

Diabetic Monthly

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Gunnison Valley Homecare, 45 East 100 North, Gunnison Utah 84634
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The Complications of Diabetes

It's possible that you view your diabetes care from two perspectives: the "close-at-hand" and the "faraway." The close-at-hand might be things like daily blood glucose monitoring, making wise food choices, and reaching next month's fitness goal. And, if you're like most people with diabetes, the faraway category contains diabetes complications: They are something to consider, but not dwell on.

But the truth is, the more you think now about the complications of diabetes and ways to prevent them, the better off you will be. The best way to reduce your risk of getting diabetes complications is to keep your blood glucose levels as close to normal as possible. Doing this not only helps your faraway picture look brighter, your close-at-hand experiences with diabetes will be more rewarding.

Support groups for the month of September will focus on the "Complications of Diabetes." There are many complications that are manifested by diabetes, both directly and indirectly. Knowing what those complications are, why they occur, and how to prevent those complications is extremely important. Diabetic complications are preventable, but they do require **knowledge** and **effort**. Support groups are always FREE of charge and EVERYONE is welcome. Feel free to attend either support group, or both if you would like.

I am very pleased to have Dr. G.J. Willden present the lesson for the Gunnison meeting. He always does an excellent job. This will be an awesome meeting. You won't want to miss it!!!

Gunnison Support Group

45 East 100 North Gunnison, Utah

September 15, 2009 at 3:00pm-4:00pm

(Presented by Dr. G.J. Willden)

Monroe Support Group

140 West 100 South Monroe, Utah

September 22, 2009 at 11:00am-12:00pm

(Presented by Angie Merchant, RN, Diabetic Educator)

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Weight Loss: Just the Facts

By Sue Robbins, RD, CDE. *Diabetes Forecast*, Sept. 2009, pg11

As a Registered Dietician, I see patients every day who have gotten weight-loss advice from friends and neighbors, doctors and nurses. Some have been told to avoid all white foods. Or that carbohydrates are off limits, but a high-protein, high-fat diet is OK. Maybe the advice is that low fat is the only way to go, or that a diet must suit your body type. And, of course, there is always the famous cabbage soup diet.

Information on dieting is everywhere. Just look at the magazines displayed at the supermarket, or scan the books touting this plan or that at your local chain store. It's no wonder people are confused.

So, what kind of weight-loss plan is best? When evaluating a plan, there are some key questions you should ask:

- Does it claim that you will lose weight quickly?
- Does it promise that you can lose weight and keep it off without giving up any of your favorite foods?
- Does it restrict a single nutrient?
- Does it claim to alter physiology?
- Does it promote miracle cures?
- Does it require specific food combinations?

If the answer to any of these questions is yes, be highly skeptical. The chances are great that the diet won't work.

How, then, can you really achieve long-term weight loss? These tips are time-tested and work for most people:

- Plan meals and snacks. Haphazard eating often leads to the consumption of high-calorie foods.
- Eat breakfast every day.
- Pay attention to portion sizes. Get out the measuring cups, spoons, and kitchen scale to see just how much you are eating.
- Limit your intake of refined carbohydrates, like sweets, crackers, and chips.
- Eat whole-grain carbohydrates.
- Eat lots of fruits and vegetables. Try to have five to eight servings per day.
- Choose moderate portions (3 to 4 ounces) of lean proteins, and try to eat some protein with each meal. You will feel satisfied longer.
- Keep a food diary.
- Set up your home and work environments for success. Don't bring in problem foods, and make sure healthful foods are available.
- Eat slowly and pay attention to the taste of food.
- Quit eating when you are full.
- Exercise at least 30 minutes five times per week.

Any plan that restricts calories will work in the short run, but if it does not result in a lifestyle change, the pounds lost will come back quickly. It is possible to lose weight and keep it off, but it won't be easy.

Good Glycemic Control Important for Joint Replacement Patients

Research findings have recently been published following a study conducted from 1988 to 2005. This research shows that patients with diabetes and poorly controlled blood sugars are at a much greater risk of post-op complications and even death following total hip and knee replacement surgeries. Regardless of whether the patient had type 1 or type 2 diabetes, fewer complications occurred when the patients blood sugars were controlled. Uncontrolled diabetes increased a surgical patients risk of stroke, wound infection, postoperative hemorrhage, ileus, transfusion, urinary tract infections, and even death. Patients with uncontrolled diabetes also experienced much longer hospital stays.

This is just one more reason to strive for good glucose control. If you have an upcoming surgery, regardless of its nature, please strive to get your blood sugar values under control. Your chances of having a successful, complication free surgery are much higher if you do.



Make sure your blood sugars are controlled before you go in for surgery.

Tip of the Month...

Question: Can I eat all I want of food that is labeled “glucose free?”

Answer:

NO. A food labeled glucose free must contain less than 0.5 grams of glucose per serving, but may have other carbohydrates and a lot of calories. For example, glucose-free pudding has 0 grams of glucose, but it also has 70 calories and 6 grams of carbohydrate in a ½ cup serving. If you were to eat unlimited amounts, you could easily add enough calories and carbohydrate to sabotage your diabetes and weight-control efforts over time. Although the sweetener used in a glucose-free product may be calorie free (such as acesulfame potassium, aspartame, saccharin, or sucralose), the other ingredients in the food usually contain fat, carbohydrate, and protein. Non-nutritive sweeteners may be used along with other sweeteners that contain calories, so don't rely on the “glucose-free” or “sugar-free” symbol on the front of the package alone. READ the ingredient list and food label carefully so you can make the best choices for healthy eating.

Recipe of the Month... South-of the Border Chicken (with variations)

Total servings: 6 Serving Size: 3-4 oz

This recipe provides several different marinades so you can cook variations of this delicious dish.

Marinade

- ½ cup fresh lime juice
- 1 Tbsp olive oil
- ½ cup chopped yellow onion
- ½ cup chopped red pepper
- 2 garlic cloves, minced
- 2 Tbsp minced cilantro
- 1 Tbsp fresh minced oregano (or 1 tsp dried oregano)

Chicken

- 3 whole chicken breasts, skinned, boned, and halved.

Garnish

- Lime slices

Exchanges:

4 Very Lean Meat

Calories: 155

Calories from fat: 38

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 73 mg

Sodium: 64mg

Total Carbohydrate: 1 g

Dietary Fiber: 0 g

Sugars; 0 g

Protein: 27 g

Instructions:

1. In a large bowl, combine all marinade ingredients. Add the chicken breasts and marinate for at least 2-3 hours, or up to 2 days.
2. To cook, drain marinade. Add the chicken breast halves to a broiler pan and set the oven rack 6 inches from the heat source or place the chicken on a hot outside grill with the grill rack set 6 inches above the heat source. Grill the chicken for 7-8 minutes per side until no trace of pink remains.
3. Garnish with lime slices and serve.

Marinade variations and Microwave Directions on the next page...

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