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November/December 2012

DIABETES



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Grand Sam

Chef Sam Talbot shares his healthy-living philosophy and his favorite diabetes-friendly dishes pg. 8

NEW!

Health Questions?

WebMD **answers**

This recipe helps me sneak greens into my diet...

Exercises after baby? I have a great routine to share...

I had a heart attack at 40. It can happen! This is what it felt like...

This is how I get a car seat in and out of a taxi...

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GET HELP. GIVE HELP.

Ask Your Question

WebMD **answers**



DIABETES NOW

HOT TOPICS!

WHAT YOU NEED TO KNOW ABOUT DIABETES

LESS THAN
130/80
HEALTHY BLOOD
PRESSURE GOAL
FOR MOST PEOPLE
WITH DIABETES

Source: National Diabetes Education Program



346
MILLION
NUMBER OF
PEOPLE
WORLDWIDE
WITH DIABETES

Source: World Health Organization



Weight Watcher

People who are overweight or obese when they're diagnosed with type 2 diabetes appear to live longer than people whose body weight is normal when their diabetes is detected, a Northwestern University study shows. The researchers looked at data on 2,600 adults with diabetes and found that people with normal BMIs were about twice as likely to die during the studies than people who were overweight. But they're not sure why and caution this doesn't mean that overweight people with diabetes should abandon their weight-loss efforts. Experts say the study suggests that people who are normal weight when they are diagnosed may be at increased risk of poor health and that normal-weight people with diabetes need closer attention.

Source: Journal of the American Medical Association

1921

THE YEAR INSULIN WAS DISCOVERED AT THE UNIVERSITY OF TORONTO

Source: NobelPrize.org



"Starchy foods and foods with added sugars stimulate appetite and hunger. I recommend an eating strategy that focuses on lean proteins, vegetables, fruits, and low-fat dairy."
—Michael Dansinger, MD

NO. 7
RANKING OF
DIABETES AMONG
CAUSES OF DEATH IN
THE UNITED STATES

Source: CDC



SPICE OF LIFE

Curcumin, a substance in curry powder, may reduce the risk of developing type 2 diabetes, research shows. In a Thai study of 240 people with prediabetes, none of the participants who took curcumin capsules for nine months developed type 2 diabetes. But 16.4% of those who got a placebo capsule developed the disease. People who took curcumin also lost weight. Those in the placebo group did not.

Researchers aren't sure how curcumin might help fight the condition. But they know it has anti-inflammatory properties, and some scientists think inflammation may play a role in many diseases, including diabetes.

Source: Diabetes Care

ON THE COVER: SARAH KEH DE - CLOCKWISE FROM TOP: JASON LOUCAS/GETTY IMAGES; FOTOGRAFIA DE ELUVE/GETTY IMAGES; MAXIMILIAN STOCK LTD./GETTY IMAGES; PETER DAZELEY/GETTY IMAGES

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your pet healthy!

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HEALTHY HABITS

Foot Soldiers

TAKING GOOD CARE OF YOUR FEET IS CRITICAL TO
MANAGING DIABETES. STEP TO IT WITH THESE EXPERT TIPS

By *Stephanie Stephens*



As many as 50%
of people with
diabetes have
nerve damage to
their feet.

● For most people, a blister, cut, or scrape on the foot is no big deal—an “ouch!” and a hurriedly applied bandage, and it’s over. Not so if you have diabetes; meticulous daily foot care is as important as monitoring blood glucose, cholesterol, and blood pressure levels.

“Unfortunately, diabetes foot-health awareness doesn’t have a colored ribbon or national voice,” says diabetes-related foot care expert James Wro-

bel, DPM, MS, at the University of Michigan Medical School. “If you don’t manage them early, small problems that start in the feet can cause really big ones.”

Show your hardworking feet some love by preventing ulcers, open sores that can lead to serious complications like infection and even amputation.

Reviewed by **Laura J. Martin, MD**
WebMD Medical Editor

IMAGE SOURCE/GLOW IMAGES



HEALTHY APPETITES ENCOURAGED

Easily search hundreds of nutritious recipes to create tasty meals for every member of the family: low-carb, gluten-free, kid-friendly and many more!

