

WebMD[®]

DIABETES

June 2014

HOT TOPICS

News You Can Use
pg. 2

HEALTHY HABITS

The 411 on Diet Plans
pg. 3

LIVING HEALTHY

How to Fight Fatigue
pg. 4

HEALTHY TRAVEL

Your Packing Checklist
pg. 5

Weeknight Wonders

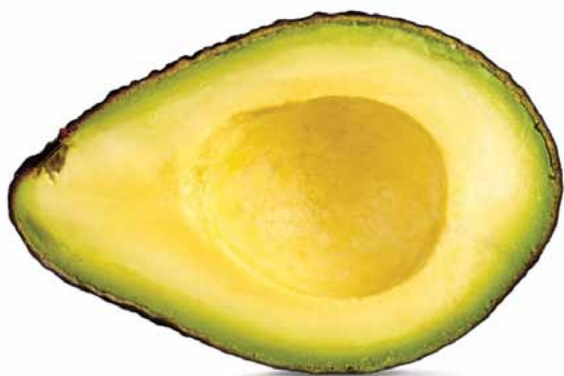
Easy, light, and delicious recipes to fill your plate this summer PG.6



DIABETES NOW

HOT TOPICS!

WHAT YOU NEED TO KNOW ABOUT DIABETES



Go Green

Do you crave snacks all day? Try adding avocado to your lunch. Overweight people who ate half an avocado in addition to a lunch that contained about one-third of their daily calorie requirements were 40% less likely than their peers to feel like snacking for up to five hours after lunch. They also felt about 25% more satisfied after lunch than people who didn't have an avocado. The additional calories and fiber from the avocado may contribute to satisfaction, the study authors say. Half a medium avocado adds about 112 calories and 5 grams of fiber.

Source: Nutrition Journal



1 in 10

Ratio of U.S. adults who have diabetes

Source: CDC

7.7%

Percentage of adults who eat at **least half** their daily servings of grains as whole grains, as the USDA recommends. Whole grains boost fiber intake and are related to decreased risk for heart disease.

