

Ohiari:ha/June 2014

Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
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Father's Day is June 15th

As Father's Day approaches, some of us scramble to decide what to get Dad. If your dad is anything like mine he is notoriously difficult to buy for. So why not give him the gift of health? Here's how:

Start Dad's Day With a Healthy Breakfast: Studies show that eating breakfast is important to maintaining a healthy weight, providing energy for the morning activities and helping us stick to a controlled intake by the time lunch rolls around. Aim for three food groups, e.g., fruit or vegetables, low-fat milk or alternate and whole grains. Adding a source of lean protein and/or fiber (e.g., look for 100 percent whole grains) will help keep Dad's appetite in check so he's not scrambling for a higher calorie snack or lunch.



Plan a Healthy Father's Day Outing: Going on a hike, to the beach or park for some Frisbee, playing catch or volleyball are great activities. What about organizing a day of canoeing or kayaking? Not only do these activities get you moving but you are spending quality time together. Get the whole family involved. The health benefits of physical activity are endless: weight control, reducing risk of chronic disease, strengthening bones, improving mental health and increasing Dad's chance of living a longer, healthier life.

And it's fun! Why stop there? Organize something to do with Dad on a regular basis, like signing up for a softball league or going for a walk at the walking trail. This ensures that Dad (and you) get regular physical activity and spend more quality time together other than just on Father's Day. Dad will love it!

Make Dad a Healthy Dinner With Some Healthy Grilling Tips: Organize a family dinner to celebrate Dad and grill some of his favorite foods. We all know dads love barbecue.

- Choose lean cuts of meat such as chicken breast, pork or beef tenderloin, firm-fleshed fish such as salmon, tilapia or halibut or go vegetarian with meatless burgers.
- Make sure to trim off all visible fat before grilling.
- Avoid charring the meat and use a low-sodium marinade to add flavor and discourage the formation of heterocyclic amines (HCAs), carcinogenic chemicals formed when cooking meats at high heat.
- Don't forget to add skewered veggies and/or fruit to the grill such as peppers, zucchini, cherry tomatoes, mushrooms, onions, pineapples, mangoes or peaches for color and nutrition. You can even grill corn on the cob (grill for 10 minutes until tender and slightly browned) or foil packages of chopped mini or sweet potatoes with onions (just spray lightly with oil, add your favorite herbs and spices and fold up the foil to make a package).

• Make the meal family style and tell everyone to dig in.
Happy Father's Day!



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Blood Sugar Swings



Written by: Roberta Kleinman, Diabetes Management Weekly Newsletter

Patients frequently want to know "what causes my blood sugars to go up and down even though I am doing the same things every day." Patients will eat similar foods in the same quantities daily and hope their blood sugars will stay at the same level. Although eating does have a huge impact on blood sugars, there are other causes as well. Let's look at some of the other possible reasons why your blood sugars may vary from day to day.

