

Diabetes Life Lines



A newsletter from your County Extension Office
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Gluten Intolerance or Celiac Disease

People with Type 1 diabetes are more likely to develop celiac disease than the general population. Celiac disease is also called celiac sprue or gluten intolerance. It is caused by an intolerance to gluten, a name given to several proteins found in grains like wheat, rye, barley, spelt, bulgur, kamut, kasha, matzo meal and triticale. Symptoms can be mild and hard to detect or very serious. Both children and adults can have it.

Usually people who have celiac disease report symptoms such as diarrhea, gas, bloating, abdominal cramps, stomach pain, weakness, fatigue and smelly, oily stools. But other symptoms like being irritable, having joint pain or muscle cramps,

skin rashes, mouth sores, neuropathy, anemia and bone loss can also occur.

The symptoms occur because the lining of the intestine is damaged by the gluten. Then the intestine cannot absorb key nutrients like Vitamin B₁₂, folate, calcium and iron.

To diagnose celiac disease, a doctor will do a blood test to find antibodies against gluten. Then to confirm the diagnosis, the doctor may do a biopsy of the intestine. Once the diagnosis is made, the only way to manage the disease is with a gluten-free diet. You will need to see a registered dietitian to learn how to follow the diet since many foods contain gluten. Do not go on the diet before being tested for the disease because that may affect the results.

The easiest way to follow the diet is to eat fresh, unprocessed food. Fresh meat, poultry and fish (not breaded or marinated), vegetables, fruits and most dairy products are fine. You can also use rice, corn, potato flour, millet, arrowroot, soy flour, flax, tapioca, teff, sorghum and flours made from beans or nuts. Oatmeal may be contaminated by gluten when it is



made, so do not eat it unless the processor says it is gluten-free.

Read labels carefully for ingredients that contain gluten. Some food manufacturers now say on their packages whether a food is gluten-free. You can also contact food companies or go online to their websites to get lists of their products that are allowed. Fortunately food companies are now making more gluten-free products.

At home, it may be hard to prevent contamination of your food with gluten. Even a few crumbs of bread may cause symptoms if they get into your food. Clean all knives, cutting boards, cooking utensils, plates and other implements that may have contact with gluten-containing foods before you use them. Even a separate toaster may be needed so your gluten-free bread will not get contaminated. You may also require your own condiments like mayonnaise and mustard if your family dips their knives in the containers when spreading their bread.

For more information, contact the National Digestive Diseases Information Clearinghouse. Their phone number is 1-800-891-5389 or you can go online to their website www.celiac.nih.gov. The American Celiac Society is also a good source

of support. Their website is www.americanceiliacsociety.org. To find a dietitian that may be able to help you learn about the diet, go to the American Dietetic Association at www.eatright.org. There are also many books and cookbooks available to learn more about celiac disease. A good one called *Gluten-Free Diet: a Comprehensive Resource Guide* is by Shelley Case, RD.

Reduce Risk for Type 2 Diabetes in Your Family

If you have Type 2, your close relatives are also more likely to get diabetes. The Diabetes Prevention Program showed that people at risk for diabetes can reduce that risk by increasing their physical activity and losing weight if they are overweight.

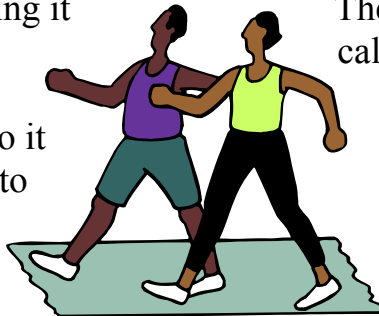


How much activity was needed and how much weight did they have to lose? People needed at least 150 minutes of moderately intense physical activity per week or about 30 minutes a day five days a week. A weight loss of about seven percent of their current weight also seemed to be enough. They did not have to lose to

some “ideal body weight” on a chart. While some people still did get diabetes eventually, these new habits delayed how quickly diabetes occurred.