WebMD
Healthy Recipe Finder

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Prevent nerve damage to your feet with tips from the **How to Care for Your Feet If You Have Diabetes** slideshow.

According to a report co-written by Wrobel, people who develop diabetic foot ulcers have a higher risk of dying within five years than people with some types of cancer, including prostate cancer, breast cancer, and Hodgkin's lymphoma.

It's also important to remember that what you *can't* feel might really hurt you later, especially if infection sets in. Uncontrolled glucose levels can lead to nerve damage called diabetic neuropathy, a numbness or tingling that may affect balance and prevent you from feeling hot, cold, and even pain. Nerve damage can also compromise your body's ability to sweat, which means skin on the feet can get dry and crack, opening the body's natural infection barrier. The foot's pressure-absorbing fat pads also harden and thin out, cre-

Nerve damage can also compromise your body's ability to sweat, which means skin on the feet can get dry and crack, opening the body's natural infection barrier.

ating ideal conditions for foot ulcers to develop.

When cholesterol and blood pressure levels aren't controlled, narrowing or poor function of blood vessels in the arms and legs, called peripheral vascular disease, can reduce blood flow and circulation. Narrower vessels mean the feet get less oxygen and vital nutrients that fight infection and heal wounds.

easily spot problems. Avoid slow-drying, 100% cotton socks in favor of synthetic blends that wick moisture away and discourage fungus.

Fight fungus. Fungus, which thrives in moisture, can lead to infection. Where can you pick up fungus? From carpet, showers, and gym floors. To help kill it, use medicated foot powders like Tinactin or Micatin, and spray Lysol inside your athletic shoes.

Inspect daily. Take a good, close-up look at your feet every day. A recent study of male veterans with diabetes found that more than half couldn't see or reach the bottom of their feet. If you aren't flexible enough to see your soles, ask someone to help or use a magnifying mirror to scout trouble spots like redness, bruises, and tiny punctures.

Shake things up. Give your shoes a good shake regularly. Seemingly harmless debris like coins and pebbles can fall unnoticed into shoes from pant pockets, injuring feet.

Don't go to extremes. Insensitivity to temperature means you could accidentally damage your feet, so avoid becoming too hot or too cold. Heat can cause feet to swell and can burn skin, so don't soak your feet in hot water—and stay away from hot-water bottles, heaters, and fireplaces, too. Wear insulated boots and socks in very cold weather to help prevent frostbite.

Don't be callous. Don't attempt any kind of "surgery" by cutting your calluses yourself. You risk getting ulcers or infections, so call your doctor for help.

Mark the calendar. Schedule regular foot exams with your doctor—every few months, or at least once a year—to avoid emergencies later.

When tissue dies (a condition called gangrene), amputation may follow.

The lifetime risk that a person with diabetes will develop a foot ulcer may be as high as 25%. To lower your chances of having this happen and to keep your feet in tiptop shape, Wrobel recommends taking these steps.

Take care. Wash feet daily with warm water and soap, dry well, then soften with lotion, cream, or petroleum jelly, avoiding the areas between toes. Trim or file toenails into a shape that's almost square but with no corner points to break skin or cause ingrown toenails.

Be sure the shoe fits. Indoors or out, wear properly fitting, closed-toe shoes to protect feet from stubs and bangs. After age 40, when feet get wider, consider prescription orthopedic footwear for better balance and stability. Never go barefoot.

Sock it to 'em. Clean, light-colored, and lightly padded socks will show blood or draining wounds so you can

RELIEF MAP
Another critical aspect of diabetes management is staying stress-free. A little bit of stress can send your blood sugar out of control. GERALYN SPOLLETT, NP, president of health care and education for the American Diabetes Association, offers these tips.

Exercise.
"It's a great stress management tool. Walk on a treadmill or get out and hoof it in the fresh air."

Talk with a loved one.
"Don't bottle it up inside. Find someone who will be sympathetic."

Get enough sleep.
"You can't cope with stress very well if you're overtired. Get checked if you think you have sleep apnea, which causes snoring and abnormal breathing during snooze time."

Don't overeat.
"Many times, people who are stressed like to eat because it's a comfort for them. But overeating can cause high blood sugar, so if you must, snack on carrots or rice cakes."

