

WebMD[®]

DIABETES

June 2013

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HOT TOPICS

News You
Can Use
pg. 2

HEALTHY TRAVEL

Your Getaway
Checklist
pg. 4

LIVING WELL

What Experts
Wish You Knew
pg. 5

LIVING HEALTHY

Tips for Stress-
Free Living
pg. 9

FOOD SMARTS

Keeping a Food
Journal
pg. 10

License to Grill

Fire it up with three easy
and delicious recipes PG. 6

DIABETES NOW

HOT TOPICS!

WHAT YOU NEED TO KNOW ABOUT DIABETES

**33%
to 55%**

The amount a person with diabetes can reduce the risk of heart disease if blood pressure is controlled

Source: CDC

WebMD.com

What's Cooking!

Thousands of people turn to WebMD.com for meal inspiration every day. Here are the most-clicked diabetes-friendly recipes.*

Tandoori Chicken

Quick Chicken Cordon Bleu

Grill-Worthy Veggie Burgers

Vegetarian Garden Loaf With Maple-Apricot Glaze

Lemon Poppy Seed Bundt Cake

*as of April 1, 2013



Bean Stalk

Beans really *are* good for your heart—and your blood sugar, too, a study shows. Researchers tested two diets in 121 men and women with type 2 diabetes. Both diets were healthy, but one added legumes, such as chickpeas, lentils, and beans. Those on the bean diet saw improved blood sugar control. They also lowered their predicted risk of heart disease—mostly because they reduced blood pressure—while the other group did not. The experts' advice? Every week, swap a few meat meals for bean stew, lentil soup, or chili.

Source: Archives of Internal Medicine

58%

U.S. ADULTS WITH DIABETES WHO USE ONLY ORAL MEDICATIONS TO TREAT THEIR CONDITION

Source: CDC

235

Drugs currently in development for all types of diabetes

Source: Pharmaceutical Research and Manufacturers of America



SUGAR HIGH

Countries that use high-fructose corn syrup (HFCS) in processed foods and drinks tend to have higher diabetes rates, a study shows. Of 43 countries studied, 23 used little or no HFCS in the food supply. In the other 20, annual consumption ranged from about a pound per person in Germany to about 55 pounds in the United States. The researchers found that countries using HFCS had diabetes rates about 20% higher than the others, but reported no differences in total sugar and calorie intakes. Yet other studies show the body responds the same way to table sugar and HFCS. The bottom line, experts say, is that too much of any kind of sugar is unhealthy.

Source: Global Public Health

HEALTHY TRAVEL

Road Rules

GOT SUMMER TRAVEL PLANS? KEEP DIABETES TOP OF MIND AS YOU PREPARE

By Stephanie Watson

● We all know about the hassles of traveling—long lines at airport security, flight delays, traffic-clogged roadways, time-zone changes. When you have diabetes, travel's minor hassles can turn into major health issues, says Dawn Sherr, RD, CDE, practice manager at the American Association of Diabetes Educators.

You don't have to stop traveling just because you have diabetes, but you do need to plan a little differently. Here are some tips on how to prepare, what to bring, and what to do should your diabetes cause problems.

Check in. At least one month before you leave, check in with your doctor. If you'll be going abroad, make sure you're up-to-date on the vaccinations recommended for your destination. Stock up on prescriptions for insulin and other medications as well as testing supplies and syringes, so you have enough to last the entire trip—plus some extra.

Bring your ID. Along with your driver's license and passport, carry or wear a medical alert ID. If your blood sugar drops, the medical personnel who treat you will know exactly what to do.

Pack a snack. Unexpected delays and other



CHECK, CHECK

If you have diabetes, your packing checklist requires a few items that need to be in your suitcase or carry-on bag.

Prescriptions Bring all of your medicines, syringes, and blood and urine testing supplies with you. Keep your medicines in their original labeled containers. Also include a prescription for every medicine you take, in case you run out.

A note from your doctor Ask your doctor to write a letter explaining that you have diabetes and what you do to treat it. That way, you don't have to explain to the

Transportation Security Administration agents at the airport why your insulin pump just set off the alarm or why there are several vials of liquid in your carry-on bag.

Insurance card Before you leave, find out what services your health insurance policy will cover at your destination. Carry the card with you in case you visit a doctor or hospital there.