- 1. Illness or physical stress** - Having a urinary tract, lung, or skin infection, as well as the flu or gum disease can make your blood sugars fluctuate. Often patients do not realize there is an underlying infection until their blood sugars soar. If you see your blood glucose numbers climbing for no apparent reason, you should take your temperature and check with your physician to rule out possible infection. Chronic unrelieved pain or fibromyalgia may also cause blood sugar changes. Find ways to resolve these issues by researching physical therapy, chiropractic medicine, acupuncture, yoga, pain relievers or any other alternative ways to achieve pain relief. Lack of sleep or poor quality of sleep can result in chronic stress and insulin resistance, which will raise blood sugars.
- 2. Medication** - Medications can have an effect on blood sugar variations from day to day. Patients who skip their daily diabetes medicines will have blood sugar fluctuations. Starting new medications can cause changes. Remember, it may take new medications between 4-8 weeks to show improved and consistent blood sugar control. Existing medicine dosages that are increased or decreased will have an impact on sugars. Certain patients do not take medications as prescribed. For example, Glipizide (an oral sulfonylurea) needs to be taken 30 minutes prior to a meal. This gives it time to enter your system and squeeze the insulin from the pancreas; otherwise you may not get adequate results. Some patients may know about proper timing of medication but do not follow protocol. They are often in a rush to eat and move on with the day; they take all their pills at the same time. Know if your medication needs to be taken with food or not. You should know the difference between the types of insulin and the timing. If you take rapid acting insulin (Novolog / Humalog), you should eat within 15 minutes or you may suffer from hypoglycemia. Taking rapid insulin an hour after a meal may cause an initial jump in blood sugars (due to the food) followed by a rebound low. Site rotation and rotation of insulin injections can also be the reason for blood sugar swings. Patients may repeatedly stick the same spot either because they think it will hurt less (callus formation) or because they are unaware of the need to rotate within a site. After several injections in one quadrant a patient may develop hard lumps, indentations or thick skin. This can prevent proper insulin absorption and result in poor blood sugar management. Changing the site selection from day to day may result in blood sugar variations. Insulin is best absorbed in the abdomen because it is quick and consistent. Using alternative sites including the arm, leg and buttock will possibly cause swings due to absorption rates. When using an insulin pen you should always remove the used needle after your shot and only replace it with a new one at the time of the next injection; otherwise the insulin in the pen could leak and be ruined; this will cause variations in sugar readings. Most insulin last for 28 days, so expired insulin can cause blood sugar variations. If your prescription calls for a medication to be taken twice a day, you should not skip a dose or you will have blood sugar fluctuations. Set a timer or place it on the table if you have trouble remembering your second dose. Always check tubing, tape and site placement when using an insulin pump. Make sure you are getting adequate insulin from your pump to prevent blood sugar fluctuations.
- 3. Stress** - Mental stress can cause blood sugar variations. Try to avoid it, learn to say no, meditate, count to 10, exercise, find a hobby, volunteer, see a therapist or make a list on how to reduce stress. Everyone has stress, but learning how to handle and cope with it will help you improve your blood sugars and keep them steady.
- 4. Change in portion sizes or total carbohydrates** - If you are following a portion control eating plan and you suddenly change it for a celebration, night out, holiday party or trip you may notice fluctuations in your sugar. If you skip, delay a meal or delete carbohydrates completely you will have variations in your sugar which could be dangerous. Never skip meals.
- 5. Sugar free soda or drink intake** - Diabetes Care published a small study stating that "too much diet soda can increase blood sugars even though it is sugar free." Sugar free soda is extremely sweet and one theory is "it causes you to crave more sweets which may increase weight and blood sugars." Check with your healthcare provider and use sugar free products in moderation.

These are just a few reasons why your blood sugars vary from day to day. It can be frustrating but if you know what causes blood sugar changes you can make a difference!

5 Health Benefits of Meditation

The next time you tune out and switch off and let yourself melt, remind yourself of all the good work the relaxation effect is doing on your body. These are just some of the scientifically proven benefits ...

1. INCREASED IMMUNITY

Relaxation appears to boost immunity in recovering cancer patients. A study at the Ohio State University found that progressive muscular relaxation, when practiced daily, reduced the risk of breast cancer recurrence. In another study at Ohio State, a month of relaxation exercises boosted natural killer cells in the elderly, giving them a greater resistance to tumors and to viruses.

2. EMOTIONAL BALANCE

Emotional balance, means to be free of all the neurotic behavior that results from the existence of a tortured and traumatized ego. This is very hard to achieve fully, but meditation certainly is the way to cure such neurosis and unhealthy emotional states. As one's consciousness is cleansed of emotionally soaked memories, not only does great freedom abound, but also great balance. As one's responses then are not colored by the burdens one carries, but are instead true, direct and appropriate.

3. LOWERS BLOOD PRESSURE

A study at Harvard Medical School found that meditation lowered blood pressure by making the body less responsive to stress hormones, in a similar way to blood pressure-lowering medication. Meanwhile a British Medical Journal report found that patients trained how to relax had significantly lower blood pressure.