Source: Nutrition Research

2

MINIMUM
NUMBER OF
SERVINGS
OF FISH—PREFERABLY
**FATTY FISH LIKE TUNA
OR SALMON**—ADULTS
SHOULD EAT EACH WEEK

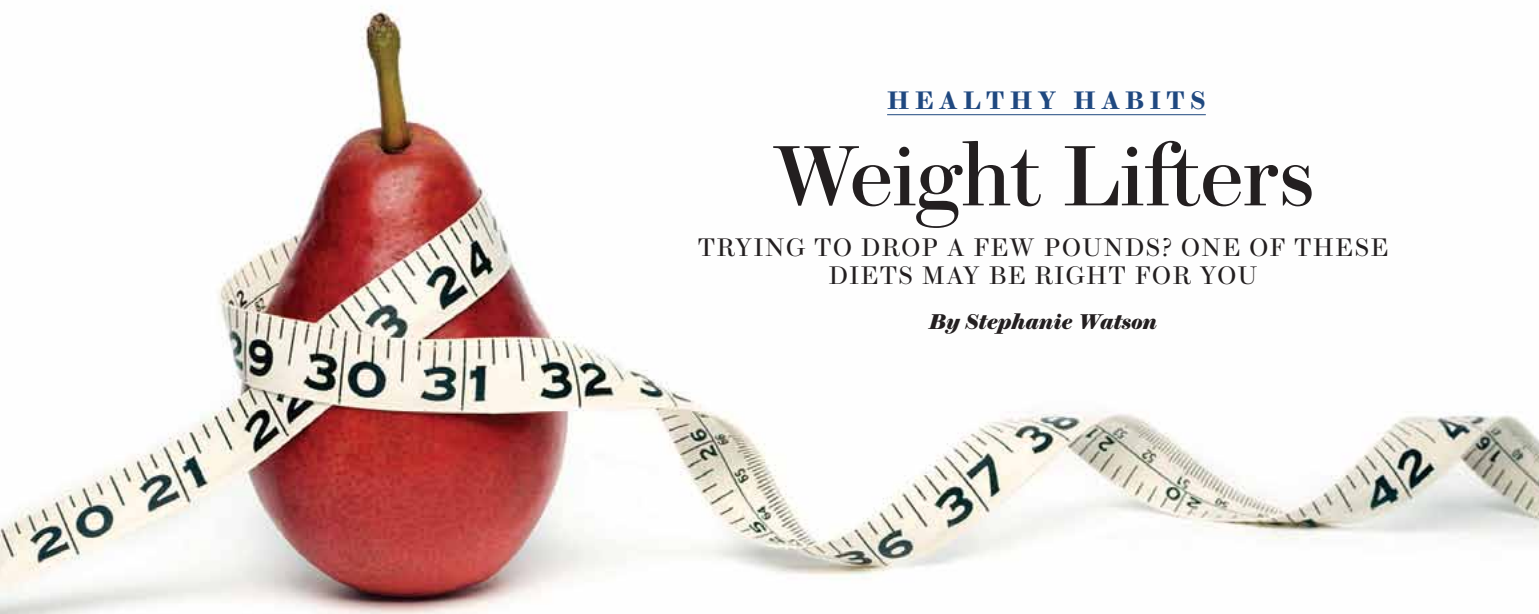
Source: American Heart Association

CALORIE WATCH

In a recent study, researchers found that overweight and obese people who drink diet beverages overcompensate by indulging in bigger snacks and meals, and end up taking in about the same total number of calories as overweight people who opt for sugary drinks. People who are at healthy weights, however, consume fewer total calories when they drink diet beverages.

Source: American Journal of Public Health





HEALTHY HABITS

Weight Lifters

TRYING TO DROP A FEW POUNDS? ONE OF THESE DIETS MAY BE RIGHT FOR YOU

By Stephanie Watson

● Do you find your zipper isn't quite reaching the top these days? That's probably a sign you need to lose a few (or more) pounds. But when you have diabetes, choosing a weight-loss plan has more serious consequences than just helping you fit into your favorite jeans.

The right diet can help you control your diabetes while you drop pounds, says Marjorie Cypress, PhD, RN, certified diabetes educator, adult nurse practitioner with Albuquerque Health Partners, and president of Health Care and Education for the American Diabetes Association. "If you stay on a healthy diet and keep your weight within an ideal range and stay active, that's the most important thing to manage your diabetes," she says.

Specifically, a few eating plans show promise for keeping both weight and blood sugar under control.

DASH

The Dietary Approaches to Stop Hypertension (DASH) diet was created to lower heart disease risk, but its focus on fruits, vegetables, low-fat dairy, whole

grains, fish, and poultry also makes sense for people with diabetes. In one study, the DASH eating plan lowered fasting blood sugar levels and improved A1C, a measure of blood sugar, over time. Cholesterol levels improved too. Because DASH limits salt, it also helps manage high blood pressure, which often goes hand in hand with diabetes.

Mediterranean

This is one diet that seems to do it all. Prevent heart disease? Check. Reduce inflammation? Check. Help you lose weight? That, too.

The power of the Mediterranean diet appears to lie in its plant-based approach and in its healthy fats, which come mostly from olive oil, fish, and nuts. Research finds it can ward off diabetes in people who don't already have it, and help control blood sugar in people who do. "It's a very nicely balanced low-fat and high-fiber diet, which should help keep your glucose fairly stable," Cypress says. In one study, the Mediterranean diet controlled blood sugar better than a low-fat diet, and helped people who'd been recently diagnosed with type 2 diabetes put off taking blood sugar-lowering medicine.

Vegetarian/Vegan

Could cutting meat out of your diet change the course of your diabetes? Possibly. By following vegetarian and vegan diets, people are able to get a better handle on their blood sugar, provided they cut calories in the process. To get the most from this diet, choose foods wisely. While lots of fruits, vegetables, and whole grains can help prevent blood sugar spikes, platefuls of pasta with cream sauce won't do you much good.

