
Diabetes Life Lines



A newsletter from your County Extension Office
Vol. 17 • No. 6 • Fall 2003

Diabetes and Risk of Osteoporosis

If you've noticed that you seem to be getting shorter or you are developing a slight curvature or 'hump' in your upper back, you may have symptoms of bone loss. Women with diabetes are much more likely to develop osteoporosis compared with women who don't have diabetes. Whereas the risk of bone disease with type 1 diabetes has been known for years, more recently experts have found that women with type 2 diabetes are more than twice as likely to develop osteoporosis. One study showed that women with diabetes were 12 times more likely to have hip fractures compared to women without diabetes.

Osteoporosis is a disease in which bones become thin and fragile, making them more likely to break with even a minor injury or fall. While some women may lose height, develop a curvature in their upper back, or experience back pain or tenderness, most women have no symptoms. Fractures increase the risk of having a permanent disability and often require long-term nursing care.

There are a few reasons why women with diabetes are more likely to develop osteoporosis. Insulin is important to the cells that make bone. During periods of poor blood glucose control, there is a reduced rate of bone formation. Estrogen also plays a role in keeping bones healthy, so as women age and lose estrogen, they become more at risk of bone loss.

How do you know if you have osteoporosis? Talk to your doctor about getting a baseline bone density screening (DEXA). This is a simple

Factors That Increase Your Risk of Bone Loss

- Caucasian
- Female
- Weigh less than 127 lbs
- Smoke
- Low calcium intake
- Excessive alcohol intake
- Physical inactivity
- Steroids
- Cystic fibrosis, thyroid kidney, or liver disease.

test that determines the amount of bone mass in your hips, spine, and/or hand, wrist, arm, heel. Depending on your risk, your doctor will determine at what age you should get a screening. Most women are screened after menopause, but some at high risk are screened earlier. Medicare Part B covers this screening. Blood and urine tests may be done to rule out other causes of osteoporosis.

How can you prevent bone loss and fractures?

- Keep your blood glucose in good control. Bone formation has been shown to improve greatly when people with high A1Cs bring their diabetes under control.
- Get enough Vitamin D (400-800 IU per day). Your body makes plenty if you get outside in the sun. People who are confined to indoors can get enough by drinking milk which is fortified with vitamin D and eating enriched grain products.
- Get enough calcium (1200 mg calcium per day) - Milk, yogurt, cheese, soymilk, and calcium-fortified orange juice are excellent sources. If you need calcium supplements to reach your goal, calcium citrate is more readily absorbed than calcium carbonate. Take with meals to improve absorption.
- Stay physically active

- Do weight-bearing exercises that improve bone mass (such as walking, tennis, or jogging)
- Stretching, strengthening, impact and balance exercises (such as tai chi) improve flexibility and prevent falls.

- Keep your home free of obstacles that increase your risk of falls
 - Use a nightlight if you use the bathroom at night.

If your doctor has diagnosed you with osteoporosis, you have the option to take some medications that slow further bone loss or stimulate bone formation in addition to the above lifestyle therapies. With diabetes, you know you have an increased risk of osteoporosis. Keep in mind that the best treatment is prevention.

Staying Active During the Holidays

Fitting exercise into your hectic holiday schedule at first may seem like an impossible task. But like the rest of your diabetes

care routine, physical activity is not something you can put on the shelf until you feel it's

convenient. Regular physical activity



should be planned into your day the same way you plan to take your medication and check your blood glucose.

Staying active during the holidays will help you deal with the stress of the holidays, keep your weight and blood glucose in check, and improve your mood - and that, your entire family will appreciate!

- Think you don't have a 30-minute block of time to walk? Try splitting it up into 2 or 3 segments of 15-20 minutes after meals. It's easier to fit into your schedule.
- Gather your family together and make physical activity a regular family event. Children learn by example. Go for walks, hikes, or bike rides. You can catch up on what's going on with your family during a walk after dinner.
- In cold or rainy weather, go mall walking. Many malls have walking clubs. When shopping, park as far away from the store as you can to get in extra steps.
- Since air travel can interfere with your exercise routine, be creative as to how you can get some physical activity. Wear walking shoes and go early so you can walk to the gate instead of riding the train (you also won't have to take tennis shoes off when going through security.) Carry very little luggage so you can walk during layovers. It's also very important to get up and move

around during long flights. If you're staying in a hotel, look for one with a swimming pool or exercise facilities so you can walk on the treadmill or ride the stationary bike.

Make it your goal to stay physically active this holiday season. It's easier than you think and your body will appreciate it.

Buying Prescriptions Online - Is it safe?

You may find online pharmacies to be more convenient and less expensive than your local pharmacy, but are they safe? Many are law-abiding and you can use them with the same confidence that you have in your local pharmacist. However, you need to be wary of others that use the Internet as an outlet for unapproved drugs or fail to follow the usual safety procedures.