Phrase book If you're going to a non-English-speaking country, make sure you learn all the important phrases, including "Can I please have some juice?" "I have diabetes," and "I need medical help."

travel snafus can send your blood sugar levels into a tailspin. "Sometimes when you're off your schedule, you don't take your medication when you should or you skip a meal," says Sherr. To avoid becoming weak and shaky (or worse, passing out—a medical emergency) from low blood sugar, always have a snack on hand. According to the American Diabetes Association, you want something mostly sugar or carbohydrate (not fat), such as juice, raisins, saltine crackers, or honey. You can also carry glucose tablets.

Carry on. If you check your bag, your medicine shouldn't be in it. Take everything on the plane with you—insulin, pills, and syringes. To prevent your insulin from overheating and losing strength, store it in a refrigerated pack.

Eat smart. You'll have less control over your diet in restaurants and airports, but you don't have to give up the good habits you've adopted to manage your condition. "There are healthier choices that you can always make," Sherr says. Order a salad with dressing on the side instead of a burger at a fast-food restaurant. Ask for your chicken baked or broiled, not fried.

Reviewed by **Michael W. Smith, MD**
WebMD Chief Medical Editor



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LIVING WELL

Get Smart

HERE'S WHAT THE EXPERTS WISH YOU
WOULD ASK ABOUT TYPE 2

By Christina Boufis

● Certified diabetes educator
● Lorena Drago, RD, MS, CDN, director of the Diabetes Education Program at Lincoln Medical and Mental Health Center in the Bronx, N.Y., spends her day debunking myths about diabetes. For endocrinologist Amber L. Taylor, MD, director of the Diabetes Center at Mercy Medical Center in Baltimore, it's about empowering her patients to be participants rather than bystanders in their health care. What do these two experts really wish people with diabetes would ask? Here are their answers.

How can I successfully manage diabetes with my busy life? "Usually, people tell me the reason they're not controlling blood sugar is because of a busy work and family life," Taylor says. But they don't often ask for solutions.

What works? Work with your doctor to come up with a diabetes management plan to fit your schedule. Maybe that means checking blood sugars during a lunch break.

What top three lifestyle changes do I need to make? "The first is quit smoking, the second is lose weight, and the third is stop drinking regular soda," Taylor says. Then, learn to cook. "Most diabetes centers have cooking programs, where we teach heart-healthy and diabetes-friendly cooking. You can cook great, tasty meals at home, and you have a lot more control over how much sugar, fat, and salt go into your meals."

Why is losing weight so important? "With type 2 diabetes, excess weight is really driving the whole process [of insulin resistance]," Taylor says. The more weight a person gains, the harder the insulin-producing pancreas has to work. That's why losing just a few pounds—5% to 7% of body weight—can help. What's the secret to keeping the weight off? "Exercise keeps metabolism up and the weight off," says Taylor.