Your Right Diet

There's no one-size-fits-all diet for diabetes. Any eating style that limits portion sizes and emphasizes fruits, vegetables, and other good-for-you foods should keep your weight within a healthy range and help you manage your diabetes in the process, Cypress says.

In designing your diet, ask for input from a registered dietitian. This is especially important if you're going on a vegetarian or vegan diet, to make sure it contains enough nutrients like protein and B vitamins. "Probably most dietitians can help you, but a certified diabetes educator who is also a dietitian is your best bet because they understand diabetes," Cypress says.

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



Are you short on zzz's? Zero in on the **Causes of Fatigue and Sleepiness** with the No. 1 slideshow on the Sleep Disorders channel.

WebMD.com



Diabetes

LIVING HEALTHY

Tire Change

ALWAYS FEEL WIPED OUT? LEARN HOW TO FIGHT FATIGUE WITH THESE TIPS

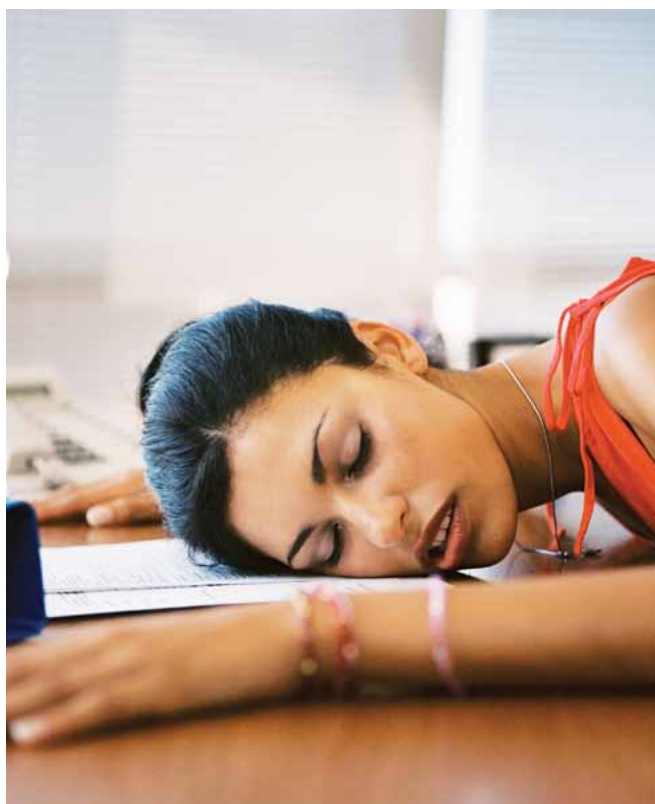
By Stephanie Watson

● Feeling fatigued? If you have diabetes, tiredness can be one of the symptoms. The first step toward feeling better is to talk to your doctor, who will check your overall health, including how well your diabetes is controlled and whether you have other medical conditions that need attention.

To help your doctor, keep a diary for a week or two before your appointment. Write down:

- Your blood sugar levels for each day
- How stressed you feel (some people feel burned out from their daily efforts to manage diabetes)
- How often and how much you exercise
- What you eat, when you eat, and how much you eat
- How many hours and how well you sleep
- If you wake up at night because you're snoring, you need to use the bathroom, or something else interrupts your sleep
- How you feel when you wake up in the morning—are you rested or tired?

Together, you and your doctor can make a plan to



boost your energy level. Yours may include:

Exercise. Move more, and you get more energy. People who take a brisk, daily 30-minute walk are less tired than sedentary people, says Cynthia Fritschi, PhD, RN, CDE, assistant professor in the biobehavioral health science department at the University of Illinois at Chicago's College of Nursing.

Choose an activity you like, whether it's Zumba,

tennis, walking, gardening, or swimming. Do it for 30 to 60 minutes a day.

