakfast choices are oatmeal, whole grain dry cereal with fat free milk, a vegetable omelet made in a non-stick pan or whole wheat toast with reduced sugar jam.
- **Curb the fat.** Most snacks and fast foods are full of fat. Put 1-2 small healthy snacks in a special container each day for them to enjoy. Before eating out, talk about lower fat choices to reduce the temptation of higher fat

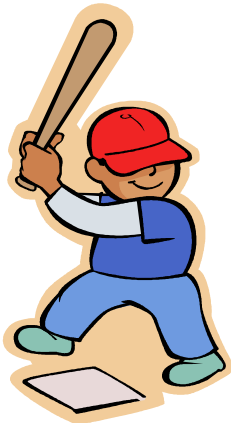


menu items. Eat at home more often. Fix lower fat recipes together so you not only eat better, but also spend some quality time with each other.

- **Cut down on the sweet drinks.** Every 12 ounces of a sugary drink has 9-10 teaspoons of sugar. That is a lot of empty calories. Offer water and 2-3 cups of non-fat or reduced fat milk each day.

Be more active.

- Limit TV and computer time to one hour a day. Replace them with activities like badminton, volleyball, kick ball and basketball.
- Walk together and talk about the events of the day. Take an active class together like martial arts, water aerobics or tennis.
- Dance.
- Do chores to fast music.
- Hike or bike in a park.
- Push for more frequent P.E and recess at school.



These changes will not be easy, but being consistent will help. If you practice healthy behaviors, your children are more likely to adopt them. Accept their frustrations and

complaints, but explain that they will feel better, be more fit and look better if they try these new behaviors and stick with them.

Know the Signs of a Heart Attack

No one wants a heart attack, but everyone should know what to do if one occurs.

Diabetes increases your chances for having a heart attack. Good control of your blood glucose, cholesterol level and blood pressure may reduce your chances for a heart attack, but nothing is fool proof.



A heart attack occurs when the blood supply and oxygen to the heart are blocked. This may cause the heart to beat oddly or to stop completely. This can damage the heart or even cause death. About half of the people who have a heart attack die within one hour of starting to have symptoms. Treating symptoms right away can help you survive.

Signs of a heart attack include pain in the chest, back, neck, shoulders, arms or jaw. You may also notice shortness of breath, nausea, sweating or dizziness. Everyone is different. Some people with diabetes who have nerve damage may have no

symptoms at all. They may just feel extra tired and weak.

If you suspect you are having a heart attack, call 9-1-1 right away. Quick treatment will limit damage to your heart. The emergency staff can give treatment as they take you to the hospital that can save your life. At the hospital, the doctors will do tests to show whether you had a heart attack or not. **It is better to have this treatment and be wrong, than to wait to see if your symptoms go away.**

Treatment in the hospital after your heart attack depends on what caused the heart attack. Most people after they leave the hospital take part in a special exercise program called cardiac rehab. They also usually require special heart medicines. You may also need regular tests to make sure your heart is getting stronger and your medicines are working. A dietitian may also adjust your meal plan to include healthier fats and the right amount of calories and carbohydrates.

With time, most people can resume their normal lives. Ask your doctor when it is safe for you to drive, go back to work, do physical activity, fly in airplanes, and have sex.

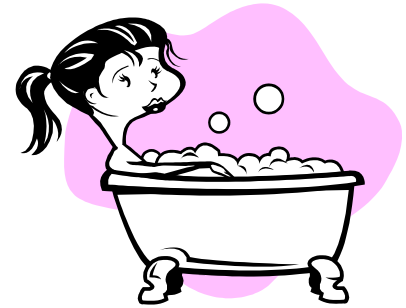
Once you have had a heart attack, you need an emergency plan in case you have another one. Talk to your medical team about it and be sure your family, friends and co-workers

understand it. You may need their help if a heart attack ever happens again.

