



Monthly News

Chronic Care Active Management & Prevention

"Empowering people and communities to promote healthy lifestyles and improve the quality of life for people with chronic illnesses."

Relay for Life! www.relayforlife.org

Inside this issue:

Healthy Recipe	2
Real Age Tip	2
Diabetes Corner	3
Sudoku	4

Healthy TIP

Getting about 17 grams of grain fiber a day (the kind found in whole-grain breads and cereals) could slash type 2 diabetes risk by a third.

Check it out!

www.relayforlife.org

What is Relay for Life?

Relay For Life is an overnight event increasing cancer awareness while raising much-needed funds for the American Cancer Society's local patient services and programs, advocacy, community education, and cancer research. Teams composed of participants from local companies, clubs, neighborhoods and families raise funds prior to the event. At the Relay, team members take turns walking around a track, relay-style. Participants camp-out, enjoy music, entertainment, and food while building team spirit to help in the fight against cancer.

Relay For Life empowers the community to take part in the fight against cancer while honoring survivors and remembering friends and loved ones lost to the disease.

How can I participate?

Our Relay event brings people together from all walks of life with the common goal of eliminating cancer. No matter who you are, there's a place for you at our Relay events. Join us today!

- **Become a Team Captain:** Fighting cancer is a team effort. The strength of people coming together for a common cause is greater than the strength of one.
- **Donor/Sponsor:** Relay For Life is a great way for corporations to demonstrate their commitment to fighting cancer in the community.
- **Survivorship Activities:** Please join us as our

honorary guest in the Survivors Lap, which begins Relay For Life. Your strength and courage help the community see that cancer survivorship is real—that we are making progress in the battle against cancer.

- **Volunteer:** Relay For Life is a community gathering, where everyone can participate in the fight against cancer. We need your help before, during, or after our Relay events.

Relay for Life is not only a great way to show your support for cancer, but is also an excellent opportunity to get plenty of exercise. Get moving and join a team today!

Relay for Life of NOME

When: Saturday, May 22 at 4:00 pm until Sunday, May 23 at 6:00 am

Where: Old St. Joe's.

Visit www.relayforlifeofnome.org to join a current team or start your own!

For more information contact Catherine DeAngelis at 443-3227 or deangelis_catherine@yahoo.com

(NOT) Health Foods By Tracey Neithercott, Diabetes Forecast

You think you're doing your body a favor by chomping on a big salad for lunch and sipping juice throughout the day. Surprise: Your actions may be undoing your diet. Read on to learn about four foods that masquerade as healthy.

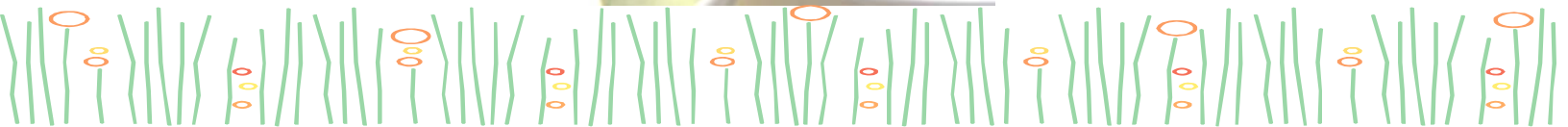
Granola. Cooked with added oils, loaded with sugar, and containing as many as 260 calories and 11 grams of fat per three-quarter cup: Yup, that's granola. "There's not a really, really low-fat granola out there. A lot of them are high-fat. If you like granola, you should find a recipe and make your own," says Catherine Champagne, PhD, RD, professor of nutrition and chronic diseases and chief of nutritional epidemiology at the Pennington Biomedical Research Center at Louisiana State University.

Juice. Just because a drink tastes fruity doesn't mean it has the same benefits as fruit. Take Sunny Delight: It boasts 100 percent of your recommended daily dose of vitamin C but is made of mostly water and high-fructose corn syrup (less than 2 percent of the drink comes from actual fruit). A better choice is 100 percent juice. Check the label and the serving size. "Keep in mind that drinking any juice so long as it's 100 percent juice is going to offer you more nutrition than drinking Coke," says Champagne. But even healthier is eating actual fruit, so grab an orange, an apple, or a handful of grapes and enjoy.

Salad. Green leaf lettuce topped with vegetables, fruit, and nuts makes for a healthy meal. But you can get into trouble if you don't pay attention to the dressing you pour over it. "I have seen dressings that have 150 calories

in 2 tablespoons," says Champagne. "You're ending up with 25 calories of good, healthy stuff and another 300 calories of fat." Skip rich and creamy varieties, and stick with light vinaigrettes or drizzle on your own olive oil and vinegar.

