

# Diabetic Monthly

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Gunnison Valley Diabetes Self-Management Education Program  
45 East 100 North Gunnison, Utah 84634

## Physical Activity and Exercise

*By Angie Merchant*

With the weather cooling off a bit, it is now a great time to get outside to exercise. Exercise is key to controlling blood sugars, maintaining proper weight, losing weight, and feeling good. With all the benefits that exercise and physical activity have to offer, why isn't more people doing it? I have heard a lot of different reasons for being inactive, but I want to diffuse one such reason I hear way too often. Many people say that they just don't know where to start or what to do. I would like to invite everyone of you to support group this month, because we are going to learn everything you need to know to start an exercise program immediately.

The plan is to dig a little deeper than we have before in our the Exercise support group by: 1) Finding your personal Body Mass Index number (BMI), 2) Learning exactly what your weight should be to be in normal BMI range, 3) Learning what your optimal resting and Target Heart Rate during exercise is, 4) Learning what types of exercise/activity is needed to improve your blood sugars and overall health, 5) Learning the difference between Physical Activity and Exercise (and how they affect your body), 6) And most importantly, how to start an exercise program TODAY!!

Studies have proven that low muscle mass is associated with increased insulin resistance in both obese and normal-weight people. In people under age 60, low muscle mass is also linked to high blood glucose levels. To help you know what resistance or strength training exercises to begin, we will demonstrate exact exercises that can be done in the privacy of your own home, or at a local gym. Dallas Overly, PT with Therapy West in Gunnison will be present at the Gunnison support group to teach proper technique for many exercises. I will teach these at the Monroe support group also, but you are always welcome to join our Gunnison support group anytime you would like to. Remember that support groups are always FREE of charge.

**PLEASE JOIN US THIS MONTH AT SUPPORT GROUP... YOUR BODY WILL BE GLAD YOU DID!!!**

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## Support Group Schedules

### Gunnison Support Group

Gunnison Valley Homecare at 45 East 100 North Gunnison

September 21, 2010 at 3:00pm – 4:00pm

### Monroe Support Group

South Sevier Senior Center at 140 West 100 South Monroe

September 28, 2010 at 11:00am – 12:00pm

## Important Upcoming Events

### **1st Annual Hospice Run to Remember....September 18, 2010**

This is a fundraising run/walk to help those that need Hospice care, but are unable to afford it. There will be many that will be walking rather than running, so don't feel like you have to run to participate. The length of the run/walk will be 3.1 miles. There will be a "Poop Out Bus" just in case it's a little too far for you. Everyone is invited to participate. It is for a great cause, and it helps you get your exercise in for the day. Prizes will be awarded and a raffle will be held for those who sign up and participate. I have included more information on a flyer at the end of this newsletter. You can call Gunnison Valley Homecare at (435) 528-3955 to Pre-register or for questions. I hope to see you there.

### **Gunnison Valley Hospital Health Fair...September 25, 2010**

It's time for the Hospital health fair again. This is not the same as our Diabetic Health Fair, but it does offer many reduced cost services to help you. Hemoglobin A1C labs will be \$5.00, and the Lipid Profile will be \$10.00. There will be many other labs offered at much reduced cost as well. Vouchers will be sold at the Health Fair for the labs, which can be drawn at GV Hospital anytime between September 25<sup>th</sup> and October 8<sup>th</sup>. Keep in mind that the Lipid Panel is much more accurate if you come fasting. I will also have a booth at the Health Fair to check Blood Sugars, give away free meters, check your BMI, and just to visit with you. Come by and say hello- I'd love to see you. More information is included at the end of the newsletter. Feel free to call us for more information at (435) 528-3955.

### **Step Out to Stop Diabetes...September 25, 2010**

This will be located in Salt Lake City, Utah. The Step Out to Stop Diabetes is an annual Walk to raise money for Diabetes research. For more information call 1-888-Diabetes.

## Tip of the Month: Ask the Dentist

### **Question:**

I am a caretaker for a parent with type 2 diabetes. My mother has developed thrush twice this year. Are there any safe home treatments in the early stages of the illness?