What Will Help You Lose Weight?

WebMD Food & Fitness Planner

In just a few clicks, customize a plan to help you reach your weight and fitness goals. Studies have shown that people who keep a food journal lose twice the weight than those who rely on diet and exercise alone.*

Best of all, it's free. So start planning today.

[Learn More](#)

*American Journal of Preventive Medicine, August 2008

DATA/CRAFT CO LTD/GETTY IMAGES

Kitchen

CONFIDENTIAL

Sam Talbot, runner-up and fan favorite from season two of Bravo's *Top Chef*, is former executive chef of Imperial No. Nine in New York's Mondrian SoHo hotel and the Surf Lodge in Montauk, N.Y. Talbot, 34, also lives with type 1 diabetes. In his cookbook *The Sweet Life*, published last year, he shares his personal health and wellness philosophy, as well as some of his favorite diabetes-friendly recipes. Here he dishes even more about how he stays healthy.

BY ERIN O'DONNELL

RECIPE PHOTOGRAPHS BY
TARA DONNE/RODALE



What's your approach to cooking and food?

I'm a big fan of taking food that we know and love and making it a little more modern and a lot healthier. It's simple, farm-fresh, ocean-fresh food that's seasonal and heart-healthy.

How did diabetes shape your philosophy as a chef?

I was diagnosed at such a young age, when I was 12. I was already messing around in the kitchen, and it really taught me the connection between food and how you feel. I would eat a bowl of cereal or make mashed potatoes and then measure my blood sugar three hours later. It would go through the roof sometimes, but that's part of learning what certain foods do to your body.

What's your go-to weeknight dinner?

I go to the farmers market or walk through the grocery store and see what's the freshest and looks the greenest and most vibrant. I do a lot of quick vegetable sautés with shirataki noodles and broth. That's kind of my go-to dish.

What are your other pantry staples?

Almond milk and chili paste. I don't eat dairy for the most part because of the fat and calories, and almond milk is a really great swap-out. You get all these heart-healthy antioxidants and nutrients that your body needs to feel nourished. Chili paste really elevates a dish, wakes it up. I'll throw it into vinaigrettes, or I'll use it to flavor broths.

Shirataki Noodles with Cashews and Chilies

This fast, satisfying dish features shirataki noodles, a low-carb pasta made from konjac, an Asian yam, and sambal oelek chili paste, an Indonesian specialty. Find both ingredients in Asian grocery stores and natural food stores.

Makes 4 servings

Ingredients

- 2 packages (16 oz total) shirataki noodles
- 3 tbsp toasted sesame oil
- 1 large red onion, diced
- 4 garlic cloves, finely chopped
- 2 tbsp finely chopped fresh ginger
- 2 fresh jalapeño chili peppers, seeded and finely chopped
- 2 tbsp sesame seeds, toasted in a dry skillet
- 2 tbsp rice vinegar
- 2 tbsp agave nectar
- 1 tsp sambal oelek chili paste
- 1 cup low-sodium chicken broth
- ¼ cup chopped cashews
- ½ cup hand-torn fresh cilantro
- 2 tbsp low-sodium soy sauce

Directions

1. Rinse the noodles under cold running water and drain well, then transfer them to a large bowl and toss with 1 tbsp of the sesame oil to prevent sticking.
2. In a large skillet, heat the remaining 2 tbsp sesame oil over medium-high heat. Add the onion, garlic, ginger, jalapeños, and sesame seeds and cook, stirring frequently, until the onions are translucent and aromatic, 2–3 minutes.
3. Add the rice vinegar, agave nectar, and chili paste, stirring well to combine. Mix in the broth, cashews, cilantro, and soy sauce. Cook for 1–2 minutes to marry the flavors.
4. Pour the sauce over the noodles. Let the noodles rest in the sauce for a few minutes before serving.

Per serving

227 calories, 4 g protein, 19 g carbohydrate, 16 g fat (2 g saturated fat), 0 mg cholesterol, 2 g fiber, 7.5 g sugar, 448 mg sodium. Calories from fat: 63%

What are your go-to healthy snacks?