Wear a pedometer so you know how many steps you take. Try to add 500 steps a day until you reach at least 10,000 daily steps, says GERALYN R. SPOLLETT, MSN, ANP, CDE, associate director of the Yale Diabetes Center.

Watch your diet. To keep your blood sugar level steady, eat three healthy meals and a snack during the day. Include healthy carbohydrates from fruits, vegetables, and whole grains as well as lean protein from beans, tofu, fish, or skinless chicken breasts.

Limit or avoid caffeine, especially late in the day. This stimulant can keep you awake and disrupt sleep. Consuming too much may also make it harder to control your blood sugar.

Get enough B vitamins. If you have nerve problems from diabetes, make sure you're getting these nutrients in your diet (good sources are fish, poultry, fortified cereals, and eggs)

Consuming too much caffeine may make it harder to control your blood sugar.

or a supplement. Also, be sure to tell your doctor about supplements you take, including vitamins, so she can determine whether they are right for you.

Stay hydrated. You can become fatigued if you're dehydrated. Drink at least eight to nine glasses of fluids a day.

Reviewed by
Brunilda Nazario, MD
WebMD Lead Medical Editor

HEALTHY TRAVEL

Power Trip

HEADED OUT OF TOWN? STAY IN CONTROL OF YOUR DIABETES ON THE ROAD

By Gina Shaw



IN THE BAG

PACKING FOR A TRIP IS HARD ENOUGH WITHOUT WORRYING ABOUT HOW LONG YOUR INSULIN CAN STAY OUT OF THE FRIDGE AND WHAT AIRPORT SECURITY WILL SAY ABOUT YOUR SYRINGES. WHAT ARE YOUR BEST OPTIONS FOR PACKING YOUR SUPPLIES?

Opened insulin bottles or vials are good at room temperature for up to 28 days. Write on the package the day you took it out of the fridge. "You can carry it with you in your purse or backpack, but it just can't get too hot or too cold," says Malloy. If you're concerned about temperatures, try an insulin cooling case that doesn't need ice.

Syringes can go through security—but don't prefill them. "If you take empty syringes and your vial of insulin with you in your carry-on bag, you should be fine," says Malloy. (Never put these items in your checked luggage; you risk damaging or losing them altogether.)

A letter from your physician, on letterhead, can prevent any problems with airport security—especially if you're flying to a foreign country.

Managing type 2 diabetes while you're at home isn't always easy, but at least you have a routine to rely on, with set eating habits, sleep schedule, and exercise plan. When you're traveling, however, your rhythm can get thrown off.

So how can you keep your diabetes in control when you're on the go? Molly McElwee Malloy, RN, CDE, diabetes educator and clinical research coordinator for the Center for Diabetes Technology at the University of Virginia, offers a few travel tips.

Pack extra supplies. "You'll be off schedule and your blood sugar will fluctuate more than usual, so you should test it more often," says Malloy. Bad weather or other variables could also delay your return. So pack a week's worth of extra gear just in case: insulin, glucose test strips, glucose tabs, or whatever your treatment requires.

Appoint a travel buddy. Identify a responsible person (at home or traveling with

you) who will check in with you regularly and will know what to do in case of an emergency.

Plan for indulgences. Despite your best intentions, you'll almost certainly take in more calories when you travel. Balance that with increased physical activity, such as walking tours of your destination or time at the hotel gym.

There's an app for that. Malloy swears by smartphone apps as diabetes management tools. Two of her favorites are GoMeals, a healthy lifestyle app that includes a blood glucose tracker, and MedCoach, a medication reminder tool.

Prepare for time zone changes. If you're changing time zones by only one to three hours, "you can delay or advance your insulin dosage by 30 to 90 minutes if you're insulin-dependent," says Malloy. But if you're crossing continents and losing or gaining four to six hours or more, that's a big deal. Work out a plan with your diabetes educator or physician.