4. ANTI-INFLAMMATORY

Stress leads to inflammation, a state linked to heart disease, arthritis, asthma and skin conditions such as psoriasis, say researchers at Emory University in the US. Relaxation can help prevent and treat such symptoms by switching off the stress response. In this way, one study at McGill University in Canada found that meditation clinically improved the symptoms of psoriasis.

5. CALMNESS

The simple difference between those who meditate and those who do not, is that for a meditative mind the thought occurs but is witnessed, while for an ordinary mind, the thought occurs and is the boss. So in both minds, an upsetting thought can occur, but for those who meditate it is just another thought, which is seen as such and is allowed to blossom and die, while in the ordinary mind the thought instigates a storm which rages on and on.



Preventable Health Problems & Exercise

Use exercise to stay healthy and active to help your body prevent health problems such as Diabetes, Cholesterol, Heart Disease, and Body Mass Index (BMI).

Most adults need 2 1/2 hours of moderate-intensity aerobic exercise every week such as brisk walking, or bike riding. They also need two or more days out of the same week for strength/resistance exercise such as lifting weights, or using resistance bands.

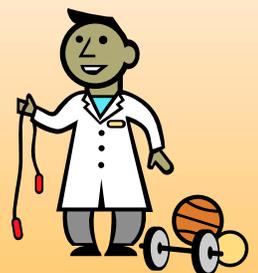
How exercise can help prevent certain health problems:

Diabetes- Helps to maintain your body's use of insulin, and can also help in maintaining diabetes if already diagnosed.

Heart Disease- Keeps your heart and arteries clear of plaque buildup, which leads to heart disease and stroke.

Cholesterol- Exercise helps to increase HDL which is your good cholesterol, and helps to lower LDL which is your bad cholesterol.

Body Mass Index (BMI) - Staying active will keep your BMI in a healthy range, which can help to keep your body in good health which makes it easier to fight off chronic diseases.



Marinated Pork Tenderloin over Black Bean Salad

Prep Time: 20
minutes
Total Time: 45

Nutrition *(per serving)*

318 calories
28 g protein
15 g carbohydrate
4 g fiber

Ingredients:

4 cloves garlic, minced
1 lb pork tenderloin
1 red bell pepper
1 fresh poblano chile pepper
1 can (15.5 oz) black beans,
rinsed and drained



Directions:

1. Whisk together first 5 ingredients with 1/2 tsp salt. Reserve 1/2 cup of mixture for sauce and pour remaining into zip-top bag. Add pork to bag and marinate 30 minutes at room temperature.
2. Prepare lightly oiled grill for medium heat. Remove sides from peppers, discarding stems and seeds. Lightly coat with olive oil spray.
3. Remove pork from marinade (discard marinade). Grill pork and peppers, turning, until peppers are charred and tender and meat is cooked through, about 10 minutes for peppers and 25 minutes for pork. Let tenderloin stand, covered, 10 minutes, then slice.
4. Remove skin from peppers and chop while pork rests. Toss with beans. Season to taste with salt and black pepper.
5. Serve pork on top of beans and drizzle with reserved sauce

** *Handy tip: Use an instant-read thermometer to make sure this lean cut stays juicy. Remove the pork when you get a 145°F reading; the temperature will keep rising while the pork rests.*

Ingredients:

Hearty Grilled Vegetable Salad

Vegetables:

- 1/2 cup balsamic vinegar
- 2 teaspoons extra-virgin olive oil
- 3 tablespoons chopped fresh oregano
- 1/2 teaspoon red-pepper flakes
- 2 garlic cloves, finely chopped
- 1 medium red onion, cut into 1/4-inch rings
- 2 red bell peppers, quartered lengthwise
- 8 portobello mushroom caps, gills scraped out with a spoon
- 1/2 teaspoon freshly ground pepper
- 3 ounces grated fontina cheese (1 cup)
- 4 slices rustic bread, halved diagonally