Reviewed by **Ann Edmundson, MD**
WebMD Diabetes Expert

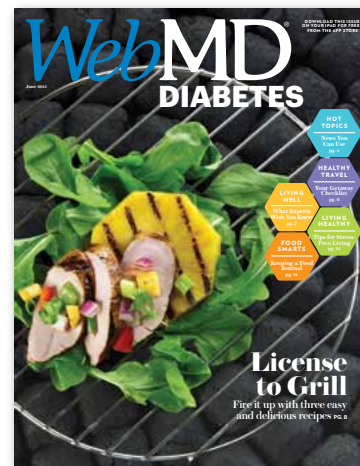
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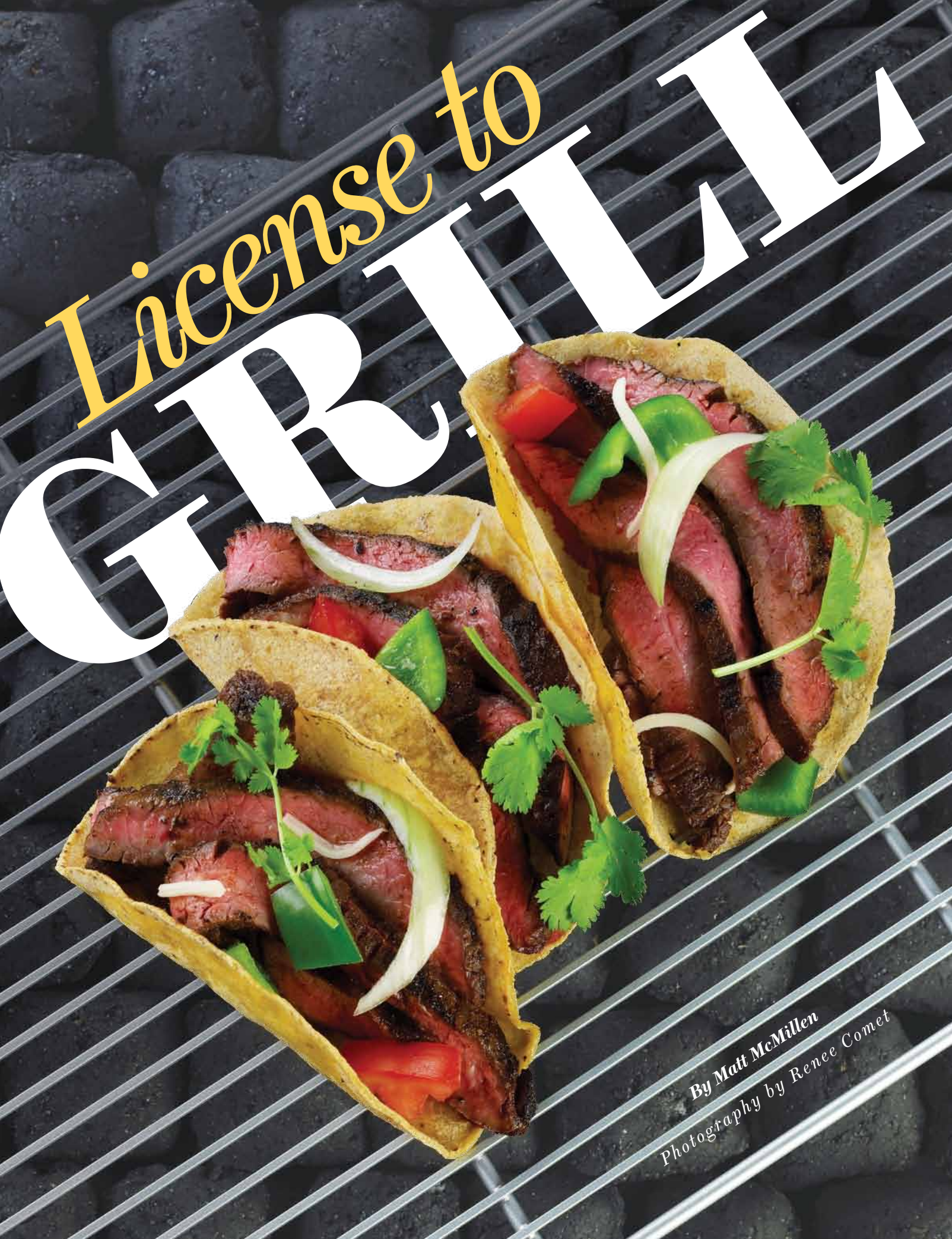
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MAGAZINE

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License to GRILL

Cookout season is here! Fire up your appetite with these diabetes-friendly recipes

Firing up the grill is a Father's Day ritual. That's a good thing, because there are few healthier—or tastier—ways to cook a meal. This year, before Dad starts shaping his burgers and salting his steaks, show him the three full-flavored recipes below, courtesy of Dave Grotto, RDN, author of *The Best Things You Can Eat* and self-described “dad who grills.”

Grotto loves the smoky accent grilling gives food, but he also likes it because it's easy on the arteries. “Less saturated fat is welcome news for people with diabetes since they are at higher risk for developing heart disease,” he says.

Grilling is a low-fat way to cook for several reasons: A quick spray of cooking oil is all you need to keep things from sticking. Plus, lean meats and fish are standouts on the grill. And, for dads dead set on steaks, much of the saturated fat found in well-marbled meats drips down into the pit rather than ending up on the plate.

On the grill, even veggies Grotto's family normally dubs boring are transformed into treats. “And grilling more veggies adds much-needed fiber to your diet, which helps control blood sugar, too.”

That's an ideal recipe for Father's Day—and every day.

Reviewed by Michael W. Smith, MD
WebMD Chief Medical Editor

Flank Steak Tacos

First things first: We're not ruling out red meat. In fact, you'd be hard pressed to find a more delicious or grill-friendly cut than flank steak. It's tender, lean, and quick cooking.

And this tangy papaya marinade not only tastes great, but there's evidence that marinades can help prevent the buildup of potential carcinogens called heterocyclic amines, or HCAs, which can form on grilled meats.

“Full flavor and fewer calories are a winning combo for people with diabetes as lifelong weight control is pivotal to managing blood sugar and promoting health,” Grotto says.