Reviewed by
Brunilda Nazario, MD
WebMD Lead Medical Editor

Weeknight WONDERS

Think you can't cook during the week? Turn to these easy, light, and diabetes-friendly recipes

BY ERIN O'DONNELL

Recipes by Kathleen Zelman, MPH, RD, LD

Photography by Leigh Beisch

You may have been surprised to learn after you were diagnosed with type 2 diabetes that there's no one official diabetes diet and no "blacklist" of foods that are off the table. The American Diabetes Association recently updated its nutrition recommendations to emphasize the importance of personal choice, saying that your food choices should reflect your own likes, dislikes, and traditions, as well as the state of your health.

So you don't have to feel deprived when your aunt shows up at a party with her famous chocolate cake. "You may have to limit [how much you eat], and plan around it, but if you have a piece of cake, it can be factored into your meal," says registered dietitian Constance Brown-Riggs, MSED, RD, CDE, CDN, author of *The African American Guide to Living Well With Diabetes*.

If you have diabetes, she recommends you meet at least once with a registered dietitian, who can help calculate how many grams of carbohydrates you need daily to keep your blood glucose levels steady and in a normal range. Consistently high blood glucose levels increase your risk for serious complications such as vision problems, kidney disease, and nerve damage.

Salmon Burgers With Yogurt Sauce

These summery salmon burgers offer lots of heart-healthy omega-3 fats. Serve them with the Moroccan Quinoa Medley, a green salad, and whole wheat buns.

Makes 4 servings

Ingredients

Salmon burgers

1 lb salmon, cooked, cooled, and flaked
juice of 1 large lemon
1 tsp lemon zest
1 large egg, beaten
¼ cup light mayonnaise
¼ cup whole wheat breadcrumbs
1 shallot, minced (about 1 tbsp)
2 tbsp chopped Italian parsley
dash hot sauce
dash sea salt
freshly ground pepper, to taste

Yogurt sauce

½ cup nonfat plain Greek yogurt
1 tbsp capers, rinsed, drained, and chopped
1 tbsp chopped fresh dill
1 tbsp chopped Italian parsley
1 tablespoon lemon juice
1 tsp lemon zest
salt and pepper to taste

Directions

1. In a medium bowl, combine all salmon burger ingredients. Mix gently with a fork.
2. Form salmon mixture into four patties. Cover and refrigerate 1 hour.
3. Meanwhile, make the yogurt sauce: In a small bowl, combine all yogurt sauce ingredients. Season with salt and pepper.
4. Coat a large, nonstick skillet with cooking spray and place over medium heat. Add patties and cook until golden, about 7 to 8 minutes each side. Drain on paper towels. Serve with yogurt sauce.

Per serving

340 calories, 30 g protein, 9 g carbohydrate, 20 g fat (4 g saturated fat), 128 mg cholesterol, 1 g fiber, 2 g sugar, 355 mg sodium. Calories from fat: 53%

Brown-Riggs urges her patients to make heart-healthy choices: more meatless meals and more vegetables, fruits, and whole grains. Opt for mono-unsaturated fats (in avocados and olive oil) over other fats. “You may have to monitor portions, maybe eat a little bit less, maybe change your plate. But it’s definitely not the end of good eating.”

Try our diabetes-friendly, heart-healthy recipes, all easy and delicious and perfect for a weeknight meal.

Moroccan Quinoa Medley

Quinoa is a nutty, gluten-free grain that offers a surprising amount of protein. This Middle Eastern-inspired dish is delicious with the grilled chicken thighs or salmon burgers. Serve with corn on the cob and a salad.