I eat the coconut acai granola that's in my cookbook all the time. And I eat kale chips all the time. I'm in the car a lot, and I don't like stopping for fast food or gas station food, so I bring those things.

What's your best health habit? Your worst?

I think a shot of wheatgrass every day is my best health habit. It's a little funky at first. It tastes like grass. But once you join that bandwagon, you start to feel great. You get so many nutrients from just that 1-ounce shot. My worst health habit? I'm a sucker for french fries.

In restaurant kitchens, you must face all sorts of foods that aren't diabetes-friendly. How do you deal?

Moderation. My pastry chef at the Mondrian liked sugar. And his pastries and desserts were really wonderful. I had to try them as the executive chef, and I would take a bite. But the temptation of walking by a bowl of french fries? I have to fight



PHOTO OF SAM TALBOT:
CHRISTOPHER TESTANI

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tooth and nail not to eat them. At the Surf Lodge, there were fries flying out of the kitchen all day long. You just have to talk yourself through it.

You split your time between New York City and Montauk. What's your workout regimen like?

I usually work out every day. At home, I do a lot of pull-ups and sit-ups, and I do yoga. I work out at the gym with free weights. I also do two miles on the elliptical machine every day. And then when I'm in Montauk, I surf.

What's the hardest part of your fitness routine?

I'm absolutely terrified of the ocean. But I force myself to get in the water. I like that quote, "Do one thing every day that scares you." You feel more enriched or enlightened. There's always a moment of sheer terror before I go in, but I get out there, and I surf and I swim, and I do what I need to do to stay healthy and fit.

When you're stressed out, what do you do to reset?

I go outside and look at both of my feet on the ground and take big, deep breaths. I just focus for a minute and realize that I'm not curing cancer, I'm not curing diabetes, I'm just cooking. I take five, 10 deep breaths, and then I go back in and attack the things on my checklist one by one. My exercise

Grilled Strip Loin With Carrot-Ginger Vinaigrette

This special-occasion dish pairs a kicky carrot vinaigrette with juicy steak, a combination that tastes "absolutely wonderful," Talbot says.

Makes 6 servings

Ingredients

- Carrot-Ginger Vinaigrette*
- 1 cup roasted garlic oil
 - 3 carrots, finely diced
 - 3 tbsp grated ginger
 - 2 garlic cloves, finely chopped
 - 1 large yellow onion, finely diced
 - ½ cup red wine vinegar
 - 3 tbsp agave nectar
 - 2 tbsp sambal oelek chili paste
 - 2 tbsp reduced-sodium soy sauce
 - 1 tbsp Dijon mustard
 - ½ tsp sea salt
 - fresh ground black pepper to taste

Steak

- 3 tbsp roasted garlic oil
- 3 tbsp chopped fresh rosemary
- 4 garlic cloves, finely chopped
- 1 shallot, finely diced
- 2 tbsp red wine vinegar
- 2 (12-oz) strip loin steaks
- ¼ tsp sea salt
- Freshly ground black pepper to taste

Directions

1. In a medium skillet, heat 2 tbsp garlic oil over medium-high heat. Add the carrots, ginger, and garlic, and cook until the carrots are fork-tender, 2–3 minutes. Remove from the heat and set aside.
2. In a food processor or blender, combine the onion, vinegar, agave nectar, chili paste, soy sauce, mustard, salt, and pepper. Blend the mixture until smooth, gradually adding the remaining ¾ cup plus 2 tbsp garlic oil in a slow stream. Transfer the mixture to a small bowl and fold in the carrot-ginger mixture. Set aside.
3. In a large bowl, whisk together the oil, rosemary, chopped garlic, shallot, and vinegar. Add the steaks, turning to coat well with the marinade, then set the bowl aside to rest at room temperature for 10 minutes.
4. Preheat an outdoor grill or a stovetop grill pan to medium-high heat. Grill the steaks without turning for 2 minutes. Rotate them 45 degrees and cook another 2 minutes. Flip them over and repeat. Cook a total of 4 minutes per side for medium-rare.
5. Transfer the cooked steaks to a cutting board and season with salt and pepper. Let the steaks rest 3–4 minutes before thinly slicing them against the grain. Top with 2 tbsp of vinaigrette.

