Diabetes Life Lines

A newsletter from your County Extension Office
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If You Don't Use It, You Lose It

Weight training at my age, you say? We know that we lose muscle strength and muscle mass as we age. For years it was accepted as part of aging and that there was nothing to be done about it. A study done at Tufts University, however, found that people can safely increase their fitness and strength at any age, even in their 80s and 90s.

People in the study were very inactive prior to the program and had an average age of 90. They began a program of weight training where they did three sets of eight weight lifting repetitions each for three days a week. At the end of six weeks, these older people had increased their muscle strength on average by 180 percent. As a result, they increased their walking speed substantially and some of them no longer needed their canes. At the end of the program, the people in the study again became inactive. Within only 4 weeks, they lost 32% of their maximum strength. This goes to show you that if you don't use it, you lose it.

Weight training is as important in your later years as aerobic exercise is. It strengthens your muscles and bones and strengthens your ligaments and tendons so that less stress is placed on your joints. Studies show no adverse effects on blood pressure or heart function.

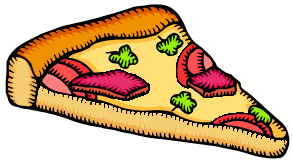
Weight training can either be with free weights such as barbells and dumbbells, or with specially designed equipment which works various parts of the body. Weight training can be used to increase your muscle strength or your muscle endurance.

If you have not worked with weights before, be sure to have a qualified person instruct you in their use. A program of exercise should be set up for you that includes the number of repetitions to be done in each set as you progress toward your goal. Muscle strengthening should be done for at least 20

minutes 3 times a week.

The Pizza Effect

If you've wondered why your blood glucose level was higher than usual after eating pizza, you're not alone. Many people with diabetes have experienced what is often referred to as "the pizza effect." Despite taking into account the carbohydrate and/or the exchange values of pizza, their blood glucose levels have been higher than expected many hours after eating pizza.



The blood glucose effect of pizza is not fully understood. It is known to cause a greater than expected rise in blood glucose later than most meals. You are taught to check your blood glucose 2 hours after a meal to see the effect of the meal on your blood glucose. With pizza, you may need to also check it 3 and 4 hours after the meal to realize the effect. Do this on more than one occasion, eating the same amount of pizza to see how it affects your blood glucose. Then, if you take fast-acting insulin before your meal, you may be able to take some or all of your fast-acting medication part way into the meal rather than before the meal. If you use an insulin pump, you have the option of spreading out the delivery of your insulin so it lasts longer.

Granted, pizza is not the healthiest food you could select. It is often very high in fat, absurdly high in sodium, and short on nutrition. On the other hand, Americans love pizza and they're not likely to give it up. Therefore, making a few changes in your pizza meal can make it more nutritious and perhaps a little easier on your blood glucose.

Make your meal healthier

- Choose primarily vegetable and fruit toppings. Pineapple may be the only fruit option. Broccoli, spinach, onions, peppers, tomatoes and mushrooms will give you loads of nutrition and less sodium and fat
- Limit high-fat, high-sodium meat toppings like sausage, pepperoni, and extra cheese
- Limit your portion to about 2 slices based on your calorie needs
- Choose a thin crust. The "stuffed" crust often has cheese baked into the crust. Thick crusts may topple you over your carbohydrate goal for the meal.
- Add a green salad with low-calorie dressing to your meal

Observe the effect on your blood glucose

- Check your blood glucose levels before you eat and 2,3, and 4 hours after the meal on two separate

occasions eating the same type and amount of pizza
- Adjust your pre-meal insulin if you have that option

Pizza can be healthier than many other fast food meals if you top it wisely and limit your portions. Keep in mind that the sodium is often very high and you may want to eat lower sodium foods for other meals in the day. Check your own "pizza effect" to see how the type and amount of pizza you eat affects your blood glucose levels.

You Deserve A Pretty and Healthy Smile

Gum disease is the "silent infection" that affects people with diabetes far more often than people without diabetes. Bacteria in the mouth work to destroy the gums and the bone around the teeth which can result in tooth loss.