Makes 6 servings

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups low-sodium chicken stock
- 12 cherry tomatoes, halved
- 1 cup cooked chickpeas (can use low-sodium, canned chickpeas; rinse first)
- ½ cup shredded carrot
- 2 tbsp chopped fresh mint
- 2 tbsp fresh lemon juice
- 2 oz goat cheese, crumbled
- ½ tsp sea salt
- freshly ground pepper
- 1 tsp cumin
- 2 tbsp extra virgin olive oil
- 2 tsp pine nuts

Directions

1. In a heavy-bottom saucepan combine quinoa and stock and bring to boil over medium-high heat. Reduce heat and simmer on medium-low about 12 minutes until quinoa is soft, and liquid is absorbed.
2. In a large bowl combine cooked quinoa, tomatoes, chickpeas, carrot, mint, lemon juice, goat cheese, salt, pepper, cumin, and olive oil. Mix thoroughly.
3. Sprinkle pine nuts on top, and serve dish warm or at room temperature.

Per serving

261 calories, 10 g protein, 30 g carbohydrate, 12 g fat (2 g saturated fat), 0 mg cholesterol, 5 g fiber, 3 g sugar, 248 mg sodium. Calories from fat: 40%



Ginger-Garlic Grilled Chicken Thighs

This recipe involves marinating chicken overnight, but the fantastic Asian flavors make that extra effort worthwhile. Serve chicken with grilled veggies, brown rice, and a side of broccoli slaw.

Makes 4 servings

Ingredients

- 1 small onion, sliced
- 4 garlic cloves, minced
- 2 tbsp fresh peeled, minced ginger
- 2 tbsp low-sodium soy sauce
- ¼ cup orange juice
- 2 tbsp fresh lime juice
- zest of 1 orange
- 1 tsp honey
- 1 tsp sesame oil
- 2 lbs (about 8) boneless, skinless chicken thighs
- 1 tbsp canola oil

Directions

1. Combine first 9 ingredients in a large bowl. Add chicken thighs and toss to coat. Cover and refrigerate overnight.
2. Remove chicken thighs from marinade and discard marinade. Pat chicken dry and rub both sides of thighs with canola oil.
3. Preheat the grill or griddle pan to medium high and coat with cooking spray.
4. Grill chicken 5–6 minutes per side until grill marks appear and an instant-read thermometer inserted in the thickest part of thigh registers 160°F. Serve immediately.

Per serving

194 calories, 18 g protein, 10 g carbohydrate, 8 g fat (1 g saturated fat), 68 mg cholesterol, 1 g fiber, 5 g sugar, 339 mg sodium. Calories from fat: 39%

FOOD STYLING: DAN BECKER; PROP STYLING: GLENN JENKINS



Summer's Bounty Gazpacho

As temperatures climb, this cool vegetable soup is a refreshing start to any meal. Pair it with the kale chicken salad for a light supper starring some of summer’s best produce.

Makes 6 servings

Ingredients

- 3 stalks celery
- 2 scallions, with green tops reserved for garnish
- 1 English cucumber, peeled, seeded
- 1 large red bell pepper, top and seeds removed
- 3 garlic cloves
- 4 cups low-sodium tomato juice
- 1 lb ripe tomatoes, diced
- 1 tbsp olive oil
- 2 tbsp balsamic, red wine, or sherry vinegar
- 2 tsp Worcestershire sauce
- 1 tbsp fresh lemon juice
- 3 tbsp chopped fresh basil or cilantro
- ½ tsp hot sauce (optional)
- 1 lb cooked, peeled shrimp

- 3 tbsp nonfat Greek yogurt
- ½ medium avocado, peeled and diced
- ½ cup green scallion tops

Directions

1. In a food processor, pulse the first 5 ingredients until coarsely chopped. Add tomato juice and pulse until finely chopped.
2. Transfer to a large bowl, and stir in tomatoes, olive oil, vinegar, Worcestershire, lemon juice, basil, and hot sauce (if desired).
3. Ladle soup into six bowls. Garnish with shrimp, yogurt, avocado, and green scallion tops and serve.

Per serving

185 calories, 19 g protein, 16 g carbohydrate, 5 g fat (1 g saturated fat), 146 mg cholesterol, 5 g fiber, 9 g sugar, 237 mg sodium. Calories from fat: 25%

Reviewed by **Hansa Bhargava, MD**
WebMD Medical Editor



Need some inspiration? Get **11 Ideas for Heart-Smart Meals**, a top article in the Food & Recipe center.