Smoothies. These whipped drinks seem healthy ... and they're packed with fruit, right? Don't be deceived into thinking they are a healthy way to snack. Many store-bought smoothies are really glorified milkshakes, heaping sherbet, yogurt, frozen yogurt, or peanut butter on top of protein and vitamin powders and fruit. Take Jamba Juice's 24-ounce Peanut Butter Moo'd: It has 800 calories and 21 grams of fat—more than a Burger King Whopper. If you love smoothies, your best bet is to make them from scratch and add your own healthy ingredients.



HEALTHY RECIPE

Strawberry Cream Retrieved from www.eatingwell.com

This chilled strawberry dessert gets creaminess and a touch of tanginess from reduced-fat sour cream. Topped with some ruby-red diced strawberries, it makes a delightful ending to any meal.

Servings: 4 **Active Time:** 15 minutes, **Total Time:** 3 1/4 hours

Ingredients

Cream

- 3 tbsl cold water
- 1 envelope unflavored gelatin
- 4 cups hulled strawberries
- 1/2 cup sugar
- 1 tsp vanilla extract
- 3/4 cup reduced-fat sour cream

Topping

- 1 cup hulled strawberries, cut into 1/4-inch dice
- 2 tsp sugar

*If fresh strawberries are not available, substitute with frozen berries.

Preparation

1. To prepare cream: Stir together water and gelatin in a small heatproof cup or bowl. Microwave, uncovered, on High until the gelatin has completely dissolved but the liquid is not boiling, 20 to 30 seconds. (Alternatively, bring 1/2 inch water to a gentle simmer in a small skillet. Set the bowl with the gelatin mixture in the simmering water until the gelatin has dissolved completely.) Stir the mixture until smooth.
2. Place strawberries, sugar and vanilla in a food processor and puree. Add sour cream; pulse to combine. With the motor running, slowly add the dissolved gelatin. Pour the cream into

four 8-ounce bowls or wineglasses. Cover and refrigerate until set, about 3 hours.

3. To prepare topping and serve: Toss diced strawberries and sugar in a small bowl; let stand until slightly juicy, about 2 minutes. Divide among the creams.

Nutrition

Per serving: 232 calories; 6 g fat (3 g sat, 2 g mono); 18 mg cholesterol; 43 g carbohydrates; 4 g protein; 4 g fiber; 24 mg sodium; 336 mg potassium.

Nutrition Bonus: Vitamin C (180% daily value)

Exchanges: 1 fruit, 2 other carbohydrate, 1 fat



Real Age Tip of The Day: Just 1 Less Teaspoon Slashes Heart Risks www.realage.com

Getting just a smidge less of this in your diet could really help your heart. We're talking about salt.

In a recent study, eating roughly 1 less teaspoon of salt a day was associated with a significantly lower risk of having a stroke or developing heart disease.

The Heart/Salt Connection Sure, you know being loosey-goosey with the salt shaker can lead to blood pressure troubles. But how much impact does a little pinch have? Quite a bit, it turns out. In a scientific analysis of 13 different studies

involving data from nearly 200,000 people, researchers found that the reduction in stroke risk from consuming 5 less grams of salt a day - - even foods that don't taste salty, like breakfast cereals. So hide your salt shaker, read labels carefully, and choose whole, fresh foods whenever you can.

Reference:

[Salt intake, stroke, and cardiovascular disease: meta-analysis of prospective studies.](#) Strazzullo, P. et al., *BMJ* 2009 Nov 24;339:b4567. doi: 10.1136/bmj.b4567.

Diabetes Corner

Diabetes and Alcohol Retrieved from www.diabetes.org

Alcohol is processed in the body very similarly to the way fat is processed, and alcohol provides almost as many calories. Therefore, drinking alcohol in people with diabetes can cause your blood sugar to rise. If you choose to drink alcohol, only drink it occasionally and when your diabetes and blood sugar level are well-controlled. If you are following a calorie-controlled meal plan, one drink of alcohol should be counted as two fat exchanges. It is a good idea to check with your doctor if you are overweight or have high blood pressure or high triglyceride levels before drinking alcohol. If you are in doubt about whether drinking alcohol is safe for you, check with your doctor.

Effects of Alcohol on Diabetes. Here are some other ways that alcohol can affect diabetes:

- While moderate amounts of alcohol can cause blood sugar to rise, excess alcohol can actually decrease your blood sugar level -- sometimes causing it to drop into dangerous levels.
- Beer and sweet wine contain carbohydrates and may raise blood sugar.

- Alcohol stimulates your appetite, which can cause you to overeat and may affect your blood sugar control.
- Alcohol can interfere with the positive effects of oral diabetes medicines or insulin.
- Alcohol may increase triglyceride levels.
- Alcohol may increase blood pressure.
- Alcohol can cause flushing, nausea, increased heart rate, and slurred speech.

