
Diabetes Life Lines



A newsletter from your county Extension office
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Staying Active Improves Health

Frustrated that you're not losing more weight? Ready to give up efforts at exercise because you don't have time to go to the gym? Not so fast! Lower intensity physical activity may not get you into the clothes you wore in high school or prepare you for the Mr. Muscle contest, but it can still improve your health.

Years ago we thought that people had to exercise vigorously (high intensity) for a given amount of time to get the benefits. Over the past several years studies have shown that the amount of exercise, especially how hard you

exercise (intensity), needed to improve health is much less than that needed to improve physical fitness.

Low-to-moderate intensity physical activity includes activities like light housework, light gardening and walking for pleasure. Benefits from this type of activity include improved blood glucose, improved blood lipids (cholesterol, triglycerides), lower blood pressure, and better fat distribution (not so much around the middle). Physical activity, including walking, was shown to lower the risk of heart attack and stroke in women with diabetes in the recently published data from the Nurses' Health Study. This study, reported in the January 16th issue of *Annals of Internal Medicine*, also showed that the faster the walking, the lower the risk. Another study showed

that you can improve your glucose tolerance (and therefore your blood glucose) more by increasing the amount of overall energy you expend each day than by doing vigorous exercise.



As we get older, it's even more



important that we stay physically active to stay healthy. Your risk of heart disease increases as you age and you may have several other risk factors, one of which is diabetes. If your life-long goal has been to lose a lot of weight and that hasn't happened in all these years, you need to rethink your goals. Increase your leisure-time or lifestyle activity to be as healthy as you can be at your present weight. Try three 10-minute walks most days of the week to get in a total of 20-60 minutes a day of lifestyle activity. Use the stairs instead of the elevator. And don't forget the stretching exercises to stay flexible and prevent injury.

Lower intensity physical activity may not cause a big drop in weight or result in major gains in physical fitness, but staying physically active each day can definitely improve your overall health.

GlucoWatch Approved by FDA



GlucoWatch® monitor

Sticking your finger or arm 8-10 times a day would give you a lot more information on your blood glucose patterns to help you make changes in your insulin

dosage. But if you're like most people, you're not willing to be a human pin cushion. Coming soon to the rescue is the GlucoWatch, recently approved by the FDA. You may soon be able to check your glucose through a watch-type device automatically every 20 minutes for up to 12 hours. The noninvasive device collects glucose readings through your skin, not from blood, and can give you more detailed information on your blood glucose patterns than finger-sticking a few times a day.

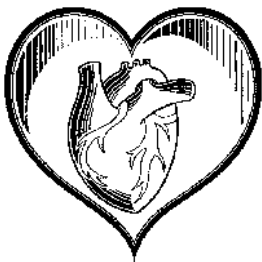
The GlucoWatch sends a small electric current through the skin, collects fluid from under the skin, measures the glucose in the fluid and displays it. It will store up to 4,000 readings and sound an alarm for too high or too low readings.

Unfortunately, the new GlucoWatch doesn't replace your usual blood glucose testing with a meter, but is intended to be used along with blood glucose testing to provide more complete information. It can let you know how your blood glucose responds during the night, or between meals when you may not usually test. This can help you make better decisions on how to manage your diabetes. The device is available in some areas of Europe now, but a date has not yet been set for launch in the U.S. Visit the GlucoWatch web site at www.glucowatch.com or call 1-866-

GLWATCH for more information about GlucoWatch.

Niacin and Heart Disease

Taking a vitamin tablet may help you reduce your risk of heart disease. High triglycerides (fats) and low levels of HDL (good) cholesterol in the blood are known to increase the risk of heart disease and are common among people with diabetes. Results of a recent study show that the vitamin niacin can lower the risk of heart disease in people with diabetes by increasing HDL cholesterol and lowering triglycerides. Years ago doctors avoided using niacin for people with diabetes because niacin tended to increase blood glucose levels. A newer extended-release version of niacin, Niaspan, was not found to raise blood glucose levels when used in lower dosages.