WebMD.com

Kale Caesar Salad With Grilled Chicken

Enjoy this as an entrée or skip the chicken and use as a side salad. Pair with a whole grain roll and gazpacho.

Makes 6 servings

Ingredients

Salad

- 6 (3 oz) boneless chicken breasts
- 8 cups chopped baby kale, ribs removed
- 3 radishes, thinly sliced
- ¼ cup shaved Parmesan cheese
- ¼ cup chopped, fresh parsley
- ¼ cup unsalted pumpkin seeds, toasted

Dressing

- 1 tsp Dijon mustard
- ½ cup low-fat or nonfat Greek yogurt
- ¾ tsp anchovy paste (optional)
- 1 garlic clove, minced
- 2 tbsp fresh lemon juice
- 2 tsp Worcestershire sauce
- ¼ tsp sea salt
- freshly ground pepper
- ¼ cup extra virgin olive oil

Directions

1. First, make dressing: In a blender or food processor, add all ingredients except olive oil and purée until smooth. With the machine running, slowly add olive oil to create creamy consistency. Can be made in advance and kept, chilled, for up to two days.
2. Coat the grill or griddle pan with cooking spray and heat to medium. Grill chicken breasts about 5 minutes per side, until an instant-read thermometer reads 165°F. Transfer to a cutting board, and allow chicken to rest 5 minutes before slicing into strips.
3. In a large mixing bowl, combine kale, radishes, and dressing; toss to coat. Transfer salad to 6 plates, and top each with grilled chicken, Parmesan cheese, parsley, and pumpkin seeds. Serve immediately.

Per serving

297 calories, 24 g protein, 16 g carbohydrate, 14 g fat (3 g saturated fat), 44 mg cholesterol, 2 g fiber, 1 g sugar, 354 mg sodium. Calories from fat: 44%



HEALTH CHECK

WHAT'S YOUR DIABETES IQ?

Diabetes isn't just a disorder of the pancreas. It also can cause serious complications in other parts of your body. "The eye blurriness is a problem for me," one community member writes to the WebMD diabetes community board. "I am very afraid of losing my vision." How much do you know about how diabetes can affect more than your blood sugar? Take our quiz to find out.

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 catch the flu more than other people.
☐ True ☐ False
4. Diabetes can hurt your feet.
☐ True ☐ False
5. Diabetes causes acne.
☐ True ☐ False

Answers: 1. **True.** Diabetes can affect vision in several ways. The disease can damage small blood vessels in the eye, for instance, which can lead to blurry vision and possibly blindness. People with diabetes can also develop cataracts and glaucoma. Be sure to get a dilated eye exam from an optometrist or ophthalmologist every year. 2. **True.** People with poorly controlled diabetes are at a higher risk for gum disease because high blood sugar makes them more vulnerable to infections. In turn, gum disease, like other infections, can make your diabetes worse. 3. **False.** People with diabetes are not at increased risk of getting the flu. However, the flu can make your diabetes more difficult to manage. Diabetes also increases your risk of complications from the flu, so it's a good idea to get vaccinated every year. 4. **True.** Chronically elevated blood sugars can cause nerve damage and circulation problems, which in turn can lead to serious foot problems, such as pain or loss of sensation in the foot, sores that are slow to heal, and—in extreme cases—gangrene and amputation. Monitor your blood sugar and maintain normal control, and check your feet every day for cuts, cracks, redness, swelling, sores, blisters, calluses, splinters, and other injuries. Never go barefoot. Instead, wear comfortable, well-fitted shoes. Visit a podiatrist once a year for foot and nail care. 5. **False.** Diabetes does not cause acne. But it can cause your skin to become dry, itchy, cracked, and thin. 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



ASK YOUR DOCTOR

1

Should I see a diabetes educator to learn more about body care?

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?