For the salad:

- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon freshly ground pepper
- 5 ounces mixed salad greens

Directions:

1. Make the vegetables: Combine vinegar, oil, oregano, red-pepper flakes, and garlic. Pour over onion, peppers, and mushrooms on a rimmed baking sheet. Marinate at room temperature, turning occasionally, for 30 minutes.
2. Preheat grill to medium-high. Remove vegetables from marinade, and reserve marinade. Season vegetables with the ground pepper; grill, turning and brushing occasionally with marinade, until tender, 5 to 6 minutes for onion, 10 to 12 minutes for peppers and mushrooms. Fill mushrooms with cheese; grill until cheese melts, about 30 seconds.
3. Make the salad: Whisk together oil and pepper, and 3 tablespoons reserved marinade; toss with greens. Serve with vegetables and cheese filled mushrooms.



Healthy Recipes

Warm Summer Fruits with Sour Cream and Brown Sugar

Nutrition:

Makes: 6 servings
Serving size: 1/2 cup
Calories 86
Fat 1g
Carbohydrate 18g

Ingredients:

4 medium ripe peaches, peeled, pitted and sliced
1 cup fresh blueberries
1/4 cup reduced -fat sour cream
1Tbsp. Fat-free milk
1 tsp. vanilla extract



Directions:

1. Place the broiler rack 4 inches from heat source. Preheat broiler
2. Place the peaches and blueberries in a 2 quart flame-proof (not glass) baking dish and toss to combine.
3. Combine the sour cream, milk, and vanilla in a small bowl, and stir to mix well. Spoon the sour cream mixture over the fruit, and sprinkle with brown sugar.
4. Broil, carefully turning pan if necessary, for 4 to 5 minutes or until the fruit is warmed and the sugar is lightly browned. Remove from oven. Serve immediately.

Grilled Fish & Vegetables

Ingredients:

1/2 cup cherry tomatoes, halved
1/2 cup summer squash and/or zucchini, chopped
1/2 cup red onion, thinly sliced
1/2 cup fresh green beans, ends trimmed and cut into 1 inch pieces, steamed
3 TBSP black olives, drained, rinsed and sliced
1TBSP lemon juice
2 tsp fresh oregano, minced (1/2 tsp dried)
1 TBSP olive oil, plus extra for the foil packet
1/2 tsp ground black pepper
1/2 pound fresh, mild white fish, cut into 2 equal portions
(Try this: haddock, cod, tilapia, Wild caught salmon or shrimp)



Nutrition

Per Serving (4 oz fish and 1/2 the veggies)
Calories: 180
Fat: 7g
Cholesterol: 57mg
Carbohydrates: 8g
Protein: 24g
Fiber: 2g
Sodium: 97mg

Directions:

Preheat grill to medium, clean with a grill brush. Combine all ingredients *EXCEPT* fish in a large bowl. Mix well.

To make packet: place two 20 inch pieces of foil on top of each other. The double layer helps protect the food from burning. Drizzle the top sheet with olive oil. Place the fish on the foil, cover with the vegetable mixture. Bring the short ends of the foil together, leaving enough room in the packet to gather steam. Fold the foil over and pinch to seal. Make sure all the seams are sealed so steam can't escape. Place the packets on the grill and cook until the fish is cooked through, about 7 minutes. Fish should flake with a fork.

June is Men's Health Month

Diabetes and Men

Diabetes and Men: What Causes Sexual Problems?

If you have poor blood sugar control, you're more likely to have sexual issues. High blood sugar levels over a long time can damage nerves and blood vessels, including those in the penis. This disrupts blood flow and makes it hard to get an erection. You can also have sexual issues if you have good diabetes control, but they may be milder and easier to treat.

About half of men who've had diabetes for more than 10 years have trouble with erections. And men with diabetes tend to develop this trouble 10 to 15 years before other men. If you can't get or keep an erection more than half the time, you may have erectile dysfunction (ED).