Early gum disease has no signs or symptoms. It begins with plaque, a sticky film of food, saliva and bacteria that settles in your gum line. If it is not removed, it hardens into tartar. Gums become swollen, red, and bleed easily. If not treated, the gums begin to pull away from the teeth. Pockets form between the teeth and gums, trapping food particles and bacteria. If left untreated, the infection goes on to destroy the bone supporting the teeth. Teeth may then start to move or loosen.

People with diabetes who have high blood glucose levels are more susceptible to gum infections for a couple of reasons. First of all, high glucose levels in the blood mean that glucose levels are high in all the body fluids, including the saliva. Bacteria feed on the sugar in the saliva, increasing the risk of infection and tooth decay. Secondly, high blood glucose levels make a person more likely to develop infections anywhere in the body, including in the mouth, and the infections heal more slowly.

People who smoke are five times more likely to have gum disease. Therefore, when diabetes and smoking are combined, the risk of developing gum disease is much greater.

Signs of Gum Disease

Reddened, swollen gums
Plaque
Persistent bleeding of the gums
Loose teeth
Newly developed spaces between teeth
Bad breath

Your first sign of gum disease could be increased blood glucose levels, indicating an infection. Other signs of gum disease might include reddened, swollen gums, plaque,

increased bleeding of the gums, or newly developed spaces between the teeth. Bad breath can also result from sulfur released by bacteria.

Treatment of gum disease might include removal of plaque above and below the gum line, treatment with antibiotics, an antibacterial mouth rinse, and possibly gum or even bone surgery.

You can help prevent gum disease by regular brushing and flossing and visiting your dentist at least twice a year. The goal is to clean away soft plaque before it hardens into tartar:

- Brush your teeth and tongue with a soft bristle toothbrush for at least 3 minutes at least twice a day. Replace your toothbrush every 3 months and after an illness. Powered toothbrushes remove more plaque bacteria than traditional brushes.
- Floss at least once a day. Flossing cleans between your teeth and below the gum line where the brush cannot reach. Ask your hygienist to inform you of the proper way to floss.

Your dentist and hygienist use special instruments that remove all hard plaque (tartar) and soft plaque above and below the gum line, places where most home-care products can't reach. In addition, your dental professional will check for underlying gum disease. Be sure to tell your dentist you have diabetes.

Gum disease is more likely to develop if you have diabetes. However, with regular brushing and flossing, frequent visits to the dental office, and good blood glucose control, you can help keep your pretty and healthy smile.

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Recipe Corner

Lite Lime Cheesecake

Crust:
1¼ cups graham cracker crumbs
¼ cup Splenda Granular
3 tablespoons butter, melted

Mix ingredients together and press into a 10-inch spring form pan.

Filling:
16 ounces regular cream cheese, softened
16 ounces fat-free cream cheese
1¼ cups Splenda Granular
1½ tablespoons lime juice
pinch of salt
4 large eggs

1. Preheat oven to 350 degrees F.
2. Beat cream cheese and Splenda Granular until well mixed and smooth. Add lime juice and salt; beat until smooth. Add eggs one at a time, beating well after each addition.
3. Pour filling over crust and bake 50-60 minutes or until slightly firm to the touch. Let cool 15-20 minutes. Refrigerate 4-6 hours before serving.

Serves 16. Serving size: 1/16 of cheesecake
Carbohydrate Choices: 1/2
Exchanges: 1/2 starch, 1 medium-fat meat, 2 fats
Calories: 200 Carbohydrate: 11 grams Fat: 14 grams
Sodium: 290 milligrams Cholesterol: 95 milligrams Fiber: 0

Suggested Menu

Menu Item	Exchanges	Carbohydrate
3 ounces grilled chicken	3 lean meat	†
□ cup wild and brown rice	1 starch	15 grams
½ cup steamed broccoli	1 vegetable	5 grams
½ cup steamed carrots	1 vegetable	5 grams
1 wheat roll	1 starch	15 grams
1 teaspoon margarine	1 fat	†
1 slice *Lite Lime Cheesecake**	½ starch, 1 medium-fat meat, 2 fats	11 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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