Diabetes and Alcohol Consumption Dos and Don'ts. People with diabetes should follow these alcohol consumption guidelines:

- Do not drink more than two drinks of alcohol in a one-day period. (Example: one alcoholic drink = 5-ounce glass of wine, 1 1/2-ounce "shot" of liquor or 12-ounce beer).
- Drink alcohol only with food.
- Drink slowly.
- Avoid "sugary" mixed drinks, sweet wines, or cordials.
- Mix liquor with water or diet soft drinks.

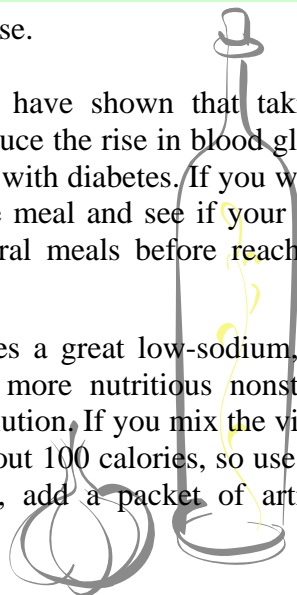


Diabetes Myths Busted Retrieved from www.diabeticlivingonline.com

Myth: Daily doses of vinegar will lower blood glucose.

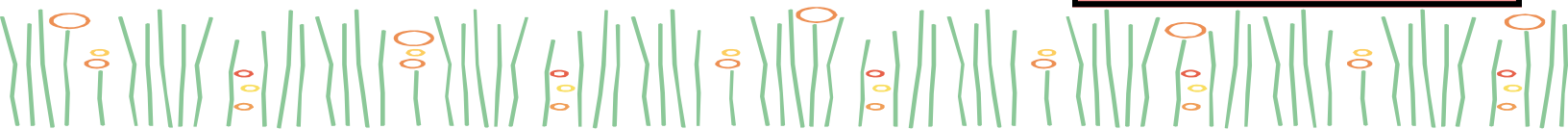
Fact: Some studies on small numbers of people have shown that taking 2 tablespoons of vinegar before a starchy meal can reduce the rise in blood glucose after the meal. But this may not be true for everyone with diabetes. If you want to try it, check your blood glucose two hours after the meal and see if your blood glucose is lower. Make sure you check after several meals before reaching a conclusion about whether the vinegar helps.

Vinegar has no calories or carbohydrates and makes a great low-sodium, low-calorie salad dressing, which may help you add more nutritious nonstarchy vegetables to your diet. It's not, however, a magic solution. If you mix the vinegar with oil, be aware that each tablespoon of oil has about 100 calories, so use more vinegar than oil. If you want a sweeter dressing, add a packet of artificial sweetener.



NEW NEWS **DIABETES**
 Women, Job Stress, and Diabetes Risk
 Women who are stressed out by their jobs have an increased risk for diabetes. Researchers followed 5,895 British adults (none of whom had diabetes at the outset) for 12 years and measured their level of work-related stress. Women with high job demands and little control over them had a 60 percent greater risk for type 2 diabetes than their more relaxed peers. The risk was even higher for stressed-out women who also had little social interaction and support from colleagues at work. There wasn't a link between job stress and diabetes in men, though. According to the researchers, the connection may be due to chronically elevated levels of stress hormones.

Source: *Diabetes Care*, December 2009





P.O. Box 966
Nome, AK 99762

Phone: 907-443-3365

1-888-559-3311, ext 3365

Fax: 907-443-4571

Web: www.nortonsoundhealth.org/diabetes/



Smoking: Does it cause wrinkles? By Mayo Clinic Staff

Question: Is it true that smoking causes wrinkles?

Answer: Yes. So if you need another reason to motivate you to quit smoking, add premature wrinkles to the list.

Smoking can speed up the normal aging process of your skin, contributing to wrinkles. These skin changes may occur after only 10 years of smoking. The more cigarettes you smoke and the longer you smoke, the more skin wrinkling you're likely to have — even though the early skin damage from smoking may be hard for you to see.

And smoking doesn't cause wrinkles only on your face. Smoking also is associated with increased wrinkling and skin damage on other parts of your body, including your inner arms.

While the skin wrinkles may not be reversible, you can prevent worsening of wrinkling by quitting smoking now.

How does smoking lead to wrinkles?

The nicotine in cigarettes causes narrowing of the blood vessels in the outermost layers of your skin. This impairs blood flow to your skin. With less blood flow, your skin doesn't get as much oxygen and important nutrients, such as vitamin A. Many of the over 4,000 chemicals in tobacco smoke also damage collagen and elastin, which are fibers that give your skin its strength and elasticity. As a result, skin begins to sag and wrinkle prematurely because of smoking.

In addition, repeated exposure to the heat from burning cigarettes and the facial expressions you make when smoking — such as pursing your lips when inhaling and squinting your eyes to keep out smoke — may contribute to wrinkles.



Sudoku

Fill in each box with the numbers 1-9 so that each row, column and 3x3 box contains the numbers 1-9 once.

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				1				9
		9		3	2		6	
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