Depression or emotional problems and some drugs can also cause erectile dysfunction. However, high blood pressure is common in people with diabetes, and some blood pressure medications -- such as beta blockers, clonidine, and diuretics.

Erectile Dysfunction and Heart Disease:

Men with erectile dysfunction are also more likely to have heart disease, another condition linked to diabetes, because the same problems that block blood flow in your penis block it in your heart. So any practice that is bad for your heart -- such as smoking, not being active, and being overweight -- is also bad for erections.

Diabetes and Sex: Treating Erectile Dysfunction:

See your doctor if you have trouble getting or keeping erections. Your doctor will ask you questions and do a physical exam to see if there are other causes. No matter what your age, you can get treatment for erectile dysfunction.

Treatment depends on your overall health and the cause of the problem:

Know your body at different blood glucose levels:

Men can learn how sex is for them at different blood sugar levels. Then they can determine their own best levels for having sex. Some experts advise checking blood sugar levels often before sex to guard against low blood sugar. Men can make choices, depending on things like whether he's prone to low blood sugar at night or after hard exercise.

Check blood sugar prior to sex, not during.

Get moving:

The more you exercise, the less likely you are to have erectile dysfunction.

Get help for depression:

Emotional issues -- such as stress, depression, anxiety, and conflict with your partner -- can affect any couple's sex life and relationship. If you've been feeling depressed for 2 weeks or more, talk to your doctor. Counseling or drugs can help depression and other emotional issues.

Eat right:

Erectile dysfunction is less common in men with type 2 diabetes, who eat a diet focused on fruits, vegetables, fish, beans, and whole grains. You eat fish and poultry at least twice a week, limit red meat, and use healthy fats, like olive oil, instead of unhealthy fats, like butter. Ask your doctor if the diet is right for you.

Don't smoke:

It not only causes cancer, heart disease, and lung disease, smoking can also cause ED. In fact, men who smoke are about twice as likely to develop ED as those who don't smoke. So if you smoke, it's one more good reason to quit.

Limit alcohol:

Drinking a lot can also affect ED. Alcohol curbs blood flow to the penis and can affect how much testosterone your body makes.

Both these things can affect your sex drive and erections.

Submitted by Susan Gale, Nurse Case Manager



Get Preventive Medicines If You Need Them

Aspirin: If you are 45 or older, your doctor or nurse can help you decide whether taking aspirin to prevent a heart attack is right for you.

Vitamin D to Avoid Falls: If you are 65 or older and have a history of falls, mobility problems, or other risks for falling, ask your doctor about taking a vitamin D supplement to help reduce your chances of falling. Exercise and physical therapy may also help.

Immunizations:

- Get a flu shot every year.
- If you are 60 or older, get a shot to prevent shingles.
- If you are 65 or older, get a pneumonia shot.
- Get a shot for tetanus, diphtheria, and whooping cough. Get a tetanus booster if it has been more than 10 years since your last shot.
- Talk with your health care team about whether you need other vaccinations. You can also find which ones you need by going to:

<http://www.cdc.gov/vaccines>.

Men: Stay Healthy at Any Age



There are many easy things you can do every day to improve your health and stay healthy. Getting screened is just one of them.

Screenings are tests that look for diseases before you have symptoms. Blood pressure checks and tests for high blood cholesterol are examples of screenings. You can get some screenings, such as blood pressure readings, in your doctor's office. Others, such as colonoscopy, a test for colon cancer, need special equipment, so you may need to go to a different office.

After a screening test, ask when you will see the results and who you should talk to about them.

Abdominal Aortic Aneurysm: If you are between the ages of 65 and 75 and have ever been a smoker, (smoked 100 or more cigarettes in your lifetime) get screened once for abdominal aortic aneurysm (AAA). AAA is a bulging in your abdominal aorta, your largest artery. An AAA may burst, which can cause dangerous bleeding and death.