Advantages of using online pharmacies for some people include the convenience of ordering and receiving medication in the privacy of their homes, ability to easily compare prices, and greater availability of drugs. Although some surveys showed that you could save



money by buying certain drugs online, one study showed that prices of some drugs were slightly higher than at local drug stores.

Some websites based outside the United States will sell you drugs without a prescription. These drugs may be contaminated or outdated. Other sites offer to prescribe a medication after you answer a few questions. A legitimate online pharmacy will require that you submit a valid prescription. An important missing step is the visit between you and the pharmacist to ensure that you are aware of the drug's side effects and how they may interact with other drugs you may be taking. Make sure that the site has a way for you to ask questions of the pharmacist.

If you choose to use online pharmacies for your medication, be cautious. Look for a reputable dealer and check the site out. One way you can ensure the quality of an online pharmacy is to look for the VIPPS (Verified Internet Pharmacy Practice Sites) seal. Unfortunately, this is new, so only a few sites have been certified so far. The Food and Drug Administration (FDA) offers these tips if you buy online:

- Check with the National Association of Boards of Pharmacy to see if the site is a licensed pharmacy in good standing (www.nabp.net or call 847-698-6227).
- Don't use sites that offer to sell a prescription drug without a prescription or sell drugs not approved by the FDA.
- Don't use sites that do not provide access to a pharmacist to answer your questions.
- Avoid sites that do not provide a US address and phone number to contact if there's a problem.
- Beware of sites that advertise a "quick cure" to a wide range of problems.
- Steer clear of sites that give case histories of "amazing" results.
- Be sure to talk to your doctor before using any medication for the first time

With just a click you can buy your medications online, but be aware of the risks. Keep in mind that the relationship between you and your health care team remains very important.

'Tis the Time for Flu Shots

The American Diabetes Association recommends flu shots for all people with diabetes who are over the age of 6 months. October and November are the best months to get them so you are protected during the flu season. Children will need to get two doses of the flu shot, one month apart, if they have never had one.

Recipe Corner

Orange and Kiwi Salad

Oranges and kiwi add Vitamin C to your winter salad. Use dark green types of lettuce instead of iceberg lettuce for more nutrition.

3/4 lb romaine lettuce (about 1 small head)	1 tsp lemon juice
3 small kiwi fruits, peeled and sliced	2 Tbs walnut or olive oil
2 oranges, peeled and sliced into 1/2-inch rounds	1 small red onion, sliced into rings
3 Tbsp apple cider	Salt and pepper to taste

1. Wash the lettuce and tear into bite-sized pieces. Put the lettuce on a serving platter. Top the lettuce with the kiwis and oranges placed in a circular pattern.
2. Combine the vinegar, lemon juice, pepper, salt, and oil in a small bowl. Whisk until blended. Drizzle the dressing over the salad.
3. Top the salad with red onion rings.

Serves 6.

Carbohydrate Choices: 1

Exchanges: 1 Fruit, 1 Fat

Calories: 103

Carbohydrate: 14 grams

Fat: 5 grams

Sodium: 7 milligrams

Fiber: 4 grams

Cholesterol: 0 grams

Recipe reprinted with permission from the American Diabetes Association's *The Diabetes Food & Nutrition Bible*, 2001.

Suggested Menu

<u>Menu Item</u>	<u>Exchanges</u>	<u>Carbohydrate</u>
3 ounces grilled pork tenderloin	3 lean meat	†
1/2 cup sweet potato	1 starch	15 grams
1 wheat roll	1 starch	15 grams
1 cup steamed broccoli	2 vegetables	10 grams
1 serving <i>Orange and Kiwi Salad</i> *	1 fruit, 1 fat	14 grams

* This issue's featured recipe † insignificant
Note: Portions may need to be adjusted for your meal plan

Contributors: Janine Freeman, RD,LD,CDE, Extension Nutrition Specialist, Principle Writer and Editor
Editorial Board: Jenny Grimes, RN,MSN,CDE, Medical College of Georgia
Ian C. Herskowitz, MD,CDE,FACE, Medical College of Georgia

The University of Georgia

Cooperative Extension Service

College of Agricultural and Environmental Sciences / Athens, Georgia 30602-4356

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

The University of Georgia and Ft. Valley State College, the U.S. Department of Agriculture and counties of the state cooperating. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, sex or disability. An equal opportunity/affirmative action organization committed to a diverse workforce.

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.

Gale A. Buchanan, Dean and Director

Cooperative Extension Service U.S. Department of Agriculture The University of Georgia College of Agricultural and Environmental Sciences Athens, GA 30602	PRE-SORT STANDARD POSTAGE & FEES PAID USDA PERMIT NO G268
<hr/> Official Business	

Diabetes Life Lines: Your current issue enclosed