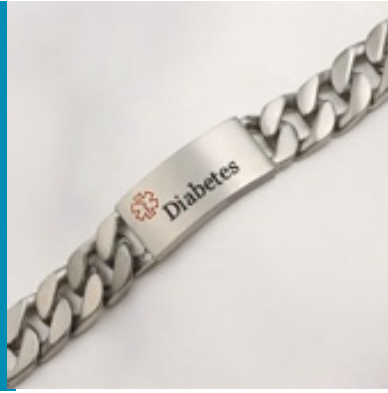


DIABETIC MONTHLY

June 5, 2012



June Support Group - Heart Disease and Diabetes

by Kristy Sego RN

This month we will have an overview of the risks of Cardiovascular Disease with Diabetes. Heart and blood vessel problems are more common in people with diabetes. In fact, 2 out of 3 people with diabetes will die from heart disease or stroke. Come and have your blood pressure checked and learn about the risk factors, warning signs, and how you can avoid or delay these problems. We will learn about Hypertension (high blood pressure,) High cholesterol, Hardening of the arteries, Heart attacks, and Strokes. I will be teaching in Gunnison and Raelynn will be teaching in Monroe. As always Support Group is **free** of charge and **everyone** is welcome to attend, we look forward to seeing you!

Diabetic Health Fair ... July 30, 2012 (2:00 - 5:00 pm)

You're not going to want to miss this years Diabetic Health Fair! We have some excellent guest speakers and some fun new booths. There will be a lot of **FREE** diabetic supplies, educational materials, and refreshments! We will offer reduced cost lab tests again. You will have the option of having your labs drawn at the health fair, or buy a voucher at the fair and have them drawn within one week at your convenience. This will allow those of you who would like to do a fasting Lipid Panel to do it in the morning. *Please remember that the voucher does need to be purchased at the health fair in order to receive the reduced cost. I will be sending out flyers with more details soon.

Gunnison Support Group

Gunnison Homecare Building
45 East 100 North

June 19, 2012 3-4 pm

Monroe Support Group

South Sevier Senior Center
140 West 100 South, Monroe

June 26, 11:00 - 12:00 pm

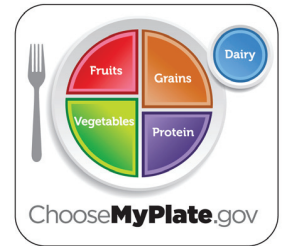
Inside this Issue

1. June Support Group Info
1. Health Fair July 30th!
2. Importance of Protein
3. Question of the month
3. Is Gastric Bypass a Cure?
4. Recipe of the Month

10 tips

Nutrition
Education Series

with protein foods, variety is key



10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1 vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5 eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



6 nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

10 check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

Question: Should I be concerned about a blood pressure of 128/86 mmHg?**Answer:**

The most recent American Diabetes Association guidelines suggest that diastolic blood pressure (the bottom number) above 80 puts you at increased risk. Even mild elevations in blood pressure like yours increase the risk of complications such as retinopathy, nephropathy, and heart disease. You should discuss these readings with your health care team.

If your blood pressure readings are consistently high, you may need to start on blood pressure medication. Your doctor may ask you to check your blood pressure many times and in different settings to determine whether your blood pressure is high all the time or goes up only at specific times. If you haven't tried exercise and diet to decrease your blood pressure, it's time to start a walking program and to decrease the sodium in your diet.

The recommended amount of sodium is 2,400 mg per day or less. Start by taking the salt shaker off the table. Read labels on foods to identify and reduce the high-sodium foods in your diet. Canned goods and processed foods are often high in sodium. Drinking alcohol can also raise your blood pressure.

Is Gastric Bypass a Cure?

This is taken from the Diabetes Forcast Website

I've heard that people who have gastric bypass surgery "lose" their diabetes almost immediately. I've also heard that many of those who have had gastric bypass regain some of their weight after a while. When this happens, does the diabetes reoccur?

Name Withheld (Diabetes Forcast)

Robert Gabbay, MD, PhD, responds: Gastric bypass helps some people with type 2 diabetes in a number of ways. Clearly, the profound weight loss that many people experience after this kind of surgery helps their diabetes by improving blood glucose, cholesterol, and blood pressure. What is interesting is that some of the benefits—in particular, the improvement in blood glucose control—happen very quickly after the surgery, before much weight loss has occurred. It is believed that by bypassing some of the intestine, hormones from the gut are changed, improving the body's ability to make insulin. After gastric bypass surgery, many people have been able to—in consultation with their health care providers—stop some of their diabetes medications. Some people are even able to stop all diabetes medications. In some ways, this might be called a "cure," but in other ways, we are not sure yet.

Health care providers often consider that the diabetes these people have—the people who are able to stop taking diabetes medications after surgery—is being controlled through weight loss. But the reason it is important to not consider this a true "cure" is that these people still need to be periodically evaluated for diabetes complications. Despite stopping diabetes medications, people who have undergone gastric bypass should still continue their screenings and preventive measures, including having their eyes examined annually and having their urine checked for protein and kidney disease. Some people do regain some of the weight lost after surgery, and for them, the need for medications to treat their diabetes often returns.

Art Smith's Southern Oven-Unfried Chicken

Ingredients

- 1 cup nonfat Greek-style yogurt
- 1 Tbsp. Louisiana-style hot sauce
- 8 chicken drumsticks, skinless
- 4 chicken breasts (8 oz. each), boneless, skinless, and cut in half
- 1 1/2 cups multigrain cereal flakes, crushed
- 1 1/2 tsp. onion powder
- 1 1/2 tsp. garlic powder
- 2 tsp. ground black pepper
- 2 tsp. hot red pepper flakes
- 1 tsp. paprika

Preparation

- Makes:** 8 servings
- Serving Size:** about 5 oz.
- Preparation Time:** 10 minutes
- Cooking Time:** 35 to 40 minutes



1. Preheat the oven to 400 degrees. In a large bowl, combine the yogurt and hot sauce and add the chicken pieces. Turn the chicken pieces to coat them in the yogurt mixture; marinate them in the bowl as you proceed to the next step.
2. In a 1-gallon zip-top plastic bag, add the crushed cereal flakes, onion powder, garlic powder, black pepper, red pepper flakes, and paprika. Shake the bag to mix the dry ingredients. Add the chicken pieces to the bag, seal the bag, and shake well to coat the chicken. Place the coated chicken pieces on a baking sheet and refrigerate them, uncovered, for 30 minutes.
3. Place the chicken pieces on a lightly oiled baking sheet. Bake the chicken for 35 to 40 minutes. Serve hot or at room temperature.

Chef's Tip: Using nonfat Greek-style yogurt to marinate the chicken before coating it with cereal flakes helps ensure the perfect union between crispy crust and juicy interior.

Nutrition - per serving

- Exchanges:** Carbohydrate 0.5, Lean Meat 5
- Calories** 255
- Fat** 6 g (Sat. Fat 1.6 g)
- Total Carbohydrate** 7 g (Fiber 1 g, Sugars 2 g)
- Cholesterol 115 mg
- Sodium 170 mg
- Potassium 435 mg
- Protein 42 g

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