You can help your family members to also reduce their diabetes risk. What you do to control your diabetes will also help them to delay or prevent diabetes. By doing these things together, you will support each other and increase everyone’s chance for success. Even if you help just one relative, you will have made a big difference in that person’s life.

First, get active together. Few people love to exercise. Doing it with someone else makes it more likely that you will do it regularly. Also you may do it longer if you have a partner to distract you. If one of you is not in the mood some days, then the other can offer encouragement to “just do it.”



Second, eat meals together that are lower in calories and fat. Making healthy meals is easier if the entire family eats the same food. Share nutritious recipes and plan family gatherings that include healthier foods. Just limiting the tempting foods in the house or at family parties can go a long way to provide mutual support.

Third, shop together. Make a list that only includes healthier food items. Then go to the store together *when you are not hungry* and help each other skip those high calorie foods you normally select. Leave the children or other family members at home who might beg to buy those unhealthy foods.

Serve more non-starchy vegetables at meals and snacks. Aim for at least one cup at both lunch and supper. They can be served raw like baby carrots, tomato slices, broccoli florets and bell pepper strips or cooked like green beans, greens, cauliflower, beets or yellow squash.

These vegetables are nearly calorie free and will fill you up if you don’t add butter, margarine, fat back or bacon.

Serve food only on smaller plates like salad plates. Then only eat at the dinner table without any TV. Don’t put serving bowls on the table so people will be less likely to take seconds. If there are leftovers, put them away even before you serve the food so they are out of sight before anyone sits down. Make it a family rule that all food, even snacks, must be eaten seated at the dinner table without any distractions like computers, books or TV.

Take turns packing healthy lunches for each other. Include lean meat, chicken or fish, vegetable salads with low calorie dressing, fresh fruit, whole wheat bread and rolls and non-fat or low fat milk or yogurt. Eating out all the time usually means eating big portions of high fat, high carbohydrate foods. If possible, meet at lunchtime to walk together after eating.

These are just a few things you can do. Have a family meeting to think of others unique to your situation. You may be surprised how creative your family becomes once they understand how their actions can make a difference in their future health.

Do You Have Restless Leg Syndrome?



Do you have strong urges to move your legs when you are trying to rest? If so, you may have Restless Leg

Syndrome (RLS), a disorder of the body's nervous system. Up to 10% of the population may have RLS and many people are undiagnosed.

People with diabetes seem to be more likely to have RLS. No knows

exactly what causes it, but there are treatments to help.

People with RLS usually report uncomfortable feelings in their legs when sitting or lying down. Only moving the legs relieves the discomfort. Usually the feeling occurs deep in the lower leg between the knee and ankle, but it can also occur in the hands, feet, arms, and thighs. Typically it happens on both sides of the body.

RLS seems to be worse at night so it can disrupt sleep. Strangely, the symptoms tend to get better early in the morning. Some people take advantage of this fact and change their sleeping habits so they go to bed very late and sleep in. Unfortunately not everyone can do this.

How severe the symptoms are varies from person to person. With diabetes, the symptoms may be worse and come on more quickly. Research has shown that if a person's diabetes is managed better, the RLS symptoms sometimes improve.

See your doctor if you think you have RLS. Several medications can help to treat the symptoms. If one does not work, another one might. Currently there is no cure for RLS, but it can be controlled.

You can also try some of these non-drug treatments recommended by the Restless Leg Syndrome Foundation and the National Institutes of Health:

- Have your doctor check for low levels of iron, folate and magnesium in your blood and treat any deficiencies with supplements;
- Talk to your doctor to see if your current medicines are making your symptoms more severe;
- Do regular physical activity to help you sleep, but not so much your RLS gets worse;
- Eliminate caffeine and alcohol;
- Keep a sleep diary and adopt a regular sleep schedule;
- Stretch or massage your legs at the beginning and end of the day;
- Enjoy a warm bath or use a heating pad or ice pack;
- Find activities like reading or listening to music to occupy your mind when RLS symptoms are bothering you the most;
- Raise your desk or bookstand so you can stand as you work or read.