An ultrasound, a painless procedure in which you lie on a table while a technician slides a medical device over your abdomen, will show whether an aneurysm is present.

Colon Cancer: Have a screening test for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier. Several different tests can detect this cancer. Your doctor can help you decide which is best for you.

Depression: Your emotional health is as important as your physical health. Talk to your doctor or nurse about being screened for depression, especially if during the last 2 weeks:

You have felt down, sad, or hopeless.

You have felt little interest or pleasure in doing things.

Diabetes: Get screened for diabetes (high blood sugar) if you have high blood pressure or if you take medication for high blood pressure.

Diabetes can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts.

High Blood Cholesterol: If you are 35 or older, have your blood cholesterol checked regularly with a blood test. High cholesterol increases your chance of heart disease, stroke, and poor circulation. Talk to your doctor or nurse about having your cholesterol checked starting at age 20 if:

- You use tobacco.
- You are overweight or obese.
- You have diabetes or high blood pressure.
- You have a history of heart disease or blocked arteries.
- A man in your family had a heart attack before age 50 or a woman, before age 60.

You know your body better than anyone else. Always tell your doctor or nurse about any changes in your health, including your vision and hearing. Ask them about being checked for any condition you are concerned about, not just the ones here. If you are wondering about diseases such as Alzheimer's disease or skin cancer, for example, ask about them.

High Blood Pressure: Have your blood pressure checked at least every 2 years. High blood pressure can cause strokes, heart attacks, kidney and eye problems, and heart failure.

HIV: If you are 65 or younger, get screened for HIV. If you are older than 65, ask your doctor or nurse whether you should be screened.

Lung Cancer: Talk to your doctor or nurse about getting screened for lung cancer if you are between the ages of 55 and 80, have a 30 pack-year smoking history, and smoke now or have quit within the past 15 years. (Your pack-year history is the number of packs of cigarettes smoked per day times the number of years you have smoked.) Know that quitting smoking is the best thing you can do for your health.

Overweight and Obesity: The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find your BMI by entering your height and weight into a BMI calculator, such as the one available at: <http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>.

A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese. If you are obese, talk to your doctor or nurse about getting intensive counseling and help with changing your behaviors to lose weight. Overweight and obesity can lead to diabetes and cardiovascular disease.





News



June is Men's Health Month

Featured Presentation:

Men's Health by Dr. Ben Kelly

Please join us at the Diabetes Center for Excellence on Thursday June 19th from 5 pm—6:30 pm for this informative presentation

A light meal and refreshments will be served

Join us for a chance to win a prize

For more information, please call the Let's Get Healthy Program:

Wednesday
June 11th
11:30-1:00pm

Cooking
Demonstration
with
Heather Pontius, RD

"Healthy Grilling"

*RSVP by June 10
**This is an outdoor activity, please dress accordingly.



Exercise Classes:
Move For Health
Nurse referred/supervised exercise classes:
(Must be enrolled in LGHP)
Monday-Thursday
Class times:
8-9 9-10 10-11 11-12

Community Classes:

Club Circuit
Tuesday
1:30-2:15pm
Friday
9:00-9:45am
Calandra Curleyhead

BodyWorks
Monday and Wednesday
4:30-5:15pm
Mary Terrance

Lunch Hour Yoga
Monday and Wednesday
12:05-12:50pm
Mary Terrance

Chair Yoga
at
Akwasasne Office For The Aging
Tuesday
10-11am
Mary Terrance

*All exercises classes offered by The Let's Get Healthy Program are free.

*Please wear comfortable clothes and bring clean, dry footwear.



Helping Build A Better Tomorrow

Group Guided Relaxation



Every Friday
In
June
9:50am-10:15am
Relaxation Lounge
With
Heather Pontius, RD

Lunch Time Yoga is cancelled Monday, June 9th

Weather permitting, Lunch Time Yoga will be held outside every Monday and Wednesday throughout the month of June