### **Answer:**

Individuals with diabetes are at higher risk of developing thrush and if not treated completely thrush can become chronic in diabetic patients. A number of conditions increase the risk for thrush in addition to diabetes, such as wearing dentures, dry mouth, antibiotic use, and smoking. You should always consult with your mother's diabetes doctor to make sure diabetes is well controlled and the medication regime is adequate. Visits to the dentists at least every 6 months are indicated as well. Reducing the other risk factors, such as very good daily oral hygiene, including brushing the tongue, daily cleaning and disinfecting of dentures and removable partials since these can become reservoirs for yeast organisms. It is important to reduce the risk of re-infection. Drink adequate fluid daily to keep oral tissues well lubricated, avoid foods or products that can dry the mouth, and eat daily yogurt.

## Weight Loss Tips:

### 1. Sleep More:

Researchers have found that individuals who reduce their idle time by sleeping decrease their snacking activities and could lose fourteen pounds in a year. There are also indications that too little sleep results in an increase in appetite, causing you to feel hungry.

### 2. Create a healthier pizza:

Choose whole-grain flour and a small amount of olive oil to make the crust. Rather than using meat, replace with vegetables for toppings. Use low-fat cheese and reduce the quantity of cheese you apply.

### 3. Eat more vegetables:

Serve three vegetable varieties at dinner and eat fruit for dessert. Increasing the variety of vegetable choices tricks one into eating more of them. And eating more fruits and vegetables that are high in fiber, low in calories and packed with nutrients is a good way to lose weight.

### 4. Use a timer at mealtime:

Slowing down your eating allows your body's satiety hormones to kick in. Set a timer for 20 minutes - enjoy each bite and make your meal last until the buzzer chimes. Put down your fork between bites and resist engaging in other activities during meals such as watching TV or reading a book.

### 5. Use a tall, thin glass:

By doing so you cut your calories from liquids by drinking 25 percent less juice, soda, wine, or other beverage. Visual cues can result in increased portion sizes. A short, wide tumbler deceives people and they tend to pour a larger quantity.



That's a great idea!!

**Let's NOT reach for this goal...**

## Recipe of the Month... Molasses Drumsticks with Soy Sauce

Serves 4/Serving size: 2 drumsticks. Cooks tip: These drumsticks are best served immediately.

Prep time: 10 minutes  
 Marinate time: 2 hours  
 Cook time: 25 minutes  
 Stand time: 3 minutes

### Ingredients:

- ¼ cup lite soy sauce
- 2 tablespoons lime juice
- 8 chicken drumsticks, skin removed, rinsed, and patted dry
- 2 tablespoons dark molasses

### Nutritional Facts per

serving:

**EXCHANGES:**

½ Carbohydrate

3Lean Meat

Calories	226
Protein	32g
Fat	6g
Cholesterol	102mg
Carbohydrates	8g
Fiber	0g
Sodium	538mg

### Directions:

1. Stir the soy sauce and lime juice together in a small bowl until well blended.
2. Place the drumsticks in a large zippered plastic bag. Add 3 tablespoons of the soy sauce mixture to the bag. Seal tightly and shake back and forth to coat chicken evenly. Refrigerate overnight or at least 2 hours, turning occasionally.
3. Add the molasses to the remaining soy sauce mixture, cover with plastic wrap, and refrigerate until needed.
4. Preheat the broiler. Lightly coat the broiler rack and pan with nonstick cooking spray, place the drumsticks on the rack, and discard any marinade in the bag. Broil 6 inches away from the heat source for 25 minutes, turning every 5 minutes or until the drumsticks are no longer pink in the center.
5. Place the drumsticks in a large bowl. Stir the reserved soy sauce mixture and pour it over the drumsticks. Toss the drumsticks gently to coat evenly and let them stand 3 minutes to develop flavors.

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### Quote of the Month:

**Control your own destiny, or someone else will. - Jack Welch**