Makes 8 servings

Ingredients

- 1½ lbs flank steak
- ⅓ cup papaya juice concentrate
- ⅓ cup white vinegar
- ½ cup light soy sauce
- 3 cloves garlic, minced
- 2 limes, juiced
- ¼ cup extra virgin olive oil
- 1 tsp kosher salt
- 1 tsp ground black pepper
- ½ tsp ground white pepper
- 1 tsp garlic powder
- 1 tsp chipotle or chili powder
- 1 tsp dried oregano
- 1 tsp ground cumin
- ¼ tsp nutmeg
- 1 tsp paprika
- corn or wheat tortillas
- assorted toppings and garnish: onions, cilantro, tomatoes, grated Monterey Jack cheese, lime wedges

Directions

Marinade

1. Place flank steak in a large glass baking dish.
2. In a medium bowl, whisk together papaya juice, vinegar, soy sauce, garlic cloves, lime juice, and olive oil.
3. Add in all the powdered seasonings. Whisk until well blended, then pour over steak, turning once to coat both sides.
4. Cover with plastic wrap and marinate at least 4 hours, preferably overnight.

To cook

1. Heat the grill to medium high. Lightly oil the rack.
2. Grill the flank steak, about 5–7 minutes on each side.
3. Remove the steak from the grill and let it rest on a cutting board 5 minutes to allow the juices to absorb back into the meat before slicing.
4. While the steak is resting, warm tortillas in a lightly oiled skillet over low heat, about a minute on each side.
5. Thinly slice the steak on the diagonal.
6. Arrange two or three tortillas on each plate. Lay several pieces of steak on each tortilla and top with your choice of chopped onions, cilantro, tomatoes, and cheese. Garnish with lime wedges and serve.

Per serving

275 calories, 26 g protein, 15 g carbohydrate, 12 g fat (3 g saturated fat), 40 mg cholesterol, 1 g fiber, 410 mg sodium. Calories from fat: 39%

By Matt McMillen
Photography by Renee Comet



Try **Easy, Tasty Grilled Foods for Dinner Tonight**, a top slideshow on the Health & Cooking channel.

WebMD.com



APP BONUS!
Get a recipe for **Mediterranean Grilled Arctic Char**.

Grilled Pineapple and Chili Pork Tenderloin With Mesclun Greens

Now for something exotic: Savory and sweet, with ginger and garlic providing a hint of heat, this Asian-accented pork dish—loaded with protein and light on fat—will satisfy Dad's deepest meat cravings.

Makes 4 servings

Ingredients

Chutney

½ fresh pineapple, diced
¼ cup red pepper, diced small
¼ cup green pepper, diced small
¼ cup red onion, diced small
½ tsp fresh ginger, minced
½ tsp fresh garlic, minced
2 scallions, diced
1 tsp cilantro, minced
½ tsp chili powder
¼ tsp cumin
3 tbsp rice wine vinegar

Other ingredients

½ fresh pineapple, sliced
1 (1 lb) pork tenderloin
1 tsp extra virgin olive oil
salt and pepper to taste
½ tsp chili powder
3 cups mesclun greens

Directions

1. Peel one fresh pineapple and cut in half. Dice half for the chutney, and slice the other half into 4 slices, ½-inch thick.
2. Mix together all chutney ingredients and reserve.
3. Lightly coat tenderloin with olive oil, then season with salt and pepper. Sprinkle chili powder over entire tenderloin.
4. Heat the grill to medium high.
5. Place tenderloin on grill. Turning every few minutes, grill pork to an internal temperature of 150°F (about 12–15 minutes).
6. Halfway through the cooking, lay the pineapple slices on the grill. Turn them once.
7. Remove pineapple and pork from grill and let rest 5 minutes.
8. Divide mesclun greens among 4 plates and top each with a pineapple slice. Slice pork on the bias in quarter-inch slices and shingle in the center of the plate, against the grilled pineapple. Spoon chutney over sliced pork.

Per serving

350 calories, 36 g protein, 27 g carbohydrate, 11 g fat (4 g saturated fat), 105 mg cholesterol, 3 g fiber, 21 g sugar, 240 mg sodium. Calories from fat: 28%

Outdoor Grilled Sausage, Onion, and Basil Pizza

Hold the pepperoni! This pizza, topped with sweet Vidalia onions, savory lean turkey sausage, earthy mushrooms, and sharp Asiago cheese, has everything Dad could ask for. Rolling out the dough is fun, so give it a try. Your first efforts may not turn out as perfectly round as New York's finest, but take heart: Whatever the shape, your pies will boast all the flavor and fewer calories. Unless you have an extra-large grill, you will have to cook the pizzas one at a time.