Per serving

344 calories, 23 g protein, 1 g carbohydrate, 26 g fat (8 g saturated fat), 64 mg cholesterol, 179 mg sodium. Calories from fat: 69%



Lavender Poached Pears

Talbot loves the aroma of the lavender and mint in this healthy dessert. Instead of sugar, he uses stevia, a plant-based sweetener available in large supermarkets and natural food stores. Talbot usually uses Bosc pears, but you can try any variety in season.

Makes 4 servings

Ingredients

- 2 large ripe Bosc pears, slightly firm to the touch
- 3 cups water
- 3 tbsp granulated stevia extract, or to taste
- 1 tbsp dried lavender
- 2 blossoms dried hibiscus
- 1 chamomile tea bag
- ½ cup loosely packed fresh mint leaves

Directions

1. Peel, halve, and core the pears using a melon baller to scoop out the seeds.
2. In a large pot, combine 3 cups water, stevia, lavender, hibiscus, chamomile tea, and mint. Bring to a boil over medium-high heat, and then reduce the heat to medium-low, add the pears, and simmer until you can easily pierce the pears with the tip of a knife, about 20 minutes.
3. To serve, transfer the pear halves to 4 individual bowls and ladle some of the cooking liquid over the top.

Per serving

79 calories, 1 g protein, 20 g carbohydrate, 0 g total fat (0 g saturated fat), 0 mg cholesterol, 5 g fiber, 11 g sugar, 10 mg sodium. Calories from fat: 0%

"I'm a big fan of taking food that we know and love and making it more modern."

routine helps, too. On the days when I don't exercise, I start to come undone.

You travel a lot. How do you stay healthy on the road?

I do a lot of planning. I don't want to be in a bind where I have to eat potato chips or a gas station hot dog. If I'm flying, the night before I'll make a batch of granola and other stuff that travels well that I can have on the plane.

How do you cope with holiday parties?

I try to eat at my house before I go. I'll do some kind of guacamole or something that's going to sustain me. I try to go in fortified so I eat smaller portions at the party. I drink wine sometimes, but only with food. I usually drink vodka with club soda and fresh lemon, so it's fewer calories and carbs. And for every drink that I have, I'll drink a glass of water.

What are you cooking for the holidays?

I love to braise turkeys. I take a whole turkey and break it down into parts, sear them in a pan, and then braise them with tomatoes and garlic and ginger. I serve it over brown rice with flaxseed or chia seed mixed in. It smells good, it's healthy, and that means everyone's feeling good.

Warm Mango With Chili Agave

This dessert recipe offers a pleasing array of tastes, colors, and textures. It features agave nectar, a sweet syrup derived from the same plant used to make tequila.

Makes 8 servings

Ingredients

- grated zest and juice of 3 limes
- 2 tbsp agave nectar
- ½ tsp sambal oelek chili paste
- ¼ cup water
- 1 tbsp unsalted butter
- 3 mangoes, peeled and diced
- ¼ cup coconut milk
- ¼ cup loosely packed, hand-torn fresh mint leaves

Directions

1. First, make the chili honey: In a blender, combine the lime zest and juice, agave nectar, chili paste, and water. Blend on a low setting until smooth.
2. In a large skillet, melt the butter over medium-high



heat. When the butter begins to bubble, add the mangoes and cook without stirring for 30 seconds. Stir in the coconut milk and mint.

3. Transfer the mango mixture to a serving platter. Serve with the chili honey drizzled over the top.

Per serving

90 calories, 1 g protein, 17 g carbohydrate, 3 g fat (2 g saturated fat), 4 mg cholesterol, 2 g fiber, 13 g sugar, 9 mg sodium. Calories from fat: 31%

Reviewed by Louise Chang, MD, WebMD Senior Medical Editor

Visit the **Diabetes Health Center** for the latest news, tools to manage your health, and more.

WebMD.com

Wonder what blood sugar levels are diabetic? Use the new **WebMD Answers** tool to find out.