Even How You Bathe Matters

Diabetes affects every part of your life, even how you keep clean. Skin infections are more common in people with diabetes.

How you shower and take baths can affect your chances of getting



one of these skin problems:

- Wash in warm, not hot water. Hot water dries out skin so infection can enter through small cracks in the skin.
- Be gentle with washcloths and towels. Rub, don't scrub. Then pat dry.
- Keep the shower or bath to 10-15 minutes. Washing too long removes natural skin oils.
- Skip the bubble bath. These products are very drying.
- Use a mild, moisturizing soap. Don't use deodorant soaps.
- When you towel off, leave a little dampness on your skin. Trap this moisture by smoothing

on a mild lotion right away. This will prevent itching.

- Look for lotions without alcohol. Alcohol can dry and crack the skin.
- Don't put lotion between your toes, in folds of skin or in the armpits. This could promote fungal infections in these warm, dark areas.
- Use a light dusting of powder in the armpits, groin or under the breasts - wherever skin touches skin.
- Inspect your skin for cuts, redness, swelling, scratches, calluses or blisters. Especially look at your feet, toes, fingernails and toenails. If you see anything strange, treat it right away with a dry sterile bandage and an antibiotic cream.
- Report to your doctor right away anything that looks infected.

MyPyramid - The New Symbol for Healthy Eating and Physical Activity

The new MyPyramid, released by USDA in April, is the new symbol to remind consumers to make healthy food choices and to be active every

day. MyPyramid replaces the USDA Food Guide Pyramid.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

The various parts of the symbol represent:

- Physical activity - represented by the steps as a reminder of the importance of daily physical activity
- Moderation - The wider base of the food groups stands for foods with less fat and added sugars.
- Personalization - the web site MyPyramid.gov suggest the kinds and amounts of food to eat each day.
- Proportionality - the widths of the food group bands suggest how much food you should choose from each group.
- Variety - Foods from all six food groups, represented by the colored bands, are needed each day for good health.
- Gradual Improvement- The slogan “Steps to a Healthier You” suggests the benefit from taking small steps to improve diet and lifestyle each day.

Recipe Corner

Broccoli Slaw

This is quick and tasty way to get some nutritious vegetables without much preparation.

1/2 cup light mayonnaise
1 tablespoon nonfat milk
1 tablespoon balsamic vinegar
1 package Equal sweetener
12 ounce package of broccoli slaw mix (shredded broccoli, available packaged in the produce section)
2 tablespoons raisins

Mix first four ingredients together in a large bowl with a whisk. Toss together with broccoli slaw mix. Fold in raisins. Refrigerate.

Makes 4 servings (approximately 1 cup)

Exchanges: 2 vegetable, 2 fat

Calories: 138 Carbohydrate: 10 grams Fat: 10 grams Sodium: 245 milligrams
Fiber: 2.7 grams Cholesterol: 0 milligrams

Suggested Summer Picnic Menu

<u>Menu Item</u>	<u>Exchanges</u>	<u>Carbohydrate</u>
1 grilled 3-ounce turkey burger with bun	3 medium fat meats 2 starch	0 grams 30 grams
1 serving <i>Broccoli Slaw</i> *	2 vegetable, 2 fat	10 grams
1 watermelon slice (or 1 1/4 cups cubed)	1 fruit	15 grams
Iced tea, unsweetened	Free	0 grams

* This issue's featured recipe

† insignificant

Note: Portions may need to be adjusted for your meal plan

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Dear Friend,

Diabetes Life Lines is a bi-monthly publication sent to you by your local county Extension agent.

It is written by Food and Nutrition Specialists at the University of Georgia, College of Family and Consumer Sciences. This newsletter brings you the latest information on diabetes, nutrition, the diabetic exchange system, recipes, and important events.

If you would like more information, please contact your local county Extension office.

Yours truly,

County Extension Agent

Janine Freeman, Principal Writer

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.

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Diabetes Life Lines: Your current issue enclosed