Makes 16 servings (2 12-inch pizzas)

Ingredients

- 2 packages ready-made pizza dough or 2 ready-made crusts, such as whole wheat Boboli
- ½ cup pizza sauce
- 1 medium Vidalia or other sweet onion, sliced thin
- 4 oz oyster mushrooms (or white mushrooms), sliced thin
- 3 cloves garlic, chopped
- 6 oz low-fat, precooked smoked turkey sausage, casing removed, cut into bite-sized pieces
- 4 oz shredded Asiago cheese
- 6 oz shredded low-sodium mozzarella cheese
- 2 tbsp grapeseed or canola oil
- 8 leaves fresh basil, sliced or torn into strips

Directions

1. Roll out pizza crusts according to directions (unless you're using a premade crust).
2. Spread half the pizza sauce on each crust. Place half the onion, mushrooms, garlic, and sausage bits evenly on each pizza. Mix the two cheeses together, and top the first pizza with half the mixture. Repeat for next pizza.
3. Set the grill on medium high. When hot, brush the rack with grapeseed or canola oil. Place one pizza on the grill, cover the grill, and cook until cheese is bubbling, 7–10 minutes. Remove, using pizza peel or two metal spatulas. Repeat with second pizza.
4. Sprinkle basil on each pizza. Slice pizzas and serve.

Per serving

230 calories, 11 g protein, 28 g carbohydrate, 8 g fat (4 g saturated fat), 15 mg cholesterol, 2 g fiber, 480 mg sodium. Calories from fat: 31%

LIVING HEALTHY

Pressure Points

FEELING FRAZZLED? STRESS CAN CAUSE YOUR BLOOD SUGAR TO SPIN OUT OF CONTROL

By **Katherine Kam**

Life is stressful. Anyone can get sick, have an accident, or lose a job. But if you have diabetes, stress is more than a bad feeling you get when you hit a rough patch. It can send your blood sugar out of control.

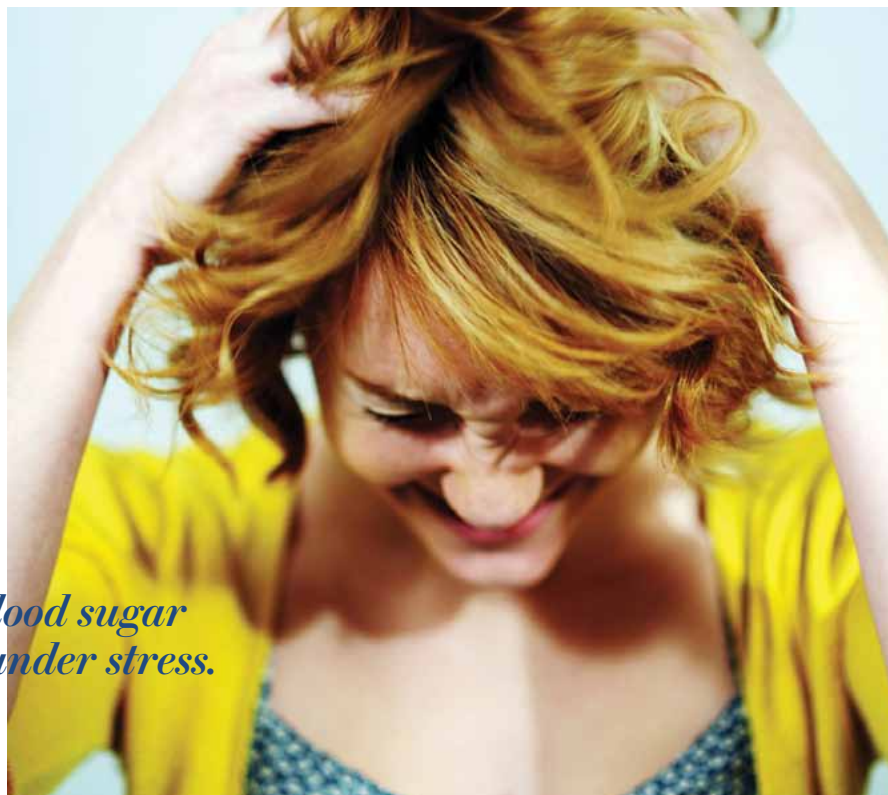
Imagine, for example, that a sales representative has to deliver a big presentation—with a promotion riding on the performance. If she has diabetes, she “might feel extraordinary stress for that particular day and her blood sugars may rise,” says GERALYN SPOLLETT, MSN, ANP-CS, a nurse practitioner and past president of health care and education for the American Diabetes Association (ADA).