[WebMD answers](http://WebMD.com/answers)

BY THE NUMBERS

DIABETES

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield

People in the U.S. who are **diagnosed** with types 1 or 2 diabetes:

18.8 million

People with diabetes who have high blood pressure:

2 out of 3



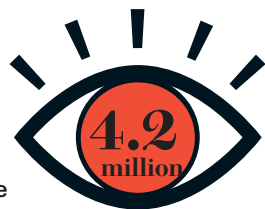
Ranking of diabetes as a **cause of death** in the U.S.:

7th

How much a person can **reduce kidney function decline** through the detection and treatment of early diabetic kidney disease:

30%–70%

People with diabetes age 40 and older who have **diabetic retinopathy** (damage to the eye's retina):



How much a person with diabetes can **reduce the risk of severe vision loss** if diabetes-related eye disease is detected and treated:

50%–60%

People with types 1 or 2 diabetes who **do not take medication** or insulin:

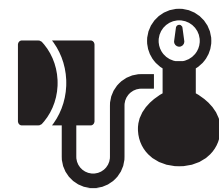
16%



Types of **insulin** sold in the U.S.: **About 20**



Types of **non-insulin diabetes medications** available in the U.S.: **8**

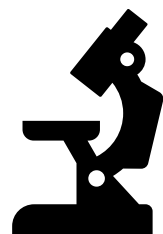


33% to 50%: The percentage a person with diabetes can reduce the risk of heart disease if blood pressure is controlled.

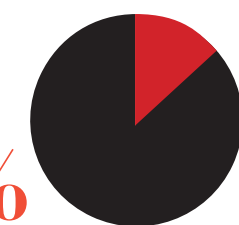
People in the U.S. who have **prediabetes** and are at risk for the disease:

79

MILLION



Medicines currently in development for all types of diabetes: **235**



231,404

Deaths related to diabetes annually

Total **cost of diagnosed diabetes** in the U.S., as of 2007

\$174 billion



HEALTH CHECK

WHAT'S YOUR DIABETES IQ?

Diabetes isn't just a disorder of the pancreas—it can also cause serious complications in other parts of your body. That's why it's important to pay close attention to your symptoms. "About a month ago, both feet started hurting and eventually it went away," **babsheens** tells the WebMD Diabetes community. "Now for the past two weeks or more, the right side of my right foot hurts and is sore to the touch." Do you know why babsheens should talk to her doctor? How much do you know about other ways diabetes can affect your health?

QUIZ

1. People with diabetes can develop blurry vision and even blindness.
 - True
 - False
2. High blood sugar can lead to tooth and gum disease.
 - True
 - False
3. People with diabetes are more likely to get the flu.
 - True
 - False
4. Diabetes can hurt your feet.
 - True
 - False
5. Diabetes causes acne.
 - True
 - False



ASK YOUR DOCTOR

1. Who should be on my diabetes medical team?
2. What kinds of things can I prevent? What steps should I take?
3. When I examine my body, what warning signs should I look for?
4. What tests do I need to check for diabetes complications? How often?

Answers: 1. **True.** Diabetes can affect the vision several ways. The disease can damage small blood vessels in the eye, for instance, which leads to blurry vision and possibly blindness. People with diabetes can also develop cataracts and glaucoma. Because of this risk, it's important to get an annual dilated eye exam from an optometrist or ophthalmologist. 2. **True.** People with poorly controlled diabetes are at a higher risk for gum disease because high blood sugar makes them more vulnerable to bacterial infections. Gum disease—like other infections—can make diabetes worse. 3. **False.** People with diabetes are not at increased risk of getting the flu. However, flu symptoms can make blood sugar levels harder to control. It also increases your risk of complications from the flu, so it's a good idea to get vaccinated every year. 4. **True.** Diabetes can cause nerve damage and circulation problems, which in turn can lead to serious foot problems, such as infections and sores that are slow to heal and, in extreme cases, gangrene and amputation. To prevent those infections, check your feet every day for cuts, cracks, redness, swelling, sores, blisters, calluses, splinters, and other injuries. Never go barefoot and wear comfortable shoes that fit. 5. **False.** Diabetes does not cause acne. But it can cause your skin to become dry, itchy, cracked, and thinned. People with diabetes may also be more vulnerable to fungal skin infections.

SOURCES:

American Diabetes Association; National Institute of Diabetes and Digestive and Kidney Diseases; WebMD Diabetes Health Center