Diabetes 101 Coming This Fall!

Does your diabetes management sometimes seem like a Monday morning diet? You resolve to do better each week and then those promises melt away as the day progresses resulting in feelings of guilt and regret?

If this sounds like how you or someone you love struggles with managing diabetes, then you will want to attend **Diabetes 101 in Gainesville, Georgia on September 11, 2010**. The program will offer a selection of 20 diabetes workshops, cooking demonstrations and exhibits that you will find informative and motivating. You will learn about what is happening in diabetes research, the current trends in self-management and see the newest diabetes supplies and technology. You will have time to talk to other people affected by diabetes and be able to share real life strategies that make diabetes easier to handle.

Diabetes 101 is an annual event of the American Diabetes Association and local healthcare providers, who are experts in diabetes management. **The doors open at 7:30AM** at the Georgia Mountain Center in downtown Gainesville so you can view the exhibits before **the program begins promptly at 8:30**. **The cost is**

\$15.00 per person; \$20.00 after Sept. 3rd. Lunch is Free to all attendees. **Scholarships are available** to cover the admission fee if you are unable to pay. For more information on scholarships or **to register** for the program **call 1-888-DIABETES ext. 3166.**

Walk Georgia Begins September 5

The fall session of Walk Georgia will begin on **Sunday, September 5 and run until Saturday, October 30.** While that may seem like a long way off, it really isn't. Registration will open on August 22 so now is the time to start thinking about forming a team that can take a "Virtual Tour" of Georgia.

If you have never participated in Walk Georgia before, now is the time. It allows you to log your minutes of activity on the Walk Georgia Website and convert those minutes of activity into miles. For each 15 miles you log, you can choose to "visit" three counties in Georgia. While teams are encouraged, you can also participate as an individual.

Many activities can be logged including walking, biking, swimming, yoga, pilates, elliptical machines and dancing. There are many different

activities to choose from so you don't ever need to get bored.

Teams consist of four members. You can exercise together or individually, but all of you get credit for your activity as a team.

Many people like Walk Georgia because they "compete" against other teams and individuals participating in their county. Also they like learning about each county that they visit. Many people have learned about interesting places in Georgia that they did not know even existed and have taken a "Staycation" in Georgia to see the places they read about during their virtual trek across the state.

So put Walk Georgia on your calendar and plan to sign up at www.walkgeorgia.org in August.

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Recipe Corner

Sensational Summer Squash Casserole

2 medium yellow summer squash, sliced	3 ounces shredded reduced fat sharp cheddar cheese
1 medium zucchini, sliced	3 slices whole wheat toast
1 cup chopped raw onion	½ cup cholesterol-free egg substitute
1 ½ cups reduced-fat milk	White or black pepper to taste
1 tablespoon cornstarch	Non-stick cooking spray
1 tablespoon reduced fat tub margarine	1/3 cup grated parmesan cheese

1. Preheat oven to 350 degrees F.
2. Steam squash and onion for about 3-5 minutes or until just getting tender. Place in large mixing bowl.
3. In medium sauce pan, combine the cold milk and cornstarch until smooth. Add margarine. Bring to a boil stirring constantly until slightly thickened. Remove from heat and add cheddar cheese. Mix well.
4. Put toast in blender and make bread crumbs.
5. Add ½ cup bread crumbs to squash mixture. Then stir in cheese sauce, egg substitute and pepper.
6. Spray 9x13 inch glass baking dish with non-stick spray. Pour in squash mixture and spread evenly.
7. Top with remaining bread crumbs and parmesan cheese. Bake for 45 minutes or until center of casserole is firm but still tender and topping is well-browned.

10 servings

Nutritional analysis per serving:

Calories: 133	Carbohydrate: 14 grams	Protein: 8 grams	Fat: 5 grams
Saturated Fat: 2.5 grams	Cholesterol: 0 milligrams		
Sodium: 260 milligrams	Fiber: 2 grams		

Exchanges: ½ starch, 1 vegetable, 1 medium fat meat

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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

Connie Crawley, Principal Writer

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