It's important to check blood sugar more often when you're under stress.

Emotional and mental stressors aren't the only culprits. Physical stress, such as illness or trauma, can also increase blood sugar levels. A range of physical problems, from surgery or pneumonia to a tooth extraction or even a bad sunburn, can trigger such a rise.

Why is stress so harmful to someone with diabetes? When you are worried or anxious, the body releases hormones that can make it harder for insulin to work, triggering a spike in blood sugar, Spollett says. While many people with diabetes see their blood glucose levels go up during stressful times, some might find that glucose levels drop, according to the ADA. That's why it's important to check blood sugar more often when you're under stress, including physical stress such as an infection.

Stress can also mess with your glucose levels indirectly. When you're under



pressure, you might take less care of yourself. Maybe you don't eat properly or drink too much alcohol. Or perhaps you skip exercise and forget to check your glucose levels.

Of course, by itself, diabetes can be a stressful condition. But if you're curious about whether mental stress is altering your glucose levels, Spollett offers a simple method to find out: Before you check your blood sugar, write down a number from one to 10 that rates your stress level. Then check your glucose and write that number next to your stress rating. After you've tracked yourself for a week or two, look for patterns. If you notice that high stress levels often correlate with high glucose readings, stress may be affecting your glucose control. See

a mental health professional for help if you can't reduce stress in your life.

“A good five to 10 minutes of my meetings with patients,” Spollett says, “have to do with how they manage their stress and looking at their blood sugars to figure out whether or not they were upset about something or whether they overate or made poor insulin decisions,” she says.

“People shouldn't be afraid to reach out to their providers and tell them they're feeling these kinds of stresses,” she adds. “They don't realize how much the stress has been affecting their blood sugars. It's sort of that silent component.”

Reviewed by **Brunilda Nazario, MD**
WebMD Lead Medical Editor

FOOD SMARTS

Write Way

RECORDING WHAT YOU EAT CAN HELP YOU BETTER MANAGE YOUR TYPE 2

By Michael Dansinger, MD

Have you ever kept a food diary? I ask all my type 2 diabetes patients to keep such records these days. For years, I tried to help patients meet their health goals *without* them because I knew how much time and effort they take. But I found that patients lost excess weight much more reliably—and had a much better chance of reversing their type 2 diabetes or prediabetes—once I insisted they write down everything they ate.

In fact, every successful patient I know has kept a food record and takes it seriously, while just about every patient who didn't failed to get the desired results.

Food records don't have to be complicated. Just write down everything you eat (and drink), plus the serving size, number of calories, and grams of fat and carbohydrates. Some people also make a note of how they feel before and after they eat, especially if they tend to turn to food when they're upset, procrastinating, or anxious.



Writing down everything you eat makes you wake up to the difference between your eating habits and your diet goals.

Why do food records make such a difference for those with type 2 diabetes? There are several reasons.

Clarity A food record forces you to see *what* and *how much* you're eating—whether it's a sit-down dinner or during 30 seconds of grazing in the snack cupboard.

Self-awareness Writing down what you eat and adding up the numbers makes you, and only you, accountable for what you put in your mouth. Correlating those numbers with your weight

or your blood sugar levels also helps you see how various kinds of food affect your body. Plus, if you count something—such as calories—you can “budget” for the rest of the day (or week) to reach your goal.

Transparency If you already work with a nutrition or lifestyle coach, you know these professionals provide information and encouragement. But if you don't keep a food record, the coach can't really know what you're eating, which limits how much he or she can advise

you. A food record helps the coach look for patterns and weak spots and helps you to develop healthier habits.

Honesty Knowing a coach will see your food record can motivate you to make healthier choices. Writing down everything you eat makes you wake up to the difference between your eating habits and your diet goals.

What kind of food diary should you buy? You can create a spreadsheet, find an app for your smartphone, or use food journals on the Internet. But sometimes the easiest, most portable food diary is a simple, old-fashioned notebook.

Reviewed by Brunilda Nazario, MD
WebMD Lead Medical Editor