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The study, reported at the Annual Scientific Session of the American College of Cardiology in Orlando, Florida, in March was done in 20 sites for six weeks in 148 people with type 2 diabetes who had high triglycerides and

low HDL cholesterol. On 1,000 mg (the lower dosage) of Niaspan, HDL cholesterol increased 24 percent and triglycerides decreased percent without any significant change in fasting blood glucose or hemoglobin A1c. On the higher dosage, 1500 mg, there were greater changes in blood fats, but A1c levels also increased from 7.2 to 7.4 percent.

With the high rate of heart disease linked to diabetes, it is important to keep cholesterol and triglyceride levels as close to the goal range as possible. If attempts at changes in eating habits and increasing physical activity are not adequate to achieve your goals, niacin may be an alternative in the addition to other cholesterol-lowering drugs like statins.



More Fiber, Less Insulin

Are you a woman with Type 1 diabetes? Are you pregnant or planning to get pregnant? If so, you may be interested in a study done at the University of Cincinnati. The medical records of 141 pregnant women with Type 1 diabetes were reviewed to see if fiber intake altered blood glucose control



and insulin needs. The women were not told to eat more or less fiber than other pregnant women. They just followed a good healthy diet appropriate for anyone with diabetes who is pregnant.

The study found that those women who ate the most fiber required 16-18 percent less insulin to control their blood sugars. The amount of fiber eaten was not extremely high, just about 20 grams per day. Of course this is still more than most Americans eat, but you can consume this amount by eating whole grain breads and cereals and five servings of fruits and vegetables a day. This is what everyone should be doing.

Fiber's effect on insulin needs was greatest during the second trimester of pregnancy, but fiber at any time helps relieve constipation.



So if you are pregnant, or thinking about getting pregnant, start eating that fiber!

Diabetes Foundation International (JDF) and is supported by the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health to raise public awareness of diabetes. The artwork on the stamp includes a microscope and a test tube containing blood.



New Diabetes Awareness Postage Stamp

A new Diabetes Awareness postage stamp is now available in March. The stamp was proposed by the Juvenile

Recipe Corner

Honey Mustard Chicken

1/4 cup lemon juice
2 tablespoons Dijon mustard
2 tablespoons honey
1 teaspoon ginger
1 teaspoon rosemary
2 pounds chicken thighs, skin removed
1/2 cup dried breadcrumbs

1. Combine the lemon juice, mustard, honey, ginger, and rosemary in a small bowl. Place the chicken between sheets of waxed paper and pound to equal thickness.
2. Pour 1/2 of the honey-mustard sauce over the chicken. Cover and refrigerate for 20 minutes.
3. Set the oven to broil. Sprinkle the breadcrumbs over the top of the chicken and broil for 7-8 minutes. In a saucepan, warm the rest of the sauce and serve with the chicken.

Makes 4 servings Serving size: 4 ounces Exchanges: 1 1/2 starch, 2 lean meat
Nutrients per serving: Calories 235 Fat 8 grams Carbohydrate 20 grams
Cholesterol 64 milligrams Sodium 267 milligrams Fiber 0 grams

Recipe used with permission from the American Diabetes Association in *The New Soul Food Cookbook*, 1999.

Suggested Menu

<u>Menu Item</u>	<u>Exchanges</u>	<u>Carbohydrate</u>
4 ounces <i>Honey Mustard Chicken</i> *	2 lean meat, 1 1/2 starch	20 grams
1/3 cup baked sweet potato	1 starch	15 grams
1/2 cup steamed fresh spinach	1 vegetable	5 grams
Tossed lettuce and tomato salad	free	†
1 Tbs. olive oil and vinegar dressing	1 fat	†
1 Tbs. low-fat margarine	1 fat	†
1/2 cup fresh mixed berries	1 fruit	15 grams

* *This month'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

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